



Australian Government
Australian Sports Commission

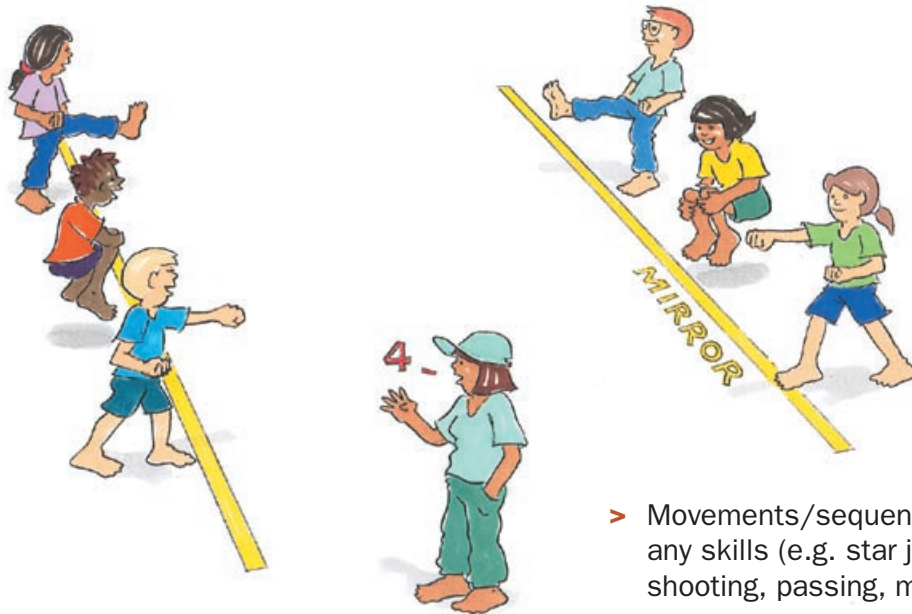
EASY MED HARD



Mirror, mirror

A

Play in pairs. Players stand stationary opposite their partner. One player is the mirror while the other is the leader. The leader performs a series of movements/skills, and the mirror must copy the skills like a reflection.



- > Movements/sequences may include any skills (e.g. star jumps, tuck jumps, shooting, passing, martial arts punch etc).
- > On your call, mirrors swap partners and then swap roles.

What to do

- > Partners stand opposite one another.
- > Call out a number between 1 and 8.
- > The leader must perform that number of movements, and the mirror must follow and copy the movements.



Change it

- > Call out a pattern for the leader to demonstrate, and for the mirror to follow.
- > Assume the role of leader, and all players mirror your actions.
- > Increase the speed of the patterns.
- > The mirror does not start repeating the pattern until the leader has finished.

Safety

- > Make sure there is enough space between players to avoid contact.

Ask the players

- > What other movements can you do/add?
- > How many combinations can you remember?

LESSON LINK:

Mirror, mirror is a fun cooperative game that develops hand-eye coordination and memory retention skills.

SESSION PLANS

Compos > Start Out WC 02B + Get Into It MV 03A + Get Into It MV 04B