

KidEx Do-It-Yourself National Challenge 2020

Activity description and self-learning manual

Activity name: Record video(s) covering 2 legwork exercises | Activity type: Physical skills | Age category: 3 years

Skill development milestone

The child should be able to sit, walk, use a spoon, scribble & throw a ball. The child is able to climb stairs up & down one foot at a time. The child is able to pedal a tricycle and can scribble as well.

Activity description

The child is required to walk on a pre-defined track as if walking a balance-beam. The child has to walk on two tracks: (1) Square & (2) Circle.

The track can be created within the house using any convenient method (tape, ribbon, chalk, paper etc.). Please try to keep the width of the track as 1 inch. For the length of the track, try to keep length of one side of square equal to almost 5 adjacent footsteps of the child. Similarly, in case of circle, try to keep circumference of circle equal to almost 10 adjacent footsteps of the child.

Ask the child to start from any point on the track and place one foot on the track such that the toe of the foot is definitely touching the track. Now, the child should place the other foot in front of the first foot such that the toe of first foot is touching the heel of the other foot & the toe of both the feet are on track. The child should continue walking in this format on the entire track & complete three rounds of both the tracks.

Encourage the child to practice this in free time over 2-3 days and whenever the child is confident to do both the tracks back-to-back three times each, please record video of the child completing its task which can be shared with close family, friends & relatives and also, submitted as an entry for the event.

Feel free to participate in the same activity with your child. Or post the videos on social media, if you wish, with the hash tags #KidExDIYChallenge & #KidExDIYActivity1.

Submission guidelines

1. You can record one common video for both the tracks or create two different videos for both the tracks
2. Keep the total video size less than 20 MB
 - 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
3. You can upload the video files(s) at <https://www.kid-ex.com/diy-nc> (if total file size > 20 MB)
4. You can mail the video file(s) to us at info@kid-ex.com (if total file size < 20 MB)
5. Please mention child's name, registered contact number & activity number in mail subject while submitting the file (Example: Veehan Saraf, 9654138862, Activity 1)
6. Kindly ensure you have registered for the event for us to assess the submission. If not registered, please visit <https://bit.ly/KidExDIYchallenge> to register

Self-learning manual

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

1. Child creates gap between both feet while making a movement
2. Child's toe is not on the track line but outside it
3. Child does not lift her/his foot and tries to slide it on ground
4. Child keeps losing balance as her/his body weight imbalance occurs
5. Child is able to walk in straight line but loses balance while turning or walking on radial track

Key coaching tip to excel in this exercise is to encourage the child to extend both arms out and move them up and down to create balance. In event of body weight imbalance, advise the kid to not move forward but to first gain back body weight balance by lowering the hand down on the body

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side where the body weight is lesser. The child should commence moving forward after regaining body weight control. Adhere to feet movement guidelines at all times.

Key benefits of this exercise:

1. It helps improve gross motor skills of the child and train the child on eye coordination with multiple body parts
2. It helps the child gain understanding of body weight, body control & teaches dynamic balancing which reduces their chances of falling over
3. It increases the probability of child participating in sports activity
4. It is a fun exercise and typically, a very common hobby for the child during 3 to 5 years age

Entry evaluation guidelines

The maximum point for this activity is 10. Every entry would be rated as either:

1. Master (M): 100% score
 - a. Both the tracks were completed with complete adherence to guidelines i.e. foot movement & not losing balance. Total time taken for three rounds of each of the track was equal to or less than 1.5 minutes.
2. Intermediate (I): 80% score
 - a. Both the tracks were completed with complete adherence to guidelines i.e. foot movement & not losing balance. Total time taken for three rounds of each of the track was more than 1.5 minutes.
 - b. Only one track was completed with complete adherence to guidelines i.e. foot movement & not losing balance and time taken for three rounds of track was within 1.5 minutes.
3. Beginner (B): 50% score
 - a. Only one track was completed with complete adherence to guidelines i.e. foot movement & not losing balance but time taken for three rounds of track was more than 1.5 minutes.
 - b. At least one track was completed without losing balance and foot movement was correct for at least 80% of the track length and time taken for three rounds of track was within 1.5 minutes.
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.

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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

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