



presents

# National All Rounder Championship

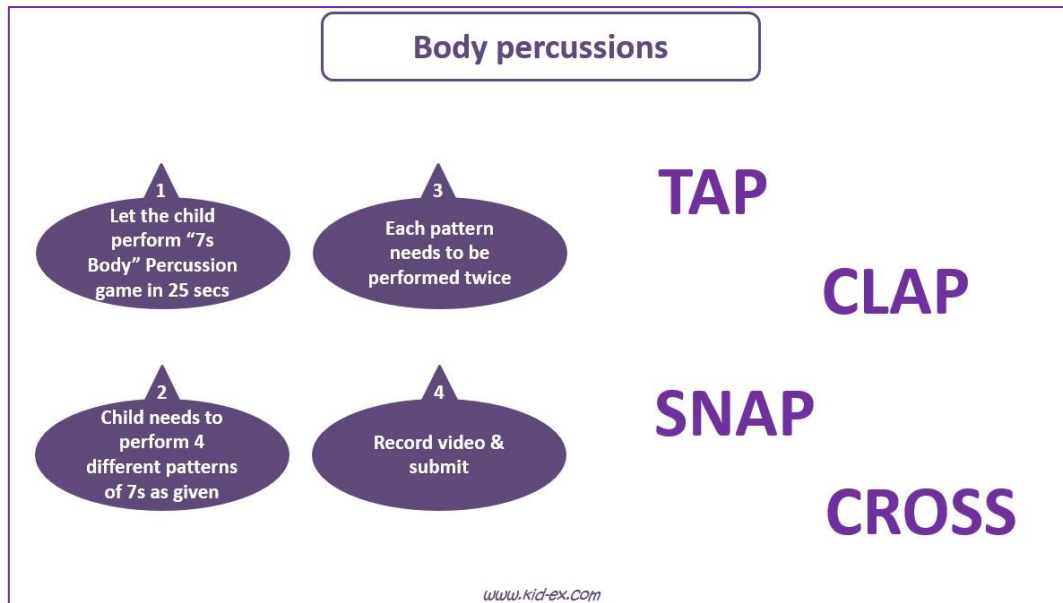
1 May 2021 - 31 July 2021

**Self-Learning Manual: Activity 08**

**Physical skills:**

**Body percussions**

**Age: 6 years**



## Activity description

Body percussions means making sound using body parts e.g. clapping hands, stomping feet, tapping feet, tapping belly, tapping chest, snapping fingers etc.

The child is required to perform "Sevens Body" as illustrated in the video tutorial in web resources section. This includes 4 patterns of Body Percussions – each involving 2 sets of 7 body percussions – either same or unique i.e. a total of 56 body percussions actions. The sets are (1) Tap (2) Tap, Clap (3) Tap, Clap, Snap & (4) Tap, Cross, Clap, Snap.

The child is required to do each of the patterns (2 sets of pattern in the set) consecutively i.e. Set 1, Set 2, Set 3 & then, Set 4. Let the child record the entire performance at one go. No other music in background is allowed. 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 body percussion. 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 56 given body percussion sounds as instructed above in 25 seconds or less

The child can perform 56 given body percussion sounds as instructed above in 30 seconds or less

**I = Intermediate**  
(80%)

**B = Beginner**  
(50%)

The child can perform 56 given body percussion sounds as instructed above in 45 seconds or less

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 56 given body percussion sound as instructed above in 20 seconds or less

### Expert coach speaks

*Body percussion is where one uses their body to make music, whether it be through clapping, stomping, snapping, etc.*

*Research indicates that rhythm and movement interventions have the potential to support the development of self-regulation skills. Making sounds and music with our bodies may seem simple but it is actually very complex. Creating and following a rhythm with body percussion requires: body awareness, proprioception, motor planning, motor timing, rhythm & coordination.*



### Key benefits of this activity

The activity benefits in many ways:

- Helps internalize music
- Teaches complex rhythms
- Scaffolds music composition skills
- Can be used to teach patterns, loops, algorithms
- Teaches & improves self regulation
- Improves gross & fine motor skills

#### Common mistakes to avoid

- *Applying excessive force while tapping or stomping resulting in being hurt*
- *Inconsistency in tempo or performance volume*
- *Mixing of steps on increasing the tempo*
- *Low volume sound while performing*

#### Useful web resources

- [Sevens body video tutorial](#)
- [Body percussion tutorial 1](#)
- [Body percussion tutorial 2](#)
- [Body percussion tutorial 3](#)
- [Snap fingers](#)

Submissions start 11<sup>th</sup> May 2021. 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!**