



Mirror Mirror

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SONG: Tribal Beats (Fusion Mix) ~ Djaru Tribe

Groups of approx. 4-5 students

DURATION: 15- 30 minutes

THEME:

Students will explore a dance technique called Mirroring which involves the choreographic device- reversal. Students can imagine that they are looking at one another through a mirror. Their body movements need to reflect one another. Students will create a contemporary style dance routine using the mirroring technique.
1-2 mins in length.

TASK: Students can choose at least 3 fundamental movement skills to perform in their dance. For example: crawling, walking, hopping. Encourage students to create and explore their own movement skills too.

Choose 2 dance formations for students to include in their dance using shapes. For example: square & triangle.

PERFORMANCE: Peer to Peer.

REFLECTION: The music will inspire the movement. Mirroring is a choreographic technique - reversal is the choreographic device. Students can reflect on the different ways that each group or pair created their mirroring movements. How did the music inspire you to move? How did students use the square and triangle formations and reversal technique?

CROSS CURRICULUM IDEAS:

* Draw connections between Aboriginal and Torres Strait Islander Culture.

NOTES: Young students may struggle with the concept of reversal. You may want to explore this theme further or use examples during your dance lessons. Consider how you would adapt this activity based on the year level you are teaching.