

KidEx Do-It-Yourself National Challenge 2020

Activity description and self-learning manual

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Activity 18: Record video of child performing 2 activities

7-11 years

Physical skills



Record 1 video each of child (1) Juggling 2 balls 10 times & (2) Bouncing ball on bat 50 times. Submit the videos as per guidelines.

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Image source: Twitter, iStock

Activity: Record video of child performing 2 activities | Physical skills | 7 to 8 years

Skill development milestone

The child's physical strength and endurance increase at this age. He/she has good finger control. They can write consistently on the lines and maintain legibility of handwriting for entirety of a story. Physically, the child develops less fat and grows more muscle than in earlier years. They grow longer legs relative to their total height and begin resembling adults in the proportion of legs to body. They use small and large motor skills in sports and other activities.

Activity description

The child needs to do activities:

1. Juggle two balls in his/her hands at least 10 times
2. Bounce a ball on bat at least 50 times

For the first activity, the child can use a tennis ball, plastic ball or even paper ball. The child should throw one ball in the air, pass another ball from another hand to the first hand & catch the ball thrown in air with the other hand. The child has to do this action as fast as possible for 10 times continuously without dropping either of the balls.

To bounce the ball on bat, the child can pick a cricket bat & tennis or plastic ball, or a tennis racquet and a tennis ball or a table tennis bat and a ping pong ball. The child is expected to hold the bat in either of the 2 hands & bounce the ball on the bat at least 50 times.

Let the child try this as a fun activity.

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When you think the child is ready to make a submission, record one video each for the two activities & submit as an entry.

You may share the video with family (1st circle), relatives & close friends (2nd circle) or acquaintances (3rd circle) as desired by you. Or post the videos on social media (public), if you wish, with the hash tag #KidExDIYChallenge or #KidExDIYNationalChallenge.

Submission guidelines

1. Keep the total video size less than 20 MB
 - a. Higher resolution camera creates large size video files
 - b. Android users can install & use Camera MX player to record smaller size video files
 - i. Camera MX player can be downloaded from [here](#)
 - c. Iphone users should change resolution setting by going to Settings -> Camera & selecting lowest resolution from "Record Video" option
2. You can upload the video file at <https://www.kid-ex.com/diy-nc>
3. Kindly ensure you have registered for the event for us to assess the submission. If not registered, please visit <https://www.kid-ex.com/diy-reg> to register. New registrations allowed till 30th May.

Self-learning manual

Common mistake and things to keep in mind in this activity are:

1. The child is not able to manage hand-eye coordination
2. The child is not able to estimate the time the ball will take to reach back
3. The child is getting excited & unable to act elegantly / swiftly
4. Child is not in the right mindset while playing

Key coaching tip to excel in this exercise is that let the child look at it as a fun activity.

Let the child pick the activity which the child is more confident of completing. Let the child complete that activity in his/her own time. Highlight the key errors the child is making e.g. applying extra force, not able to manage both hands movement seamlessly & encourage the child to practice & perfect.

Guide the child to set smaller goals – 1 time, 2 times etc. And break the activity into smaller parts e.g. throw the ball in air with one hand & catch with the other one. Then, introduce a variation, transferring ball from one hand to other.

Let there be small milestones & goals which can be celebrated & gives a sense of achievements rather than pursuing the mammoth goals at once.

Key benefits of this exercise are:

1. Helps improve gross motor skills & fine motor skills
2. Helps in improving creativity
3. Helps in improving hand-writing
4. Helps improve hand-eye coordination
5. Improves brain function

Entry evaluation guidelines

The maximum point for this activity is 20. Every entry would be rated as either:

1. Master (M): 100% score
 - a. The child can complete both the activities without error at an appropriate pace
2. Intermediate (I): 80% score

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- a. The child can complete 1 activity without error at an appropriate pace
3. Beginner (B): 50% score
 - a. The child can complete 1 activity without error at a slow pace
4. Not applicable (NA): 0% score
 - a. All other submission cases
 - b. No submission.

