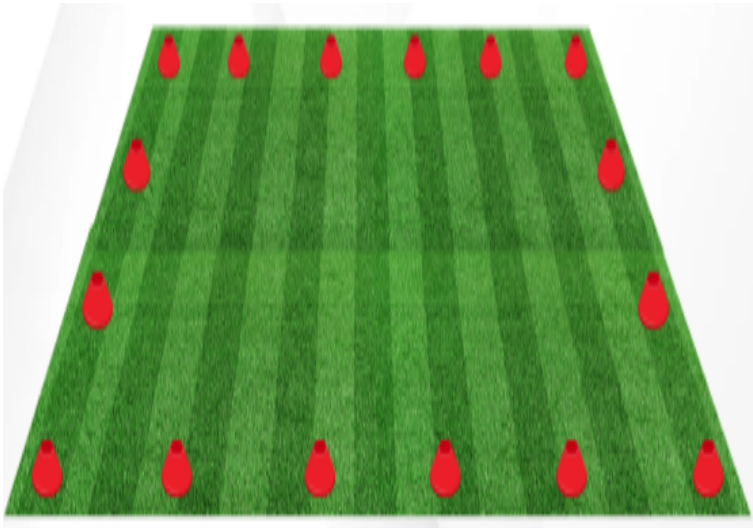


## LEVEL 2

## MIRROR MIRROR

## HURLING / FOOTBALL / HANDBALL / ROUNDBALL



## EQUIPMENT LIST



## Cones

## Mirror Mirror

## Organisation

- Set up game as shown
- Participant faces other participant/coach/support personnel
- The participant must mirror what their partner does e.g. star jump, hop on one leg, jump on the spot

**Use STEPR to adapt and progress activity**

**Space, Time/Task, Equipment, People, Rules**

## Notes

[illegible]