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# 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](http://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.

<b>M = Master</b> (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	<b>I = Intermediate</b> (80%)
<b>B = Beginner</b> (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.	<b>A = Aspirant</b> (25%)
<b>NA (Not applicable)</b>	No submissions or any submission which is irrelevant for the activity.
<b>50% bonus marks:</b> 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](http://www.kid-ex.com)). For any queries, email us at [info@kid-ex.com](mailto:info@kid-ex.com).

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