

KidEx Do-It-Yourself National Challenge 2020

Activity description and self-learning manual

Activity: Record video(s) of child throwing, catching & kicking a ball | Physical development | 5 years

Skill development milestone

At this stage, the child's fine motor skills have improved considerably as can be demonstrated through child's control of pencils, crayons and even, scissors. The child can use spoon, fork and sometimes, a table knife as well. The child can hang from a bar for more than 5 seconds. They can walk backwards comfortably on toes & heels both. The child can skip on one foot and balance itself on one foot for longer durations. The child can swing, climb & hop comfortably. The duration of many of the activities / exercises which the child used to do will increase as the child's lung capacity has increased and she/he is able to breathe more deeply.

Activity description

The child is required to:

1. Throw a ball three times at a target with left hand
2. Throw a ball three times at a target with right hand
3. Kick the ball three times at a target with left foot
4. Kick the ball three times at a target with right foot
5. Catch a ball five times

Record one video for every successful action & submit for the activity.

Throwing the ball

The distance between the child and the target should be equivalent to the height of the child (as an estimate). The target object should be placed on the floor & should be any solid object which is non-fragile. The height of the target should not be more than three times the size of the palm of child.

The child should throw a tennis ball in a standing, straight posture from the mentioned distance towards the object. Allow the child to throw in an over-arm manner only. In case, no tennis or plastic ball is available at home currently (given lockdown situation), you can create a paper ball by crushing one A4 sheet of paper. Please decide if the distance between the child and the target needs to be reduced by half in case the child is using paper ball as paper ball might require more strength to throw at the target for traversing same distance.

Encourage the child to aim for the target & hit the target three times. The child should do this exercise both the arms – right arm & left arm.

Encourage the child to practice this in free time over 2-3 days and whenever the child is confident to do the routine, please record one video each for one throw from each arm of the child. Submit the same as per the guidelines.

Kicking the ball

The distance between the child and the target should be equivalent to twice the height of the child (as an estimate). The target object should be placed on the floor & should be any solid object which is non-fragile. The height of the target should not be more than three times the size of the palm of child.

The child should kick a football or a tennis ball in a standing, straight posture from the mentioned distance towards the object. In case, no football or tennis or plastic ball is available at home currently (given lockdown situation), you can create a paper ball by crushing one A4 sheet of paper. Please decide if the distance between the child and the target needs to be reduced by half in case the child is using paper ball as paper ball might require more strength to kick at the target for traversing same distance.

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Encourage the child to kick at the target & hit the target three times. The child should do this exercise both the legs – right leg & left leg.

Encourage the child to practice this in free time over 2-3 days and whenever the child is confident to do the routine, please record one video each for one kick from each leg of the child. Submit the same as per the guidelines.

Catching the ball

Stand at a distance from the child equivalent to twice the height of the child (as an estimate).

Slowly, throw a ball at the child and asking the child to catch the ball using both his hands. In case, no tennis or plastic ball is available at home currently (given lockdown situation), you can create a paper ball by crushing one A4 sheet of paper.

Encourage the child to catch the ball. Encourage the child to practice this in free time over 2-3 days and whenever the child is confident to do the routine, please record one video for the child catching the ball. Submit the same as per the 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 5 videos of the child – 1 for every action
2. You can submit lesser videos (i.e. if the child does only 1 throw, you can submit only 1 video)
3. Keep the total video size as low as possible
 - 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 30th May.

Self-learning manual

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

1. Child doesn't have a sense of direction & force yet and will need guidance to pull off activity without understanding these concepts – do not try to explain the concept yet
2. Child's wrists & arms / legs & knees do not have sufficient strength or flexibility
3. Child is not able to focus on the object & is throwing/kicking the ball aimlessly
4. Child's throw/kick goes in a random direction breaking something fragile
5. Child might lose balance & fall
6. The ball might hit the child as the child is unable to estimate when the ball will reach towards him/her
7. Not knowing your child's learning style. It varies from listening, speaking or reading.
8. Getting discouraged by making mistakes. Practice is the key so find ways to not get bored or lose hope.
9. Child is not in the right mindset while learning. They will learn and enjoy the process if they're in a happy mood.

Key coaching tip to excel in this exercise is that encourage the child to throw/kick the ball in a direction. More than hitting the target, it is important to encourage the child to throw/kick the ball towards the target. In case, the throw/kick hits the target, celebrate the same & appreciate the child. Ask the child to try & do it again.

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In case the child is erring in speed or direction while throwing/throwing, explain the child how to do it by emphasizing on relative action rather than theory. E.g. throw/kick fast as fast, slow etc. are concepts which the child has started to understand.

Be patient. May be mark an area in the house where the child can play this activity himself/herself repeatedly without external assistance e.g. mark a wall and a standing position where the child can play.

Similarly, for catching, let the child understand:

1. How soon the ball will be in a catchable distance for the child?
2. At which height will the ball reach the child?
3. With what speed will the ball reach the child.

Accordingly, advise the child to keep the palms ready at the right height where the ball is expected to reach. Post that, encourage the child to get the palms there in time before the ball reaches to let it land safely in hand. Then, coach on how to ensure the ball does not bounce back from the palms but safely lands & rests there. Guide on keeping the palm's texture soft so that ball cannot bounce back & also, ask the child to close the fist to ensure ball does not fall through.

Key benefits of this exercise:

1. Boosts brain function
2. Improves focus & concentration
3. Helps the child discover his/her strength & power
4. Helps the child understand concept like direction, speed, force etc. through experiential learning
5. Initiates hand-eye-feet coordination efforts

Entry evaluation guidelines

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

1. Master (M): 100% score
 - a. The child can complete all 5 activities as per the shared guidelines
2. Intermediate (I): 80% score
 - a. The child can complete 4 activities as per the shared guidelines
3. Beginner (B): 50% score
 - a. The child can complete 3 activities as per the shared guidelines
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 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

KidEx Do-It-Yourself National Challenge 2020

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

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