**1 Mirroring**

Mirroring is a great game to get kids ready for PE class. It will get their bodies moving and their hearts pumping, getting them ready for class.  
To play the game, having each student find a partner. Choose one partner to start doing various motions. They can kick, move their harms, spin around, or do any other motions. The child’s partner will try to mirror their motions. You can set a time limit and when the time is up, the partners can trade places and the child who was doing the mirroring can start doing the motions. This fun activity is a great cardio warm up and it will get the students warmed up for exercise or games that you have planned.

### Island Movers

One of my favorite cooperative games to do when I taught elementary students was Island Movers! The game involves as much or as little equipment as you want to allow.  The idea of the game is for students to use the equipment you give them to get everyone in their group from one end of the gymnasium to the other without anyone touching the “shark-infested waters,” aka the gym floor! Feel free to play some Jaws-themed music too!

* Split class into small groups of 4 or 5 students each for the first couple of rounds. Then make the groups the larger as you go.
* Start each group with one piece of equipment per person in the group. If they master that, remove a piece of equipment. Examples of equipment: [poly spots](https://www.gophersport.com/supplies/cones-markers?tag=markers), carpet squares, [cones](https://www.gophersport.com/supplies/cones-markers?tag=cones), [jump ropes](https://www.gophersport.com/pe/jump-ropes?tg=1), [scooters](https://www.gophersport.com/pe/scooters?tg=1), cardboard boxes, etc. Ensure you give each group the same pieces of equipment.
* Allow students to work together to cross the shark-infested waters.
* On the last day of this activity, I make this a class challenge and the entire class must work together to accomplish the task.
* End each round with a quick debriefing. This is a time to ask your students to share what worked and what didn’t. It also allows students to try a different group’s idea.