



presents

National All Rounder Championship

1 May 2021 - 31 July 2021

Self-Learning Manual: Activity 26

Physical skills:

Fitness

Age: 6 years

Fitness



1

Do exercises from
8 min workout
schedule

2

Record video &
submit

www.kid-ex.com

Activity description

The child is required to do any 2 workouts from the 8-minute workout video in the Web Resources section continuously. Each workout should be for a duration of 45 seconds each and gap between any two workout should be around 15 seconds i.e. video of around 2 minutes length. The video has a total of 8 exercises in the 8 minute workout.

For submission, required to record a video in which the child is doing the exercises continuously as instructed for 45 seconds each with a gap of 15 seconds. Let the child record the entire video at one go. No video editing is allowed & any video found to be edited/doctored would be disqualified. Whenever the child is ready, record a video of the child. Submit the video.

Assessment guidelines

The total non-bonus points for this activity is 30. Every submission would be rated as either of below.

M = Master (100%)	The child can perform 2 workouts each for 45 seconds continuously as instructed
The child can perform 1 workout for 45 seconds as instructed	I = Intermediate (80%)
B = Beginner (50%)	The child can perform any 1 workout for 30 seconds
For participating in the event & making an event relevant submission which does not meet assessment guidelines for M, I or B.	A = Aspirant (25%)
NA (Not applicable)	No submissions or any submission which is irrelevant for the activity.

50% bonus marks: If the child securing an M can perform 3 workouts each for 45 seconds continuously as instructed

Expert coach speaks

Preschool-aged children (ages 3 to 5 years) should be physically active throughout the day for growth and development. Adult caregivers should encourage preschool-aged children to be active when they play.

Children and adolescents ages 6 to 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous intensity physical activity each day, including daily aerobic – and activities that strengthen bones (like running or jumping) – 3 days each week, and that build muscles (like climbing or doing push-ups) – 3 days each week.



Key benefits of this activity

The activity benefits in many ways:

- Full body workout
- Short duration – fits into schedule
- More energized
- Better body blood configuration (glucose level etc.)

Common mistakes to avoid

- *Do not do the exercise without proper warm up & cooling down.*
- *Do not push for speed till the posture is corrected*
- *Do not do workouts slowly – aim to maximise repeats in 45 sec period*
- *Do not avoid the 15 sec cooling between consecutive exercises*

Useful web resources

- [8 minute workout](#)

To submit your entry, visit our website (www.kid-ex.com). For any queries, email us at info@kid-ex.com.

Keep learning! Keep growing! Stay happy! Be successful!