



presents

National All Rounder Championship

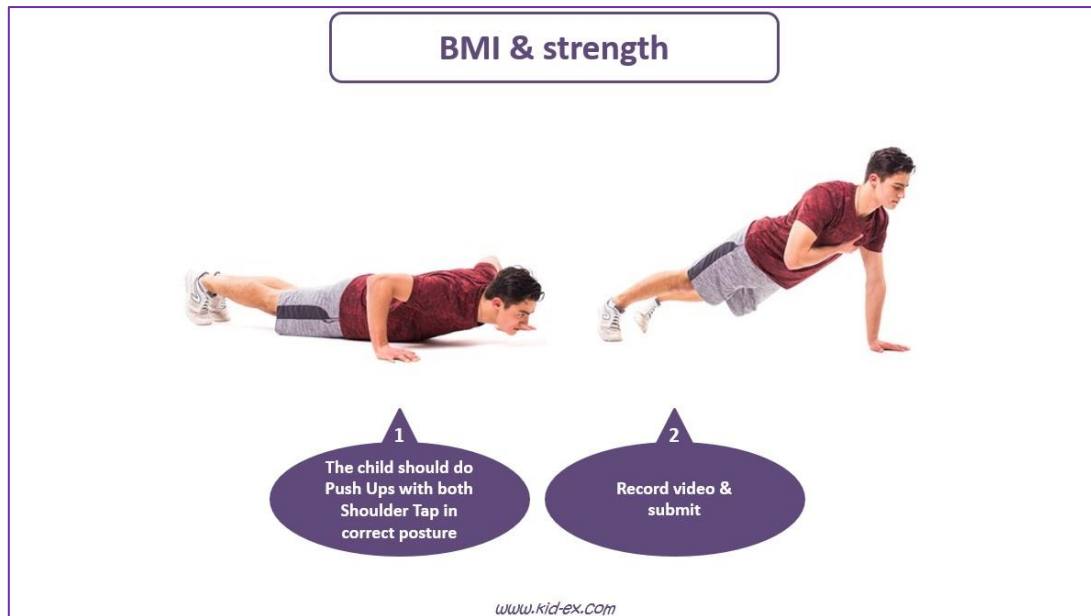
1 May 2021 - 31 July 2021

Self-Learning Manual: Activity 17

Physical skills:

BMI & strength

Age: 12-14 years



Activity description

The child is required to do 10 push ups with both shoulder taps in the right posture. Watch video in web resources section to observe the right posture.

Ensure the child's knees, shoulders, belly does not touch the ground while doing the push ups or doing shoulder taps.

Record a video of the child doing the push ups with both shoulder taps.

Record the full 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 and 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 10 push ups with both shoulder taps continuously in the correct posture

The child can perform 5 push ups with both shoulder taps continuously in the correct posture

I = Intermediate
(80%)

B = Beginner
(50%)

The child can perform 5 push ups without shoulder taps in the correct posture

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 perform 15 push ups with both shoulder taps continuously in the correct posture

Expert coach speaks

Strength training is a way to build muscles and strength using free weights, weight machines, and rubber resistance bands, or body weight. Kids and teens may want to do strength training to improve sports performance, treat or prevent injuries, or improve their appearance.

Kids as young as 7 or 8 years old can safely do strength training if they have good balance and control of their body, follow instructions, and can do the exercises with good form. A child's strength-training program shouldn't be a scaled-down version of an adult's weight training regimen. Proper technique is important.



Key benefits of this activity

The activity benefits in many ways:

- Improves overall fitness and sports performance
- Increases lean body mass
- Burns calories
- Makes bone stronger
- Improves mental health

Common mistakes to avoid

- *Do not start full intensity workout immediately – start with push ups against a slant or with legs resting on ground but ease up your body*
- *Keep placement of palm/wrists appropriately (distance between them & their relative position to shoulder)*
- *Do not let the knees bend and don't let the belly/chest touch the ground – use a pillow under belly to practice if needed*

Useful web resources

- [Shoulder tap push ups](#)
- [Shoulder tap exercise for kids](#)
- [Push up for beginners](#)
- [10 push up variations](#)
- [Teaching kids push ups](#)
- [Push ups by 5 year old](#)
- [Toddler trying push ups](#)
- [Home exercises for kids](#)

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