

Name of exercise	Copy 4
Description of exercise	<p>Begin working in pairs</p> <p>Learner 1 makes up and demonstrates a sequence of 4 movements using any part of their body</p> <p>Learner 2 observes then repeats the sequence</p> <p>Learner 2 then makes a different 4-move sequence</p> <p>Learner 1 observes then repeats this sequence</p>
Key themes that this exercise can support	Balance, coordination and sequencing
Emphasised at	Early and First Levels
Appropriate for	Early - Second Level

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