

Name of exercise	Movement mirrors
Description of exercise	<p>Begin working in a pair</p> <p>Both partners complete an agreed sequence of movements (for example) the square-cross sequence) at the same time, but with different speeds, different rhythms and/or different starting positions</p>
Key themes that this exercise can support	Coordination, sequencing, rhythm and timing
Emphasised at	First and Second Levels
Appropriate for	First – Third Level

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