

Name of exercise	Running opposites
Description of exercise	<p>Begin with you and your partner facing each other, 2m apart</p> <p>Identify which of you will 'lead' – and which will 'mirror'</p> <p>If the 'leader' moves forward the 'mirror' moves back</p> <p>If the leader moves back the mirror moves forward</p> <p>If the leader moves left or right the mirror will follow accordingly</p> <p>The leader should be encouraged to vary the pattern, the speed, and the type of movement (skipping, jumping, hopping etc.)</p> <p>The pattern can be made more complex by asking the learners to maintain 'same-same' footwork</p> <p>The pattern can be made competitive by encouraging the leader to try and 'lose' their partner</p> <p>The pattern can be made more complex by allowing the 'mirror' partner to become the leader at a chosen signal – like when the 'mirror' claps their hands</p>
Key themes that this exercise can support	Coordination, cue recognition and inhibition control
Emphasised at	First and Second Levels

Appropriate for	First - Fourth Levels
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Back to [Scaffolding practices](#) page.