



presents

National All Rounder Championship

1 December 2020- 28 February 2021

Self-Learning Manual: Activity 01

Creativity and Imagination:

Dance with Props

Age: 4 years

Our sponsors





Activity description

The child is required to dance using a prop. The child can choose any one of the props from this list - ball, umbrella, cap, hat, dupatta, stick, toy, or hoopla ring. The choice of prop can be basis convenience & what is easily available at home. Guide the child that the prop can be used as a character, symbol, or an object in the dance performance.

Encourage the child to enact a free-dance performance using the prop (if the child already has any favourite dance steps, use the prop in those else, create dance steps using props). Select any music track which the child might already be fond of or has the highest chances of responding energetically to & ask the child to perform dance on the music track using the prop for at least 60 seconds.

To successfully complete the activity, the child shall have to dance using the prop for minimum 60 seconds on any music track of choice such that the prop remains relevant for the entire performance.

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 dance using the prop for at least 60 seconds with the prop engaged during 100% of the performance.
The child can dance using the prop for at least 30 seconds with the prop engaged during 100% of the performance. The child can dance using the prop for at least 60 seconds with the prop engaged during 50% of the performance.	I = Intermediate (80%)
B = Beginner (50%)	The child can dance using the prop for at least 15 seconds with the prop engaged during 100% of the performance. The child can dance using the prop for at least 30 seconds with the prop engaged during 50% of the performance.
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 task for double the time (i.e. 120 seconds).

Expert coach speaks

Children at the age of 4 are capable of walking in the usual heel-toe manner. They take longer steps than a 3-year-old. Their speed increases and the early gallop transforms into a run or leap steps. At this age, they can easily trace paths, follow lines, walk backward, climb stairs, and perform alternate feet movement.

When it comes to dance, a 4-year-old is capable of mastering expression and communication through movements and gestures. Moreover, when a child dances, s/he makes efforts to memorize steps, take directions and learn things creatively. Dance is an excellent activity for enhancing the functioning of the brain and for inculcating self-discipline.



Key benefits of this activity

The activity benefits in many ways:

- Helps develop coordination of body and mind
- Enhances agility and flexibility
- Improves balance and strengthens the spine
- Builds self-confidence and spatial awareness
- Helps develop kinaesthetic memory
- Develops endurance
- Equips in accommodating with and functioning alongside an object or person

Common mistakes to avoid

- *Do not let the child use a prop that s/he cannot handle. The prop used should be manageable and not hamper the performance.*
- *Do not use the prop to merely complete the activity but make it relevant to the performance by considering it an integral part.*
- *Let not the actions with the prop be repetitive. Instead try using the prop in an interesting and innovative manner.*
- *Ensure that the child can use the prop safely and conveniently.*

Useful web resources

- [Video tutorial \(dance with scarf\)](#)
- [Video tutorial \(dance with umbrella\)](#)
- [Video tutorial \(dance with hat\)](#)

To submit your entry, visit our website (www.kid-ex.com). For any queries, email us at info@kid-ex.com.

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