



PHYSICAL

STAY ACTIVE

1999-2019

20

YEARS

of Premier
Education

Copy Cats

Sponsored by Table Tennis England



Overview: This simple game can be done with no equipment and gets children alert, active and ready for whatever may be next.

Time: 10 minutes.

Equipment required: An open space.
Table tennis bats - optional.

Benefits:

- Builds quick reflexes and reaction time.
- No winners or losers - just a fun game to play which challenges every child.
- A great warm up for the body and mind.
- Improves footwork.

How to play:

1. This game can be played in pairs or threes. All players should face each other, with a two-arms distance between them.
2. Have all the children in a “ready position” – knees slightly bent, weight on the front of their feet and slightly bouncy.
3. Choose will be the leader – their job is to sidestep from side to side in unpredictable patterns.
4. The other player has to copy the leader as quickly as possible.
5. After two minutes, swap around.

Tips:

1. The leader can only take a maximum of three steps either way.
2. If you're limited for space, have all the children stand and move their hands as if they're playing table tennis.
3. To add an extra challenge, introduce table tennis moves - forehand and backhand - to the sidestepping. This can be done with or without table tennis bats.
4. If you've got more than one pair, try swapping partners.