

# Mirror Mirror



## Monkey Madness



5 minutes

## Instructions

Ideally done in a big space, yet can be done in a classroom. Have the pupils in pairs, facing each other. Where one pupil does various actions for 2 minutes and the other pupil copies them. Then let the pupils switch roles for 2 minutes again.

## Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity
- Ensure pupils leave stationary on the table
- Remind pupils of their own spatial awareness
- Give clear instructions

## Teacher Tips

Suitable for all ages

Refer to the Activity Sheet for some ideas!

Foundation: Can be basic movements of touching their head, turn around and running on the spot

Key Stage 1: Can be more creative, jump, step from side to side and hop on 1 leg

Key Stage 2: Can be more complicated and fast paced, fast feet, touch the floor and dance moves



Chest  
Heart &  
Stroke

# Mirror Mirror

Ideally done in a big space, yet can be done in a classroom. Have the pupils in pairs, facing each other. Where one pupil does various actions for 2 minutes and the other pupil copies them. Then let the pupils switch roles for 2 minutes again.

## Foundation Example:

- Heads, shoulders, knees and toes
- Run on the spot
- Jump up and down
- Their favourite dance
- Pretend to be an animal
- Touch the floor or ceiling

## Key Stage 1 Example:

- Step and jump side to side
- Hop on one leg
- Turn around
- Pretend to play a sport
- Star Jumps
- Arm stretches

## Key Stage 2 Example:

- Hop on the spot
- Star Jumps
- Lunges
- Jump squats
- Yoga poses
- High knees

