

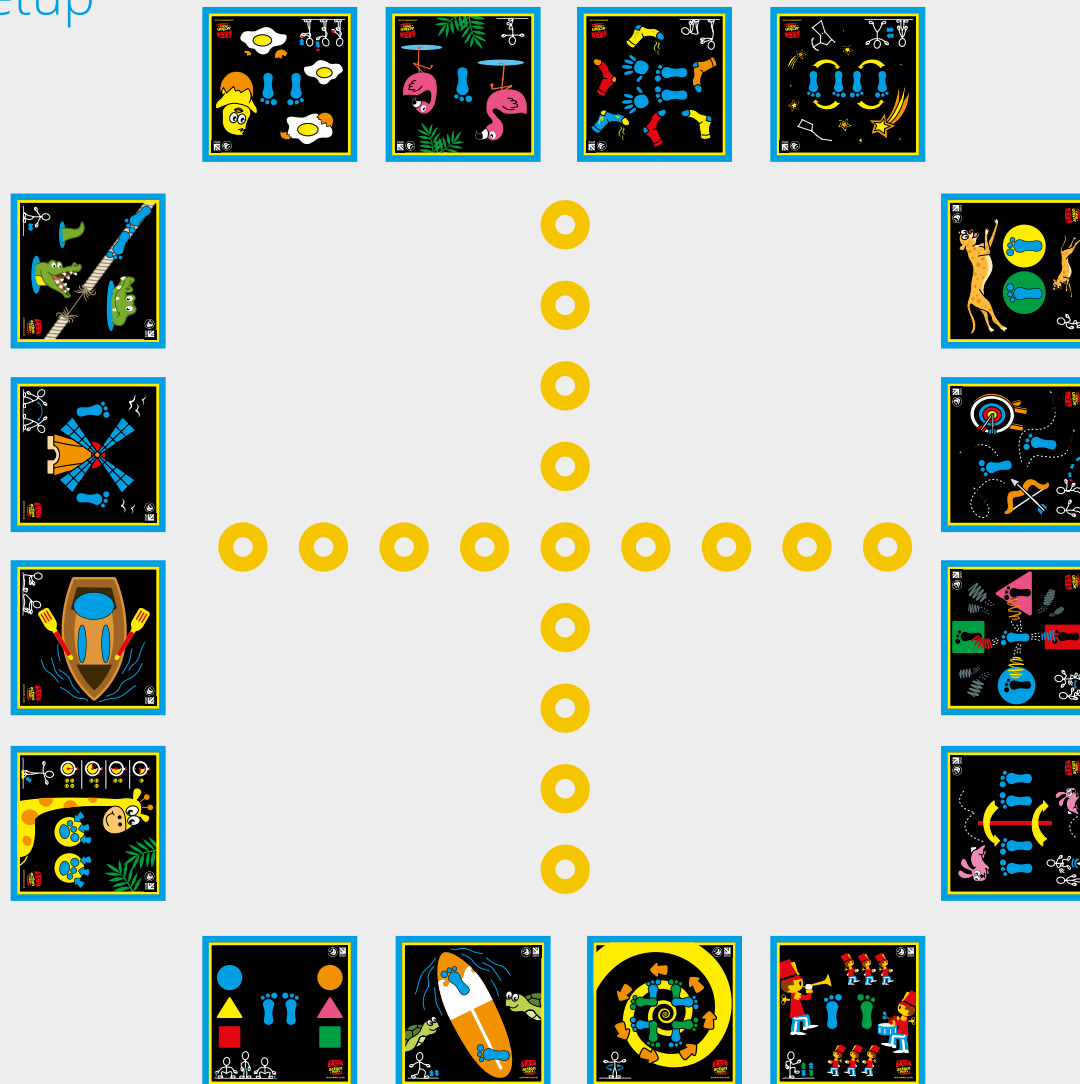


Movement Mirror

What's needed

x16 Mini Action Mats
Cones

The Setup





This is an activity that encourages children to develop different movement patterns while continuing to embed the different Actions while using the Mini Mats

Learning objectives

This learning activity is designed to develop children's skills in turn taking, listening and attention, following rules, and understanding the basic principles of competition.

Early Years Statutory Framework England

Physical Development

ELG: Gross Motor Skills

- Develop strength balance and coordination activities such as climbing dancing running and jumping
- Negotiate space and obstacles safely, with consideration for themselves and others.
- Develop agility and control over their bodies

Personal, Social and Emotional Development

ELG: Building Relationships

Work and play cooperatively and take turns with others.

ELG: Managing Self

Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.

ELG: Self-Regulation

Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

How to Play

- Ask each student to stand on a Mini Mat.
- Explain that two groups will be completing a movement while the other two groups will be doing actions on the action mats.
- The first two groups should run to the middle line of cones, fist pump the student in line with them and then run back. During this time, the other two groups should perform the actions on their mats. Then repeat with the second two groups, while the first two groups complete actions on their mat.
- After both groups have complete the movements, ask them to move clockwise so that they are using a different Mat. Continue with the following movements and actions -
 - Sidestep to the middle line – fist pump – sidestep back
 - Feet together jumping to the middle line – double high five – feet together jumping back
 - Skip to the middle line – linking arms together and moving in a circle – skip back
 - Slow motion running to the middle line – touch hands – fast forward moving backwards
 - Hop-scotch to the middle line – rock paper scissors – hop-scotch back