



presents

National All Rounder Championship

1 December 2020- 28 February 2021

Self-Learning Manual: Activity 07

Physical skills:

7 minutes workout

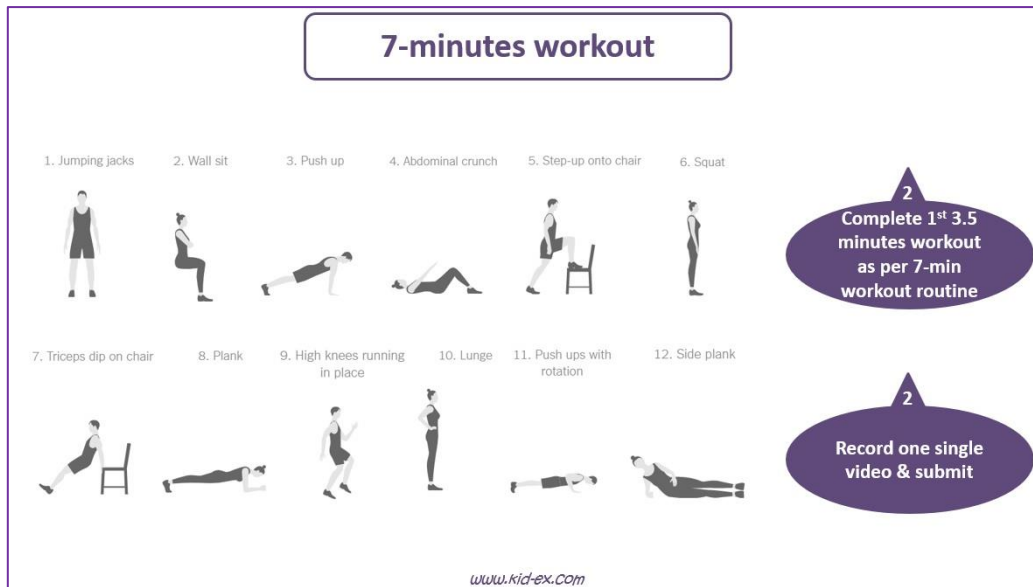
Age: 7-8 years

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Activity description

The 7-minute workout is a scientifically researched & proven approach towards body fitness which can be easily done at your home. You do not need any equipment, it can do it easily at home, and both your body and mind will benefit.

It includes: Jumping jack, Wall sit, Push up, Abdominal crunch, Step up onto chair, Squat, Triceps dip on chair, Plank, High knees running in place, Lunge, Push ups with rotation and Side plank. Each workout is for 30 seconds with interim breaks of 10 seconds.

The child needs to do 3.5-minute workout schedule out of the 7 minute workout schedule continuously involving 6 unique exercises for 30 seconds each.

Encourage the child to build this as a daily routine.

When you think the child is ready to submit an entry, record the video of the child for work-out routine & submit as per guidelines.

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 do minimum 3.5 minute workout continuously involving at least 6 unique exercises each for at least 30 seconds

The child can do minimum 3.5 minute workout continuously involving at least 5 unique exercises each for at least 30 seconds

I = Intermediate
(80%)

B = Beginner
(50%)

The child can do minimum 3.5 minute workout continuously involving at least 4 unique exercises each for at least 30 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 the full 7 minute workout involving all 12 exercises for at least 30 seconds each

Expert coach speaks

Children at the age of 7 and 8 can do difficult tasks. They can twist, turn, and spin with good speed. They can ride a two-wheeled bicycle without support and indulge in activities requiring balance and coordination.

During middle childhood, children enjoy testing their physical limits and develop complex moving skills. They can run zig-zag patterns, do cartwheels, and catch small balls. From this age onwards, boys and girls begin to hit puberty which results in complex changes in physical, socio and emotional capacities of the two sexes.



Key benefits of this activity

The activity benefits in many ways:

- Work your core muscles, glute muscles, arms & muscles in your back
- Build strength throughout the body
- Improves cardiorespiratory fitness
- Elevates your heart rate and helps burn more calories
- Boosts brain function
- Relieves stress and anxiety

Common mistakes to avoid

- *Not focusing on learning the right form or posture for doing the workout*
- *Not paying attention to your breathing*
- *Not doing stretching exercises before you start working out*
- *Eating too much or fasting for too long before the workout*
- *Not realizing the current limitation of one's body – overcommitting to schedule resulting in injury or loss of interest the next day*
- *Giving up too easily*
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Useful web resources

- [7 minute workout video](#)
- [7 minute workout digital clock](#)

To submit your entry, visit our website (www.kid-ex.com). Submissions will start from 11 Dec 2020 & continue till 28 Feb 2021. For any queries, email us at info@kid-ex.com.

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