



# Mirror Cone Touch

InterActive4Life

INTERACTIVITY IN A SNAP SHOT



30 Seconds

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



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## 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.



#### 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.

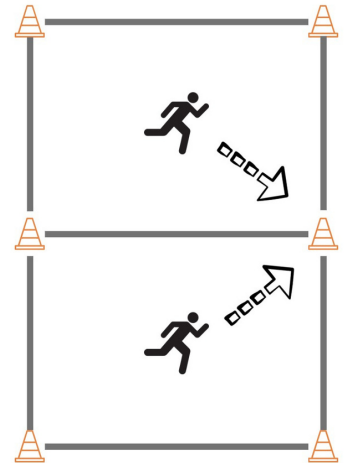
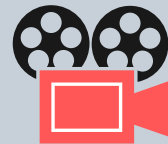


#### Online

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



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



### Activity Overview

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



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## 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 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.



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## COOPERATIVE INTERACTIVITIES

InterActive Function2Flow Assessment:

<b>InterActive Function</b> (Connecting Postures)	<ul style="list-style-type: none"><li>• Is the follower ready to align their posture to match the direction of where the leader is going?</li></ul>
<b>InterActive Form</b> (Connecting Positions)	<ul style="list-style-type: none"><li>• What are the early 'tells' or signs that a leader is moving in a certain direction?</li><li>• 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?</li></ul>
<b>InterActive Feeling</b> (Connecting Sensations of Timing & Force)	<ul style="list-style-type: none"><li>• 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?</li><li>• What strategies help develop responsive agility?</li></ul>
<b>InterActive Flow</b> (Connecting Energies)	<ul style="list-style-type: none"><li>• Is the leader able to move to each cone in a way that their partner can follow with ease?</li></ul>