



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

Starting-Stopping 2.1: Mirror game

5 - 8 year olds

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: cones, hula hoops

Introduction (1 - 2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

What is the fastest way to start running? And the fastest way to stop?

Warm-up: Traffic safety (5 - 7 minutes)

- Each child has a hula hoop and holds it around their body with their hands at waist level.
- Children travel around the activity space being careful not to collide using different locomotor patterns that the leader calls out (run, walk, skip, gallop, jump, or hop).
- Leader calls out signals to direct the children:
 - » *Stop*
 - » *Start*
 - » *Speed-up*
 - » *Slow-down*
 - » *Signal right turn by shaking right elbow, and turn-right*
 - » *Signal left turn by shaking left elbow, and turn-left*
 - » *Go backwards*
 - » *Park and sit*

Demonstration: Starting and stopping (3 - 5 minutes)

- Leader demonstrates an explosive running start by:
 - » *Head up and looking where you are going.*
 - » *Bend knees and hips, lean forward, one foot in front of the other.*
 - » *Bend elbows and have arms ready to “pump” once legs start moving.*
 - » *“Explode” forward, driving knees upwards while pumping arms.*
- Leader demonstrates stopping quickly when running:
 - » *Transfer weight backwards by leaning slightly.*
 - » *Plant your feet firmly and absorb your stop by bending at your knees and sinking into your hips (get low).*

Practice: Go and stop (5 minutes)

- Children spread out along one side of the activity space.
- On leader’s signal, children sprint to the other side and stop quickly.
- Leader reminds the children what they learned in the demonstration.

TIPS FOR INSTRUCTION

- Give children time to learn how to position their body when starting and stopping.
- The practice is not a race — emphasize quick starts and stops rather than how fast the children actually run.

CUES

- *Head up*
- *Lean forward to start*
- *Lean backward to stop*
- *Bend at knees and hips to stop*
- *Use arms for balance when stopping*

Game: Mirror game (10 minutes)

- Leader puts children in pairs according to level of skill.
- Both children stand next to each other on either side of a line or row of cones.
- One partner leads by running forward, stopping, running backward, stopping, and continuing randomly.
- Other partner tries to follow and mirror the first child.
- Both partners take turns being the lead.
- Occasionally, the leader should shuffle the pairs.
- Leader can also suggest different locomotor movements for different rounds (fast walking, running, skipping, galloping, and side shuffling).

Wrap-up (2 minutes)

Call the children back into a circle and review what they learned today.

What sports need you to stop and start quickly?

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