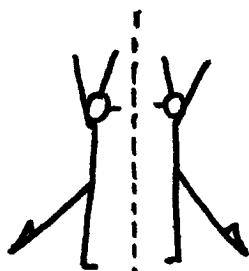


## PHASE 3 MIRRORING IN TWO'S – BALANCING, TRAVELLING AND JUMPING

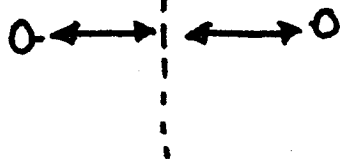


- (i) What is mirroring? Mirroring is simply working with a partner to show movements which are like a mirror reflection e.g. when standing in front of a mirror – if you moved your right arm your reflection would move its left etc. It is easier, therefore, to imagine a mirror between. (e.g. two partners facing each other when executing a balance)

Try out balances remembering opposite arm/leg etc.



- (ii) Can you perform mirror movements side-by-side with a partner, e.g. forward roll - walk out, cartwheels, run and jump? Practise and look at ideas and encourage critical analysis of their validity as a set of mirror movements. (Remember cartwheels should be back-to-back for safety when mirroring.)



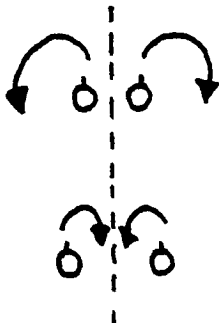
- (iii) Can you perform any of these movements or skills when travelling towards or away from the mirror?

(As soon as pupils begin travelling with mirror actions they will often find that one partner has to perform the movement on his/her non-dominant side. The ability to do this, or attempt to do it, should be praised. Both partners should attempt the non-dominant side and decide which is the stronger performer.)

At this point it is also opportune to have the whole class trying cartwheels and handstands leading with the non-dominant leg.



- (iv) Teach a turning jump from one foot and from two feet.



- (v) Can you and your partner perform mirror movements comprising a run into a turning jump? (Remember: matching = both turning the same way, e.g. to the right. Mirroring means both turning in different directions, i.e. one to the right and one to the left. In simple terms when you start side-by-side mirrored turning jump is where you turn inwards towards each other or outwards away from each other.)

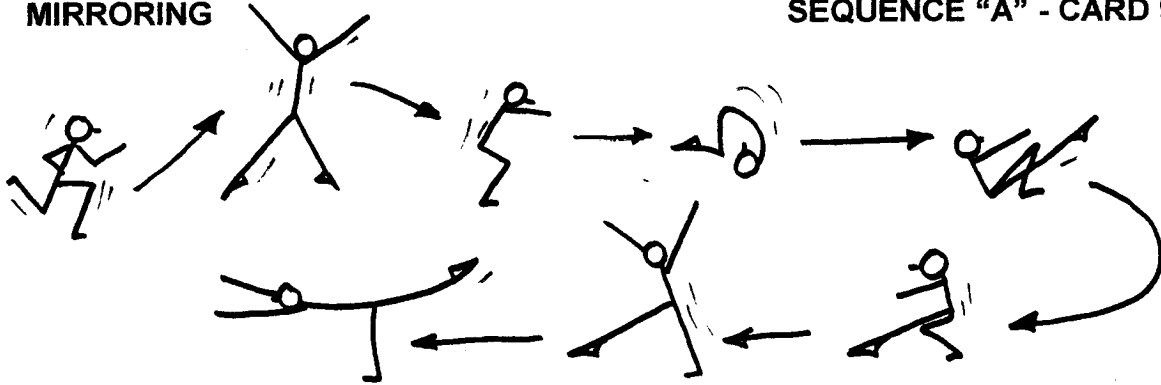
- (vi) **Sequence**

Can you construct a short sequence showing a run, jump, travel and balance all with mirroring movements? Show different directions and levels in your sequence.

## UNIT 2

**MIRRORING**

**SEQUENCE "A" - CARD 9**

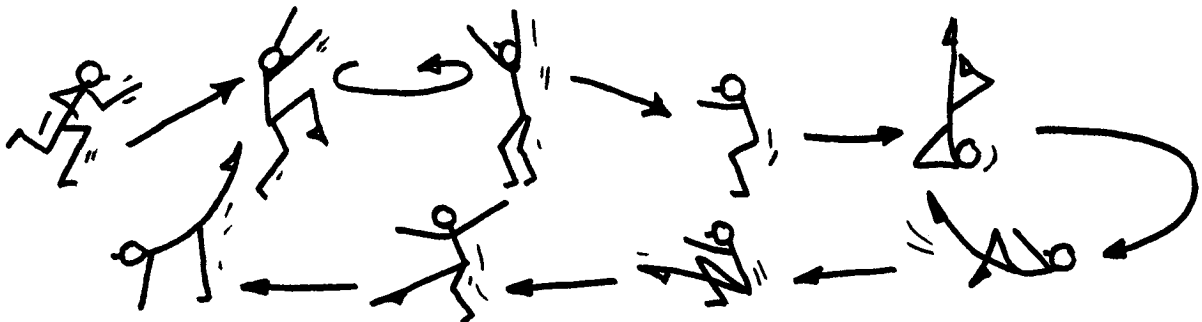


- (1) PERFORM THIS SEQUENCE SMOOTHLY ON YOUR OWN. SHOW CLEARLY A CHANGE OF SPEED. EVALUATE AND IMPROVE YOUR PARTNER'S SEQUENCE.
- (2) WORK WITH YOUR PARTNER AND PERFORM IT TOGETHER MIRRORING THROUGHOUT THE SEQUENCE.
- (3) PERFORM THE SEQUENCE WITH YOUR PARTNER BUT NOW WORK OUT WHERE YOU CAN CHANGE DIRECTION AND RELATIONSHIPS.
- (4) PERFORM THE SEQUENCE WITH YOUR PARTNER BUT NOW CHANGE THE SHAPE OF THE JUMP. (REMEMBER YOU MUST LAND ON TWO FEET TO MOVE INTO THE FORWARD ROLL.)
- (5) **MORE ADVANCED:** CAN YOU PERFORM THE SAME SEQUENCE WITH YOUR PARTNER BUT, INSTEAD OF THE ARABESQUE, PERFORM A CARTWHEEL? (REMEMBER IT IS MIRRORING, THEREFORE, CARTWHEELS SHOULD BE BACK TO BACK FOR TRAVELLING AWAY FROM EACH OTHER.)

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**MIRRORING**

**SEQUENCE "B" - CARD 10**



- (1) PERFORM THIS SEQUENCE SMOOTHLY ON YOUR OWN. SHOW CLEARLY A CHANGE OF SPEED. EVALUATE AND IMPROVE YOUR PARTNER'S SEQUENCE.
- (2) WORK WITH YOUR PARTNER AND PERFORM IT TOGETHER MIRRORING THROUGHOUT THE SEQUENCE.
- (3) PERFORM THE SEQUENCE BUT NOW WORK OUT WHERE YOU CAN CHANGE DIRECTION AND RELATIONSHIPS.
- (4) PERFORM THE SEQUENCE WITH YOUR PARTNER BUT NOW CHANGE THE WAY YOU COME OUT OF YOUR SHOULDER STAND.
- (5) **MORE ADVANCED:** CAN YOU PERFORM THE SAME SEQUENCE WITH YOUR PARTNER BUT, INSTEAD OF BALANCE AT THE END, PERFORM A HANDSTAND OR HANDSTAND INTO A FORWARD ROLL?

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**UNIT 2**