



presents

National All Rounder Championship

1 May 2021 - 31 July 2021

Self-Learning Manual: Activity 03

Physical skills:

Ball Spinning

Age: 3 years



Activity description

The child is required to spin on his/her feet 3 times in less than 3 seconds without falling. To understand how to do the same, watch the shared video in the web resources section below in this manual.

The child is required to complete the full circle rotation & do 3 turns consecutively while maintaining balance i.e. the child should not be falling after completing the circles or should be moving feeling dizzy with no control on own feet.

Be close to the child to hold the child, in case the child is feeling dizzy or losing balance.

Do not record video in parts & record at one go. No video editing software usage is allowed.

Whenever the child is ready, record a video of the child spinning on own feet. 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 spin on own feet continuously 3 times in less than 3 seconds without falling or losing balance

The child can spin on own feet continuously 2 times in less than 2 seconds without falling or losing balance

I = Intermediate
(80%)

B = Beginner
(50%)

The child can spin on own feet continuously 1 time in less than 1 second without falling or losing balance

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 stand for 3 additional seconds post the spinning without losing balance

Expert coach speaks

Children need the dizzying input that comes from spinning, rolling, and swinging. These important movement experiences help the child's nervous system to mature and organize.

If children incessantly spin in circles, it is because their bodies crave that stimulation. Create spaces where they can do these activities anytime the children need to. Spinning in circles is one of the best activities to help children gain a good sense of body awareness. Through spinning they figure out where their "center" is and then are more able to coordinate movement on the two sides of the body.



Key benefits of this activity

The activity benefits in many ways:

- Gain sense of body awareness
- Improves surefootedness
- Improves concentration
- Improves brain development
- Practical experience of physics
- Improves self-confidence

Common mistakes to avoid

- *Eyes are closed while spinning*
- *Not using hands to dynamically balance body posture in event of imbalance*
- *Not aware of relative position of surrounding's*
- *Completely letting go of body control suddenly after stopping spinning*

Useful web resources

- [3 year old spinning](#)

Submissions start 11th May 2021. 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!