

Level: Second

Lesson: Mirroring

Equipment: Voice

Objectives:

1. Have Fun
2. Play Safe
3. Cooperate with partner, moving arms and hands only, slow enough that the partner can mirror the movement.
4. Create mirror routine w /at least 6 moves.
5. Demonstrate the concept of Mirroring with a partner.

Part 1: Warm up. (10 Minutes) Flag Bridge Tag

Part 2: Mirroring With Teacher (5 - 10 minutes)

Seated discussion: Talk about what you see, when you look in a mirror. Discuss how the mirror doesn't just imitate what it sees but, reflects at the same time what the movement is. The mirror actually reflects the opposite of left and right, so the image facing you looks like its moving the same side.

"Everyone go find an own space so you can see me. You will be the mirror, and mirror my movement. Notice how I am moving slowly so you can move at the same time as me, and not after me. (Begin moving your arms, slowly and controlled, so the class can mirror your arm movement. As you are moving one or both arms, watch to see that they are mirroring, and not copying the movement. You can be discussing these things with them as they are mirroring you, since they will be very quiet while they are trying to concentrate on how you are moving your arms.) Be sure you are mirroring my movements, trying to move at the same speed as me. Does a mirror move after you move?! No! Does it move before you? No! It moves at the same time. So you should be moving your arms with me. (You are going to limit them to working with hands and arms at first, so keep your movements to hands and arms as well. Continue to do this with your class until you are sure all the students understand the concept of mirroring and are focusing on what they are doing. Then move onto part three.

Part 3: Creative (10 - 15 Minutes)

Everybody get a partner and find an own space. You will each have a turn to be the mirror & the leader. See if you can work with your partner so that they can mirror your exact arm movements. (have them only move arms at first. Remind to move slow so their partner can mirror and not copy their movements.) After each partner has had a few minutes to be the leader, have them try other body parts. But be sure to stay in own space. With your partner think three moves each that you really like. Figure out the order you will do the six moves in, and do them over and over in the same order, creating a pattern. A pattern is when the six movements is repeated in the same order. Practice the moves over and over again until it's hard for us tell which partner is the mirror and which partner is the leader.

After they have had 2-3 minutes to work on their routine, pick out a couple groups that

have a clear pattern, and are working together meeting the criteria you have set out. They will be able to help the other students see what is expected. You should be walking around to each set of partners giving out warm fuzzies and helping them to stay on task. When you see cool ideas, stop the class, and have them look over to watch. If there is time at the end of class, you can pick groups to show off their routine, or let everyone show their routine off, four sets of partners at a time.