



ATAL INNOVATION MISSION

# ATL DIY Inter-School Challenge

**Theme: Innovation & Empathy**

**12 October 2020 – 11 December 2020**

in association with



**Self-Learning Manual: Activity XV**

**Creativity & Imagination: Dance**

**Std.: IV-V**

ATL DIY Inter-School Challenge 2020

## Activity description and self-learning manual

### Activity XV: Record a video of the child performing Indian traditional dance of choice



ATL DIY Inter-School Challenge 2020

Theme: Promoting Innovation & Empathy

Creativity & imagination

Dance

Std. IV-V

**Activity XV: Record a video of the child performing Indian traditional dance of choice**



Let the child pick 3 Indian traditional dance forms of interest

Let the child observe the dance & learn

Ask the child to perform 30-second long dance performance for each dance form

Record a 30-second video of the child performing for each dance form

Submit the video

[www.kid-ex.com](http://www.kid-ex.com)

#### Activity description

The child needs to perform any 3 Indian traditional dance forms for 30 seconds each.

Some of the Indian dance forms can be found here:

1. [Bihu](#)
2. [Garba 1](#), [Garba 2](#)
3. [Bhangra 1](#), [Bhangra 2](#), [Bhangra 3](#)
4. [Kathak 1](#), [Kathak 2](#), [Kathak 3](#)
5. [Bharatnatyam 1](#), [Bharatnatyam 2](#)
6. [Ghoomar](#)
7. [Kuchipudi](#)
8. [Lavani](#)

Let the child watch the video as part of his/her daily screen time routine and observe the dance moves. Encourage the child to copy the dance steps & match the pace of performance in the video.

When you feel that the child is ready to perform the traditional Indian dance of his/her choice, record a 30-second video of the child for each Indian traditional dance that the child wishes to perform. As a part of this activity, the child is required to perform any 3 dance forms. The video should be submitted as an entry as per submission guidelines.

Feel free to participate in the same activity with your child.

#### Evaluation guidelines

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The maximum point for this activity is 30. Every entry would be rated as either:

1. Master (M): 100% score
  - a. The child can perform 3 dance forms for 30 seconds each and the child does 3 unique steps for each dance form
2. Intermediate (I): 80% score
  - a. The child can perform 3 dance forms for 15 seconds each and the child does 3 unique steps for each dance form
  - b. The child can perform 2 dance forms for 30 seconds each and the child does 3 unique steps for each dance form
3. Beginner (B): 50% score
  - a. The child can perform 2 dance forms for 15 seconds each and the child does 3 unique steps for each dance form
  - b. The child can perform 1 dance form for 30 seconds and the child does 3 unique steps for each dance form
4. Not applicable (NA): 0% score
  - a. All other submission cases
  - b. No submission

### Self-learning manual

Common mistake and things to keep in mind in this activity are:

1. The child is shy & feels that he/she will come across as funny & hence, not willing to try the activity
2. Child does not remember the steps and is not able to perform
3. Child is not able to match the pace of the music & his/her steps are leading/lagging the music track
4. Child is not in the right mindset while learning

Key coaching tip to excel in this exercise is that let the child look at it as a fun activity. If the child is feeling shy, nervous, low on confidence, you may be a good sport & participate in the same activity to encourage the child to let go of any fears.

Break the exercise into parts. Let the child just pick a step & do without worrying about the music. Once the child has picked up 4-5 such steps, then the child should look at the video & try to match the performing artist' dance. It will make it easier for the child to perform better to the music.

Key benefits of this exercise are:

- Improved condition of heart and lungs
- Increased muscular strength, endurance, and aerobic fitness
- Better coordination
- Better agility
- Better flexibility
- Healthy blood pressure
- Improved overall balance
- Improved spatial awareness
- Enhances emotional development
- Encourages socialization
- Encourages creativity
- Enhances cognitive development

### Submission guidelines

Key guidelines for submission:

- You can record one common video or 3 different videos of the child for this activity
- Submit the video on: KidEx website
  - Visit [here](#) & upload the files following the instructions

### **ATL DIY Inter-School Challenge 2020**

Feel free to share the video with family, relatives, and close friends as you desire using [KidEx app](#). [KidEx app](#) allows you to add any family member, friend or relative as 1st Circle, 2nd Circle or 3rd Circle in the app itself & mark every post's sharing circle i.e. share with 1st Circle only, or 1st & 2nd Circle, or 1st, 2nd & 3rd Circle. You can post the videos from [KidEx app](#) on social media platform of your wish as well.

KidEx app is a private sharing app which enables you to store images/videos of the growing kid at one place & access them easily. The app makes it super convenient for family members & closest friends to access images/videos of the kid as every kid has a dedicated page (if created by their parents). You may save kid's art work, performances, achievements proofs, medical records etc. conveniently in one place.

You can download KidEx app by clicking [here](#). For any queries, you may email us at [info@kid-ex.com](mailto:info@kid-ex.com).