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# National All Rounder Championship

1 December 2020- 28 February 2021

**Self-Learning Manual: Activity 25**

**Physical skills:**


**Gymnastics**

**Age: 9-11 years**

Our sponsors



### Gymnastics



AUSTRALIA  
Beginner Gymnastics Rolls with AEROkids / No equipment / at home program

1

Do 3 rolls taught in the shown YouTube Video

2

Do each roll 5 times forward & backward

3

Record video(s) & submit

www.kid-ex.com

## Activity description

The child is required to learn & demonstrate 3 gymnastics rolls.

- First roll is shown in this [video](#) (Video 1 in Web Resources). Ref time 1:15 to 1:40. The child has to do side roll in pair of both ways 5 times.
- Second roll is shown in this [video](#) (Video 1 in Web Resources). Ref time 1:40 to 2:10. The child has to do side roll in pair of both ways 5 times.
- Third roll is shown in this [video](#) (Video 1 in Web Resources). Ref time 2:40 to 3:20. The child has to do side roll in pair of both ways 5 times.

The child is required to observe the correct posture. Make sure the child does warm up before doing the rolls.

Let the child practice the activity for some time before s/he sets out to perform in front of the camera.

Record a video of the child doing the activity and submit it as per the guidelines.

## Assessment guidelines

The total non-bonus points for this activity is 30. Every submission would be rated as either of below.

<b>M = Master</b> (100%)	The child can do all the three rolls as instructed in correct posture continuously five times (one pair is counted as one time)
The child can do any two rolls as instructed in correct posture continuously three times (one pair is counted as one time)	<b>I = Intermediate</b> (80%)
<b>B = Beginner</b> (50%)	The child can do any one roll as instructed in correct posture at least one time (one pair is counted as one time)
For participating in the event & making an event relevant submission which does not meet assessment guidelines for M, I or B.	<b>A = Aspirant</b> (25%)
<b>NA (Not applicable)</b>	No submissions or any submission which is irrelevant for the activity.

**50% bonus marks:** If the child securing an M can perform the each of the three rolls five times continuously in less than 60 seconds

### **Expert coach speaks**

***Gymnastics is one of the best exercises for training for overall health and wellness. Multiple studies on this subject prove the importance of gymnastics for bone, muscle, and cognitive health.***

***Training your mind to feel happy and stress-free involves regular physical exercise. But boosting one's cognitive and emotional state of mind requires a more intense and consistent training program. And that's why gymnastics is so good. Participating in gymnastics from a younger age is important. It targets all muscle groups for total-body strength and flexibility. Plus, it fights a bunch of metabolic and immune disorders by lowering blood pressure and releasing antioxidant enzymes within the body.***



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

The activity benefits in many ways:

- Enhances complex motor skills
- Increases flexibility
- Builds personal control & self-esteem
- Promotes healthy cognitive functioning
- Perfects body posture
- Reduces risk of depression
- Improves sleep quality

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

- *Do not forget to do warm up*
- *Use a Yoga Mat or a Bed sheet to do the rolls on – do not do on hard surface*
- *Observe the correct posture & follow the same – incorrect posture may cause injury*
- *Do not push or over-exert yourself; stamina builds gradually*
- *Do not try complex drills too soon*

#### **Useful web resources**

- [Video 1: Gymnastic roll exercises](#)
- [Video 2: Forward roll](#)
- [Video 3: Pre-school gymnastics](#)
- [Video 4: Pre-school gymnastics](#)
- [Video 5: 3 year old gymnast](#)
- [Video 6: 4 year old gymnast](#)
- [Video 7: 5 year old gymnast](#)
- [Video 8: Kid teaching gymnastics](#)

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!**