

# KidEx Do-It-Yourself National Challenge 2020

## Activity description and self-learning manual

**Activity: Record video(s) covering 7-minute body workout | Physical development | 6 years**

### Skill development milestone

The child's gross & fine motor skills continue to improve. The child can skip using a rope or walk on an actual balance beam safely (at adequate height from the floor). The child can use a three fingered grasp of pencil and use fingers easily to generate movement. The child can color within lines in case of fine images with a good discipline. The child can paste and glue appropriately as well without spillage or unplanned pasting.

### Activity description

The child needs to do a 7-minute full body workout schedule. 7-minute workout schedule is scientifically researched & proven approach towards body fitness which can be easily done at your home. You do not need any equipment, it can do it easily at home, and both your body and mind will benefit.

The 7-minutes workout schedule includes 12 workouts:

1. Jumping jack
2. Wall sit
3. Push up
4. Abdominal crunch
5. Step up onto chair
6. Squat
7. Triceps dip on chair
8. Plank
9. High knees running in place
10. Lunge
11. Pushups with rotation
12. Side plank

Each workout needs to be done for 30 seconds each with interim breaks of 10 seconds.

Encourage the child to practice each of the workout routine in the correct posture. You can check the same [here](#) and then, explain the same to the child. You can use the following [workout guide/digital coach](#) to play while conducting the activity.

If any of the work routine seems difficult for the child currently or is too strenuous for the child's current physical fitness & strength level, advise the child to skip that activity & instead do another routine for a longer duration.

Encourage the child to build this as a daily routine & do Yoga on alternate mornings & 7-minute workout on alternate mornings. Feel free to participate in the same activity with your child.

When you think the child is ready to submit an entry, record a 15-second video of the child for every work-out routine & submit the same as per submission guidelines. Feel free to share the same with your family, close relatives & friends or on social media, if you wish. If you share the same on social media, use the hash tag #KidExDIYChallenge and/or #KidExDIYNationalChallenge.

### Submission guidelines

1. You should record 12 videos of the child – 1 for every workout routine of 15 seconds length
2. You can submit lesser videos (i.e. if the child does only 2 routines, you can submit only 2 videos)
3. Keep the total video size as low as possible

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- 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
4. You can upload the video files at <https://www.kid-ex.com/diy-nc>
  5. 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 30<sup>th</sup> May.

## Self-learning manual

Common mistakes child & even adult make in this activity are:

1. Not focusing on learning the right form or posture for doing the workout
2. Not paying attention to your breathing
3. Not doing stretching exercises before you start working out
4. Eating too much or fasting for too long before the workout
5. Not realizing the current limitation of one's body – overcommitting to schedule resulting in injury or loss of interest the next day
6. Giving up too easily
7. Not in the right mindset while doing the activity

Key coaching tip to excel in this exercise is that encourage the child to carefully watch the instructions given in the video tutorial. When you start, you must focus on getting your form and posture right. The glory is not in quantity but in quality – perfect the posture first, intensity can follow subsequently. You can start with less repetitions at first and then start increasing them in the next round or after a small break.

Try out each of the 12 activities one-by-one over a period of few days to first internalize the right technique for each of the activity & test your current strength & fitness to do the activity. Post the same, start increasing the activity for each of the activity – aim to be able to do each of the activities for 30 seconds each continuously at an acceptable pace for you & your body.

Then, start bunching activities together & try to do a few activities continuously with the prescribed break between them as per the tutorial. Aim to be able to reach the 7-minute workout schedule at an acceptable intensity level within 15 days.

Key benefits of this exercise:

1. The 7-minute workout packs in a full-body exercise routine in a fraction of the time
2. Abdominal crunches, planks, and side planks work your core muscles
3. Push-ups and triceps dips work the arms
4. Squats and lunges work the glute muscles
5. Many of the whole-body exercises work the muscles in your back
6. The exercises work all the major muscle groups, building strength throughout the body
7. Improves cardiorespiratory fitness
8. Elevates your heart rate and helps burn more calories
9. Boosts brain function
10. Short workouts like these can be considered as a minimum effective dose of exercise
11. Dopamine or the post-workout happy feeling is a great way to brighten up your day
12. Relieves stress and anxiety

## Entry evaluation guidelines

The maximum point for this activity is 30. Every entry would be rated as either:

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1. Master (M): 100% score
  - a. Submitted 15-second video for at least 4 activities & each activity is done with correct posture and at an appropriate pace
2. Intermediate (I): 80% score
  - a. Submitted 15-second video for at least 3 activities & each activity is done with correct posture and at an appropriate pace
3. Beginner (B): 50% score
  - a. Submitted 15-second video for at least 2 activities & each activity is done with correct posture and at an appropriate 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](mailto:info@kid-ex.com).

## About KidEx

KidEx is a company founded by Kapish Saraf & Amritanshu Kumar (IIT Kharagpur & IIM Calcutta alumnus). 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. Live classes include: Chess, Arts, Mandarin, Spanish, French, German, Guitar, Movie-Making. Upcoming classes include: Academics, Robotics, Coding, Dramatics, multiple Dance & Music, Social Etiquette etc. 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.

## 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.

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.

## 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

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