



presents

# National All Rounder Championship

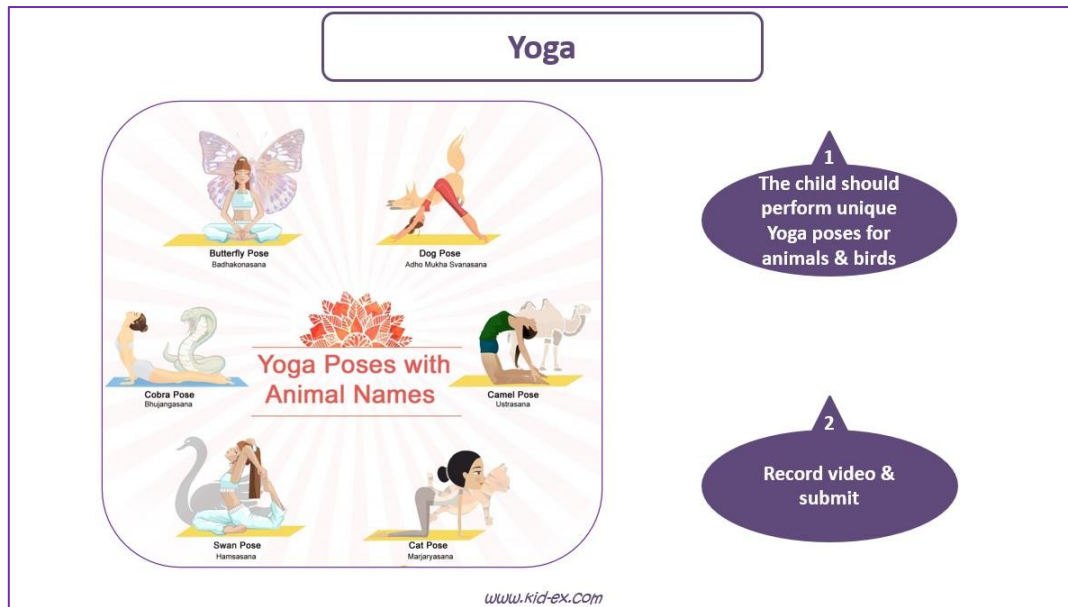
1 May 2021 - 31 July 2021

**Self-Learning Manual: Activity 10**

**Physical skills:**

**Yoga**

**Age: 6 years**



## Activity description

The child is required to perform multiple Animal & Bird Yoga poses following the correct techniques for at least 5 seconds each. The video in the web resources shows the different types of postures & the right way to perform such yoga postures. Sea animals for this activity can be considered as an animal (e.g. crab or shark pose)

Record a video of the child doing 5 animal yoga postures & 5 bird yoga postures following the right posture & staying in each of the postures for at least 5 seconds.

Let the child record all the poses 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 performing the yoga postures. 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 5 animal & 5 bird yoga poses as instructed each for at least 5 seconds

The child can perform 4 animal & 4 bird yoga poses as instructed each for at least 5 seconds

**I = Intermediate**  
(80%)

**B = Beginner**  
(50%)

The child can perform 3 animal & 3 bird yoga poses as instructed each for at least 5 seconds

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 7 animal & 7 bird yoga poses as instructed each for at least 5 seconds

### **Expert coach speaks**

*Yoga is a way to have fun, relax and stay healthy. There are many different poses to practice and master. Yoga is becoming increasingly popular; there aren't many cities you could go to without finding a yoga studio with a variety of different classes. Children as young as 18 months can do Yoga – there are multiple simple Yoga poses which toddlers can do easily.*

*However, one of the more recent trends in yoga is Story Time Yoga. In these classes, stories are used to help the children remember and repeat the poses.*



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

The activity benefits in many ways:

- Helps manage anxiety
- Improves emotional regulation
- Boosts children's self-esteem
- Increases body awareness and mindfulness
- Develops children's strength & flexibility
- Improves concentration & memory

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

- *Do not do poses immediately after meals (avoid for 1-2 hours)*
- *Be aware of injuries or weak body parts – avoid exercises which may aggravate them*
- *Observe & learn correct breathing techniques*
- *Not postural correctness (space between body parts etc.)*

#### **Useful web resources**

- [Recommended tutorial for animal poses](#)
- [Recommended tutorial for bird poses](#)
- [Animated video for sea animal yoga poses](#)
- [Animated video for forest animal yoga poses](#)

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!**