



presents

# National All Rounder Championship

1 May 2021 - 31 July 2021


**Self-Learning Manual: Activity 26**

**Physical skills:**

**Fitness**

**Age: 4 years**

## Fitness



**1**

The child is required to do Back Turn & Side bends

**2**

Do both exercise 10 times each continuously

**3**

Record video & submit

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### Activity description

The child is required to do 2 workouts (Back Turn & Side Bends) each 10 times. Refer video in the Web Resources section to understand better. Each workout should be 10 times each and gap between any two workout should be around 15 seconds.

For submission, required to record a video in which the child is doing the exercises continuously as instructed with a gap of 15 seconds. 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 perform each of the 2 workouts & for 10 times each continuously as instructed
The child can perform any 1 workout for 10 times as instructed	I = Intermediate (80%)
B = Beginner (50%)	The child can perform any 1 workout for 5 times
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.
<b>50% bonus marks:</b> If the child securing an M can perform each of the 2 workouts & for 15 times each continuously	

### **Expert coach speaks**

*Preschool-aged children (ages 3 to 5 years) should be physically active throughout the day for growth and development. Adult caregivers should encourage preschool-aged children to be active when they play.*

*Children and adolescents ages 6 to 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous intensity physical activity each day, including daily aerobic – and activities that strengthen bones (like running or jumping) – 3 days each week, and that build muscles (like climbing or doing push-ups) – 3 days each week.*



### **Key benefits of this activity**

The activity benefits in many ways:

- Full body workout
- Short duration – fits into schedule
- More energized
- Better body blood configuration (glucose level etc.)

#### **Common mistakes to avoid**

- *Do not do the exercise without proper warm up & cooling down.*
- *Do not push for speed till the posture is corrected*
- *Do not do workouts slowly*
- *Do not avoid the 15 sec cooling between consecutive exercises*

#### **Useful web resources**

- [Workout reference video](#)

To submit your entry, visit our website ([www.kid-ex.com](http://www.kid-ex.com)). For any queries, email us at [info@kid-ex.com](mailto:info@kid-ex.com).

**Keep learning! Keep growing! Stay happy! Be successful!**