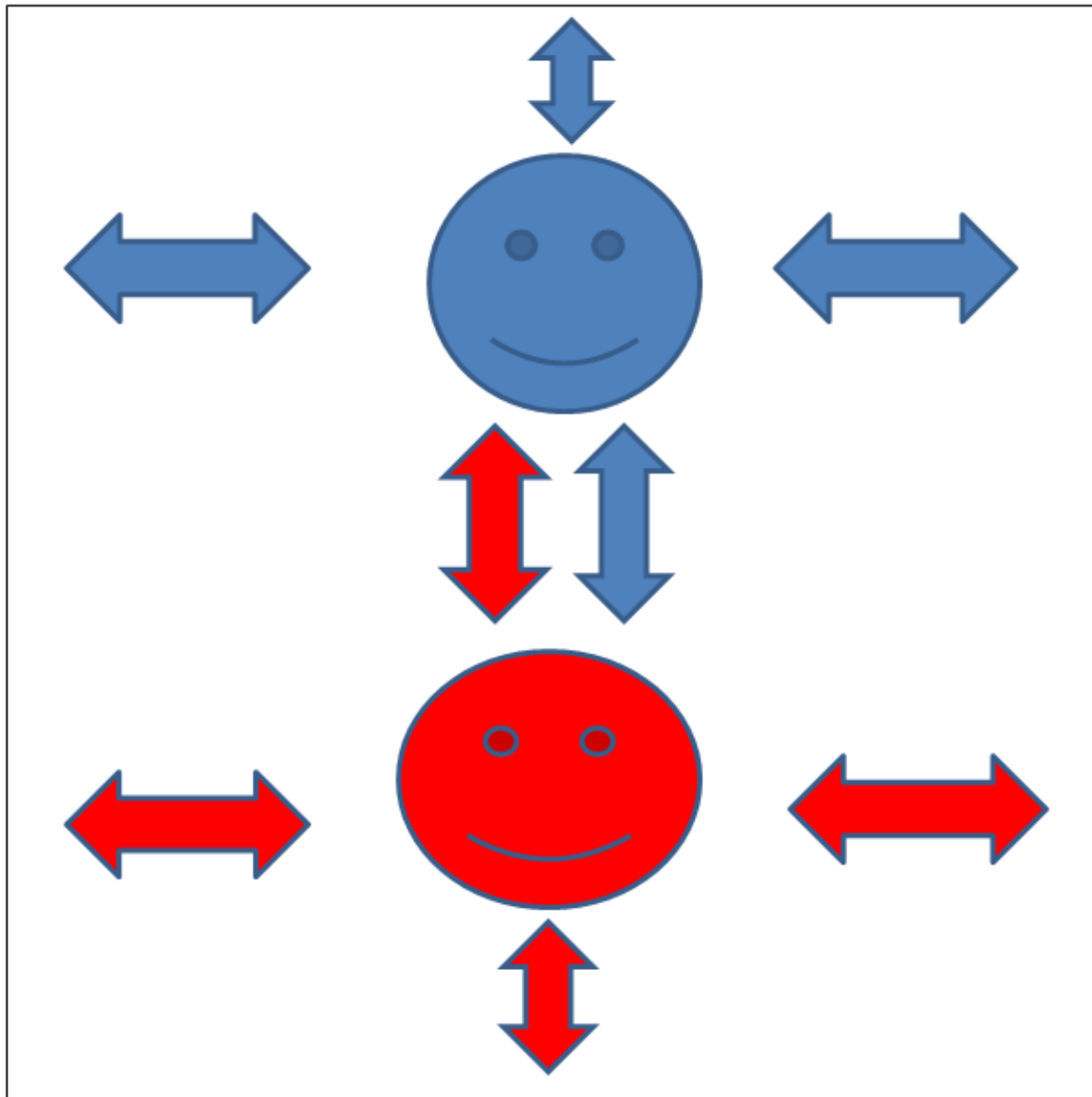


# Mirror Dodge



## How to Play?

- Organise children in pairs and number children 1 & 2.
- No. 1 acts as a mirror and moves in different directions facing their partner.
- No. 2 acts as a reflection and attempts to mirror No. 1 i.e. if No. 1 moves to their left, No. 2 moves to their right, if No. 1 moves backwards, No. 2 should move forwards etc.

# Mirror Dodge

## Make it harder

- Challenge children to complete more complex movements.
- Challenge mirror to do opposite to partner.
- Challenge children to complete sequences (sit, stand and jump)

## Make it easier

- Isolate movement by getting children to do movements on the spot, before walking and then running.