

# Mirror Movement

[FUNCTION2FLOW.CA](http://FUNCTION2FLOW.CA)

**LEADER**



**FOLLOWER**



The leader will choose a body part to move while assuming a particular position, i.e., sitting, standing, balancing on one leg, squatting, etc. The follower will attempt to mirror the leader's movement.

The leader adapts to the follower as the goal is to be synchronous.

## **ELEMENTS TO CONSIDER**

Balance  
Cardiovascular endurance  
Coordination  
Muscular strength  
Muscular endurance  
Flexibility  
Agility  
Power  
Speed

## Physical Literacy Targets



### Movement Competence & Confidence

Build confidence and competence in a variety of positions, levels, planes and speeds.



### Social Emotional Learning

Learn new ways of leading and following while working cooperatively. Adjust type, pace & pathways of movement in response to expressed and felt emotions.



### Relational Motivation

Learn to interact creatively with others, objects (over, under, beside, in front, behind...etc.) and the environment (terrain) to generate engaging & innovative movement experiences.



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## Modifications to the Game

- **Speed:** Participants can play with the speed of movement by making slow motion movements only, fast movements only, or transitioning between different speeds.
- **Body Positions:** Change the level/plane of movement by performing the exercises lying down, seated or on a single arm or leg.
- **Group size:** Option to work in larger groups to increase the difficulty of the interactivity.
- **Use of Manipulative:** Option to introduce a manipulative and perform synchronous movements with only body movements.
- **Music:** Participants may choose to perform their movements to the beat of a song.

## Adaptations to Rules of the Game

- **Cooperative Rally:** See how fast or how slow you can complete movements while maintaining a synchronous connection.
- **Sport application:** Have participants apply this activity to warm-up actions within a specific sport.



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## InterActive Function2Flow Assessment

<b>InterActive Function</b> (Connecting Postures)	How does changing your postures, i.e., sitting, lying, standing, affect your ability to move in synchronicity?
<b>InterActive Form</b> (Connecting Positions)	As the leader, what are the indications that the movement is safe and in good form.
<b>InterActive Feeling</b> (Connecting Sensations of Timing & Force)	As the leader, how does the connection change when with changes in speed or force (i.e., the strength of your movements or how softly or strongly you gesture)?
<b>InterActive Flow</b> (Connecting Energies)	Are partners moving in such a way that a third person could not tell who is the leader and who is the follower? How do unpredictable moments of surprise take you into a deeper relational flow?

