

# Session Guide: Mirroring Moves

## Session Outline

### Description

This physical activity session aims to allow teachers and learners to engage in a joint activity that will serve as an icebreaker and help establish a friendly yet purposeful learning relationship. The basis around it is making a fun 'move' (see below) for others to 'mirror' (see below). It is meant to not be particularly physically demanding but help learners and teachers be active, while at the same time engender a positive, fun attitude towards community based learning.

### Session Objectives

The objectives of this session are to:

- Engage in a physical activity to remain active and healthy.
- Develop a sense of belonging within their learning group and team working skills.
- Establish a good teacher-learner relationship.
- Promote creativity.
- Combine physical activity and memory exercises.

### Expected Outcomes

By the end the session students will have:

- Carried out a physical activity.
- Developed or improved relationships with each other and with the teacher.
- Gained confidence in themselves by reducing self-awareness.
- Created a fun and engaging routine to perform, potentially including cultural aspects.

### Areas involved

- Games and fitness
  - Dancing
- Life skills
  - Making decisions
  - Self-esteem
- Creative arts

- Music and dance

## Activity: Warmup

### Objectives

To set out the general idea of the session and engage with students in a friendly manner to establish a good relationship.

### Expected Outcomes

Students will get the general idea quickly and have fun copying the teacher, breaking barriers and starting to feel comfortable working together as a group.

### Teaching Instructions

The students and the teacher stand in a circle a good distance away from each other respecting social distancing. The teacher makes a physical 'move' and the students have to mirror it (make the same move). A move could for example be a distinctive pose, a jump, a step forwards and then backwards, a clap on top of your head or anything simple enough to do quickly and go back to standing position. The teacher then carries on with other possible moves, presenting 3 or 4 different moves. Then the teacher makes 2 moves, one after the other, and the students replicate. Teachers could then have combinations of 3 or even 4 moves.

### Activity

1. "Let's stand in a circle keeping a good distance between each other."
2. "Watch carefully what I do as you will have to do the same thing after." (make first move)  
"Can you do it now?" (encourage to have fun while doing so, comments like "Go on, you can do better! Well done, that was exactly what I did!"). "Let's try it again." (repeat same move)
3. "How about this move?" (make a second move, students mirror it)
4. Repeat the process with other moves a few times
5. Add some complexity by doing 2 moves a few times
6. Add further complexity by doing 3 moves a few times

## Activity: Creating Moves

### Objectives

To creatively come up with new moves.

### Expected outcomes

Students will be actively engaging with the activity and creating and innovating new moves that could be used later in the session.

### Teaching Instructions

Split the students into groups of 3 (ideally) or 4 (if you can't divide the group into 3), and join one of them. The objective is for each member of the team to make moves for the rest of the team to mirror. Emphasise that moves can be creative and varied. Each member takes a turn to create a move and the rest mirror it. After a while there could be short sequences of moves for the rest of the team to mirror. 1 or 2 minutes before the end of the activity the team comes up with one move they find particularly good. Go back into a circle and each member presents the chosen move for everyone to mirror.

### Activity

1. Get into groups of 3 or 4.
2. Each member of the team creates a move for the rest of the team to mirror.
3. Repeat so that everyone creates 3 moves, all different to each other.
4. Repeat with 2 moves in a row, from the moves created by the team.
5. Repeat with 3 moves in a row, from the moves created by the team.
6. Select the best move from your team.
7. Get back into a circle.
8. Go round the circle with each individual making the 'best move' from their team for everyone to mirror.

## Memorising moves

### Objectives

To exercise memories and have fun in a competition.



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## Expected Outcomes

This fun activity will lead to several people losing. Emphasise that it is all good fun.

## Teacher Instructions/Activity

In order, a member of the circle makes a move and the next person mirrors it and adds a second move. The next person mirrors the two moves in the same order and adds a third one. The next person mirrors the three moves and adds a fourth one. Keep going until someone can't remember the correct sequence.

After a few times around the circle you could add complexity by allowing each member to select who should mirror by shouting their name. For example Mike makes a move and shouts Priscilla. Priscilla mirrors it, adds her own move and shouts John. John mirrors the two moves, adds a third move and shouts the name of the person to follow.

## Creating a routine

### Objective

To be creative and artistic, and work as a team.

## Expected Outcomes

Students work in groups to create a routine of moves, adding song and dance if desired and perform it to the rest of the group.

## Teacher Instructions/Activity

1. Split into groups of 4 or 5
2. Come up with a routine, a sequence of moves that is fun, creative and cool, adding song and dance if you feel like it
3. Rehearse the routine
4. Each team perform the routine for the rest