



presents

National All Rounder Championship

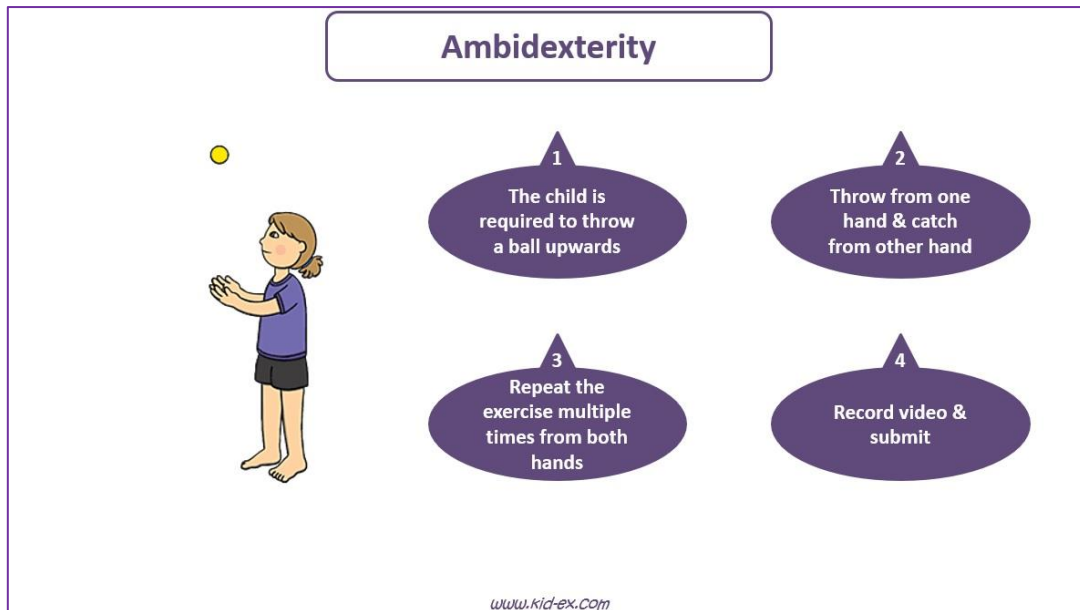
1 May 2021 - 31 July 2021

Self-Learning Manual: Activity 23

Physical skills:

Ambidexterity

Age: 5 years



Activity description

The child is required to hold a ball either tennis ball or plastic ball or paper ball in one of the hands and throw the ball upwards such that it goes above the child's head and then comes down and is caught in the other hand of the child. The child is then required to throw the ball in a similar fashion using the other hand ensuring the ball returns in the original hand. The child should continue this game for as long as the child can.

Kindly note that the ball should be released from child's hand when the hand is near or below the stomach of the child i.e. not from a point close to the chest or shoulders or head of the child. Similarly, the ball should be caught by the other hand when the hand is near or below the stomach.

For submission, the child is required to record a video in which the child is playing this game for as many times as required in the assessment guidelines. 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.

M = Master
(100%)

The child can throw & catch the ball 6 times in total consecutively using alternate hands as instructed

The child can throw & catch the ball 4 times in total consecutively using alternate hands as instructed

I = Intermediate
(80%)

B = Beginner
(50%)

The child can throw & catch the ball 2 times in total consecutively using alternate hands as instructed

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 throw & catch the ball 8 times in total consecutively using alternate hands as instructed

Expert coach speaks

Ambidexterity is the ability to use both the right and left hand equally well. It indicates that a person has no marked preference for the use of the right or left hand.

Only about one percent of people are naturally ambidextrous, which equals out to about 70,000,000 people out of the population of 7 billion. In modern times, it is common to find some people considered ambidextrous who were originally left-handed and who learned to be ambidextrous, either deliberately or as a result of training in schools or in jobs where right-handed habits are often emphasized or required.



Key benefits of this activity

The activity benefits in many ways:

- Accomplish more in less time (writing, typing)
- Perform better in sports
- Apply brain's potential higher
- More creative & artistic

Common mistakes to avoid

- *Do not miss the ball going above the head & then, coming down*
- *Do not throw from the same hand every time & switching the throwing hand as instructed*
- *Do not lift the hand too high*
- *Do not misjudge the speed or force of the throwing arm*

Useful web resources

- [First 90 seconds of this ball juggling video](#)

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!