



presents

# National All Rounder Championship

1 May 2021 - 31 July 2021

**Self-Learning Manual: Activity 08**

**Physical skills:**

**Body percussions**

**Age: 4 years**

### Body percussions

**1**

Let the child perform 5 unique body percussion sounds

**3**

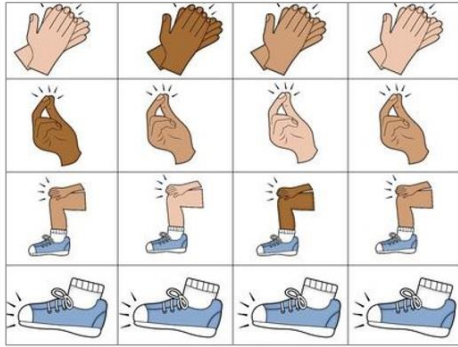
All the percussion sounds should be performed within 25 seconds

**2**

Each sound should be performed minimum 5 times

**4**

Record video & submit



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## Activity description

Body percussions means making sound using body parts e.g. clapping hands, stomping feet, tapping feet, tapping belly, tapping chest, snapping fingers etc.

The child is required to perform 5 unique types of body percussion sounds each at least 5 times either consecutively or in a specific pattern in 20 seconds or less. Example could be (1) Clap X 5, Snap X 5, Stomp X 5, Chest Tap X 5, Thigh Tap X 5 or (2) (Stomp, Clap, Snap, Chest Tap, Thigh Tap) X 5 etc. Kindly note any sound enacted by multiple body parts e.g. hands in parallel would be counted as 1 i.e. if 2 snaps are done using both hands simultaneously it would be counted as 1 but if first left hand snap is done & then, right hand snap is done – it would be counted as 2 snaps. Also, right snap & left snap will be considered two different types of percussion sound. Same goes for taps. Claps are counted as 1.

Let the child record the entire performance at one go. No other music in background is allowed. 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 performing body percussion. 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 25 body percussion sounds as instructed above in 20 seconds or less

The child can perform 20 body percussion sounds as instructed above in 15 seconds or less

**I = Intermediate**  
(80%)

**B = Beginner**  
(50%)

The child can perform 15 body percussion sounds as instructed above in 15 seconds or less

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 35 body percussion sound using 7 unique percussion sounds as instructed above in 25 seconds or less

### Expert coach speaks

*Body percussion is where one uses their body to make music, whether it be through clapping, stomping, snapping, etc.*

*Research indicates that rhythm and movement interventions have the potential to support the development of self-regulation skills. Making sounds and music with our bodies may seem simple but it is actually very complex. Creating and following a rhythm with body percussion requires: body awareness, proprioception, motor planning, motor timing, rhythm & coordination.*



### Key benefits of this activity

The activity benefits in many ways:

- Helps internalize music
- Teaches complex rhythms
- Scaffolds music composition skills
- Can be used to teach patterns, loops, algorithms
- Teaches & improves self regulation
- Improves gross & fine motor skills

#### Common mistakes to avoid

- *Applying excessive force while tapping or stomping resulting in being hurt*
- *Inconsistency in tempo or performance volume*
- *Mixing of steps on increasing the tempo*
- *Low volume sound while performing*

#### Useful web resources

- [Snap fingers](#)
- [Body percussion tutorial 1](#)
- [Body percussion tutorial 2](#)
- [Body percussion tutorial 3](#)

Submissions start 11<sup>th</sup> May 2021. 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!**