

EduTrend Contents

G4C · DANCE AND RHYTHMIC GAMES · PRIMARY

Mirror Groove

Partners take turns leading and copying movements to music, building careful watching and cooperation

Ages 6–10	Level: Developing	30 minutes	Pairs · up to 30	Activity 02

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 02 · AT A GLANCE

Mirror Groove

Pairs stand facing each other about an arm's length apart. One partner leads slow, clear movements with arms, head and body while staying on the spot; the other copies as if in a mirror. The leader changes every time the music pauses. The goal is to move so smoothly that an observer cannot tell who is leading. A few pairs volunteer to be watched and the class guesses the leader.

Learning outcomes

By the end of the session pupils can:

- copy movements accurately;
- lead slow, clear movements;
- cooperate with a partner;
- move in time with music.

KEY WORDS

mirror · lead · follow · smooth · watch · cooperate

CURRICULUM LINKS

Dance: unison and mirroring. PSHE: cooperation. Science: reflections.

1	2	3	4	5	6
WARM UP	**EXPLAIN**	**PLAY**	**ADAPT**	**TALK**	**COOL DOWN**
Get moving safely	One rule at a time	Short rounds	Easier or harder	What helped?	Calm and review

Materials (whole group)

- Music with a steady beat
- Music player
- Open space for pairs
- Worksheets 1, 2 and 3

Before the session

- Choose calm music with a clear beat.
- Mark pair spaces.
- Practise a pause signal.
- Plan pairs.

SAFETY

Stay on the spot. Keep an arm's length apart. Move slowly.

ACTIVITY 02 · SESSION PLAN

Step by step

Never single out a child to perform alone; volunteers only.

Time	What happens	Say or ask
0–5 min **Warm up**	Follow-the-leader as a whole class.	*"Can you copy exactly?"*
5–8 min **Explain**	Mirror rules and leader swap.	*"When do you swap?"*
8–25 min **Play**	Rounds with pauses and volunteer pairs.	*"Can we tell who is leading?"*
25–30 min **Cool down**	Slow mirror breathing.	*"What made it smooth?"*

CHALLENGE CARD (print or copy onto the board)

Move so smoothly with your partner that nobody watching can tell who is leading.

ACTIVITY 02 · FACILITATOR NOTES

The game know-how in brief

In a mirror, left and right swap: when the leader moves their right arm, the follower moves their left.

Leading and copying build careful watching, body awareness and trust between partners.

Common ideas to listen for

- “Fast moves are more impressive.” Slow moves are easier to copy.
- “The follower does nothing.” They watch very carefully.
- “Only good dancers can do this.” Anyone can mirror.

Adapting the activity

Support

Lead with arms only and use slow music.

Stretch

Allow one step, or join two pairs with one leader.

WORKSHEET 1

Mirror record

Name: _____ Class: _____ Date: _____

Tick what you tried.

Mirror record

Movement	I led it	I copied it
Arms		
Head		
Body		
Levels (high/low)		

WORKSHEET 2

Guess the leader

When watching.

Guess the leader

Pair	Our guess	Right?

WORKSHEET 3

Smooth moving

Explain.

We moved smoothly because...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Copies accurately	Leads clearly	Cooperates

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Mirror Groove is a sample activity from the EduTrend Contents G4C Dance and Rhythmic Games programme (primary, level: developing). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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