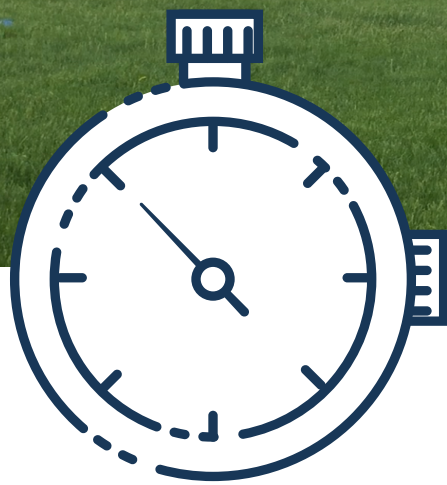




Mirror Cone Touch Switch-Up

INTERACTIVITY IN A SNAP SHOT



30 Seconds

Partners have 30 seconds to touch as many cones as possible in a mirrored but opposite and synchronous configuration.



Mirror Cone Touch Switch-Up



COOPERATIVE INTERACTIVITIES

Student Targets



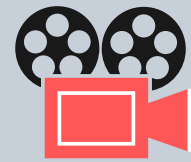
Movement Competence

Develop stability and locomotor skills; apply problem-solving skills to identify tactical solutions through synchronous forms of connection in space.

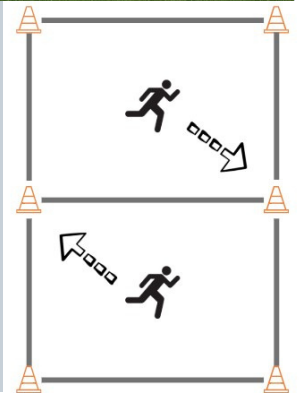


SEL

Apply skills that help them identify and manage the emotions they and their partner are feeling while working cooperatively to touch as many cones as possible in a synchronous and opposing fashion.



[CLICK HERE to watch this InterActivity in action!](#)



Relationship

Apply interpersonal/ relationship skills by learning to communicate effectively through various forms and interpret information accurately so that they can move in unison and in a contrasting fashion.



Physical Distance

This game can be performed at a 2 meter distance by setting up each box 2 meters apart.



Close Proximity

This game can be performed in close contact with someone in the participant's social bubble by setting up the boxes so that they are connected in the middle.



Online

This game can be performed online using visual educational technology by having each participant set up their own box facing the camera.

Activity Overview

This game offers a new spin on the cooperative, agility-based game Mirror Cone Touch. In this InterActivity, students explore how to contrast each other while moving in unison. This game develops a feeling of how to move tactically in space against an opponent in territory games.



Mirror Cone Touch Switch-Up



COOPERATIVE INTERACTIVITIES

Getting Started:

With a Partner, Sibling, Parent, or Guardian find a safe, open space with physical distancing measures in mind or meet online through visual technology (i.e., Google Classroom or Zoom).

- Each partner will create their own approx. 8 x 8 box on the ground, away from any obstruction.
- Partners start in the center of their boxes, facing each other.
- One partner will be the leader and the other will be the follower.
- When the participants collectively say “GO”, the leader and follower will have 30 seconds to touch as many cones as they can in a synchronous and opposing configuration.
- Each partner will get the opportunity to be both the leader and the follower.

Modifications to the Game:

- **Locomotor movement:** Change the locomotor to provide different movement stimulus, to increase difficulty or to regress the game (i.e., walking forwards, sideways or backwards, skipping, lunging, crab walking or using a scooter).
- **Use a manipulative:** Add a manipulative participants can use while moving to each cone such as dribbling a soccer or basketball.
- **Size of playing area:** Change the size of the participants boxes, indicating three options for easy, moderate and advanced game play.
- **Time:** Increase or decrease the amount of time participants have to touch as many cones as possible.

Adaptations to Rules of the Game:

- **Competitive InterActivity:** The leader scores a point by losing the follower and touching more cones. The follower scores a point by keeping up with the leader and touching the same amount of cones.
- **Double Opposites:** Instead of playing opposites in a horizontal plane only (i.e., where the leader runs to their top left cone and the follower runs to their top left cone), add in opposites in the vertical plane as well. (i.e., where the leader runs to their top left cone and the follower runs to their bottom left cone).



Mirror Cone Touch Switch-Up



COOPERATIVE INTERACTIVITIES

InterActive Function2Flow Assessment:

InterActive Function (Connecting Postures)	<ul style="list-style-type: none">• Is the leader able to identify their partner's readiness to move and align their posture to indicate what cone they want to go to?
InterActive Form (Connecting Positions)	<ul style="list-style-type: none">• What are the early 'tells' or signs that a leader is moving in a certain direction?• Is the follower able to adjust their position i.e., lean/ turn/ twist/ bend their body (shoulders, waist, hips, knees, arms) in relation to their partner and where their partner is leading them? In an agile manner? In synchronous form?
InterActive Feeling (Connecting Sensations of Timing & Force)	<ul style="list-style-type: none">• Is the leader/follower able to get a feeling for the timing and force required to move in a synchronous fashion with their partner from one cone to another?
InterActive Flow (Connecting Energies)	<ul style="list-style-type: none">• Is the leader able to move to each cone in a way that their partner can follow with ease?