



presents

# National All Rounder Championship

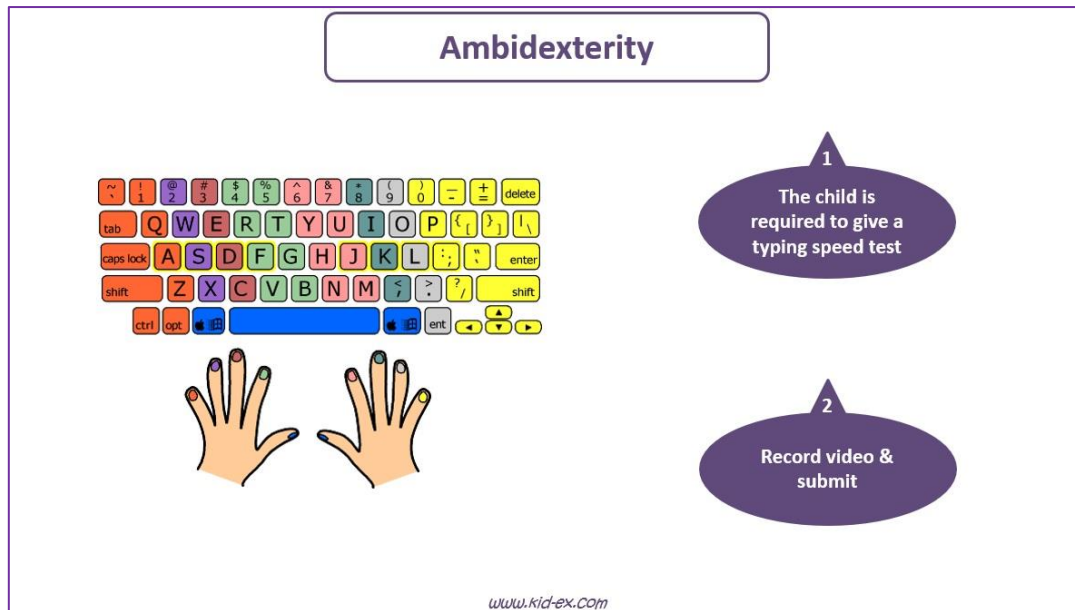
1 May 2021 - 31 July 2021

**Self-Learning Manual: Activity 23**

**Physical skills:**

**Ambidexterity**

**Age: 15-17 years**



## Activity description

The child is required to demonstrate fast typing skills on a laptop/desktop using both the hands. Fast typing skills are a function of the individual's ability to type using both hands & typing with both the hands with similar precision.

The child should use the provided link in the Web Resources section to test the typing speed.

For submission, the child is required to record a video which clearly shows that the child is the one giving the typing test & then, the video should capture the 1-min live test completed by the child along with the final published report on the website basis the 1-minute test. Capture the result properly for it to be readable.

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 score speed of 45 words per minute in the 1-minute test

The child can score speed of 35 words per minute in the 1-minute test

I = Intermediate  
(80%)

B = Beginner  
(50%)

The child can score speed of 25 words per minute in the 1-minute test

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 score speed of 55 words per minute in the 1-minute test

### 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

- *Typing fast does not always mean your typing is correct. Speed is a function of correctly typed words.*
- *Do not try to type with one hand or with one finger.*
- *Avoid typos to reduce non value adding key strokes*

#### Useful web resources

- [Test link](#)
- [Recommended tutorial for bird poses](#)
- [Typing 150+ WPM](#)
- [Typing without looking at keyboard](#)
- [Secrets from fastest typists](#)
- [Playing Piano with both hands](#)
- [Girl writes in 11 styles](#)

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!**