Mirror Cone Touch

InterActive4Life

Leader

Follower

30 Seconds

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

Mirror Cone Touch

COOPERATIVE INTERACTIVITIES

Student Targets

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

SEL
Learn to identify and manage the emotions of themselves and others through cooperative play and responding by adjusting pace and effort based on the flow of the game.

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

CLICK HERE to watch this InterActivity in action!

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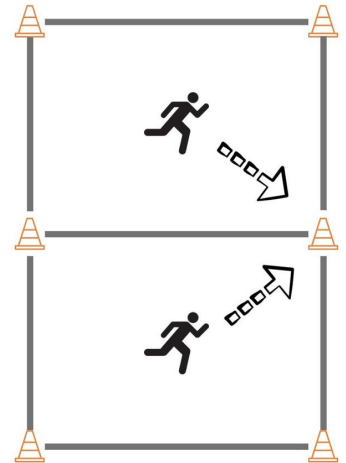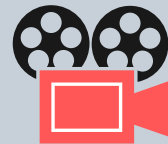
Online
This game can be performed online using visual educational technology by having each participant set up their own box facing the camera.

Activity Overview

In this cooperative, agility-based game, students explore synchronous movements through the lens of tactical play in territory games.

Getting Started:

<u>With a Partner, Sibling, Parent, or Guardian</u> 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 mirrored manner.
- 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 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 students to choose easy, moderate or 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.
- Also see Mirror Cone Touch Switch Up.

InterActive Function2Flow Assessment:

InterActive Function (Connecting Postures)	• Is the follower ready to align their posture to match the direction of where the leader is going?
InterActive Form (Connecting Positions)	• 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 where their partner is leading them?
InterActive Feeling (Connecting Sensations of Timing & Force)	• 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? • What strategies help develop responsive agility?
InterActive Flow (Connecting Energies)	• Is the leader able to move to each cone in a way that their partner can follow with ease?