For any queries, you may Whatsapp us at +91-7303755886 or email us at info@kid-ex.com.

About KidEx

KidEx is a company founded by Kapish Saraf & Amritanshu Kumar (IIT Kharagpur & IIM Calcutta alumni). KidEx aims to create a platform to enable holistic & comprehensive development of every child by partnering with their parents in a logistically convenient manner for the parents. KidEx offers multiple extra-curricular activity classes for kids in physical & digital form (basis screen time guidelines) to enable child's holistic development.

Should you be interested in undertaking any of the classes or knowing more about our offerings, kindly reach out to us at +91-7303755886 (call / WhatsApp) or email us at info@kid-ex.com

KidEx will offer all learning solutions to parents under one umbrella. KidEx would soon launch a suite of digital products aimed at making child-raising easier & more fun for parents.

Live Classes

Cognitive Development	Physical Development	Language & Communication	Creativity & Imagination
✓ Chess	✓ Yoga	✓ English	✓ Guitar
✓ Science (Class 8 to 10)	✓ Bolly-fitness	✓ Mandarin	✓ Film-Making
✓ Chemistry (Class 11 & 12)		✓ French	✓ Fine Arts (Sketching / Painting)
		✓ German	
		✓ Spanish	

Note: Upcoming classes include Academics, Robotics, Coding, Dramatics, multiple Dance & Music, Social Etiquette etc.

About KidEx Do-It-Yourself National Challenge

The event is an effort to spread awareness regarding ***need for all rounded development of the child***. This is also, designed keeping in mind the current external scenarios where lockdown/no lockdown, social distancing practices would continue & schools/colleges might be shut for a few months which would require parents to find non-screen time learning opportunities for the child while demanding lesser time for parents allowing them some breathing space for themselves.

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The event is open to all Indian citizens in India or abroad across age groups of 3 to 17 years. Basis the submitted entries, for every age, a leader board would be created & declared.

You may share your entries (video/images) with family (1st circle), relatives & close friends (2nd circle) or acquaintances (3rd circle) as desired by you. Or post the videos on social media (public), if you wish, with the hash tag **#KidExDIYChallenge** or **#KidExDIYNationalChallenge**.

Prizes & certificates

We will conduct two versions of the event for all interested parents. Parents can decide whether they want their child to participate in the paid version or the free version of the event. Entry charge for paid version of the event is INR 500 for every child.

Paid version participants would be eligible for:

1. Prizes for winners across all age category
 - a. Number of winners linked to number of paid version participants
 - b. 50% of registration fees to be distributed as prize to winners
2. Winner & participation certificates
3. Assessment score for every submitted entry & leader board position summary

Free version participants would be eligible for:

1. Assessment score for every submitted entry

Even participants interested in paid version would be required to pay the amount after 7th May allowing them opportunity to participate first & then, decide.

Important notes:

1. Re-submission: KidEx will provide weekly status on Tuesday / Wednesday for all entries made till Sunday midnight of previous week. KidEx DIY aims to inculcate culture of self-learning & 1% improvement every day in each & every child. If you wish to re-submit the entry for any activity to give the kid an opportunity to better her/his performance and aim for M, we would be supportive and do not mind the additional effort on our part to re-do the assessments. Feel free to re-submit the entry.

2. Conversion to paid version: Should you wish to convert to paid participation (Rs 500/- only), or make payment for your paid participation, simply visit <https://rzp.io/l/KidExDIY> and make the payment by providing your registered email address, mobile number & child name. KidEx team will ensure that your payment is duly recorded & reflected in your participation.

3. Respecting your choice: If you have been registered with KidEx for more than 7 calendar days as unpaid participant and have not submitted even 1 entry, we will respect your choice and will not share challenges with you going forward. Should you wish to re-start receiving challenges, simple make submission for any one challenge or convert to paid participation.

4. Unsubscribe option: Should you wish not to receive DIY events email from KidEx, simple send an email with subject "Unsubscribe" from your registered email address to info@kid-ex.com.