



presents

National All Rounder Championship

1 December 2020- 28 February 2021

Self-Learning Manual: Activity 07

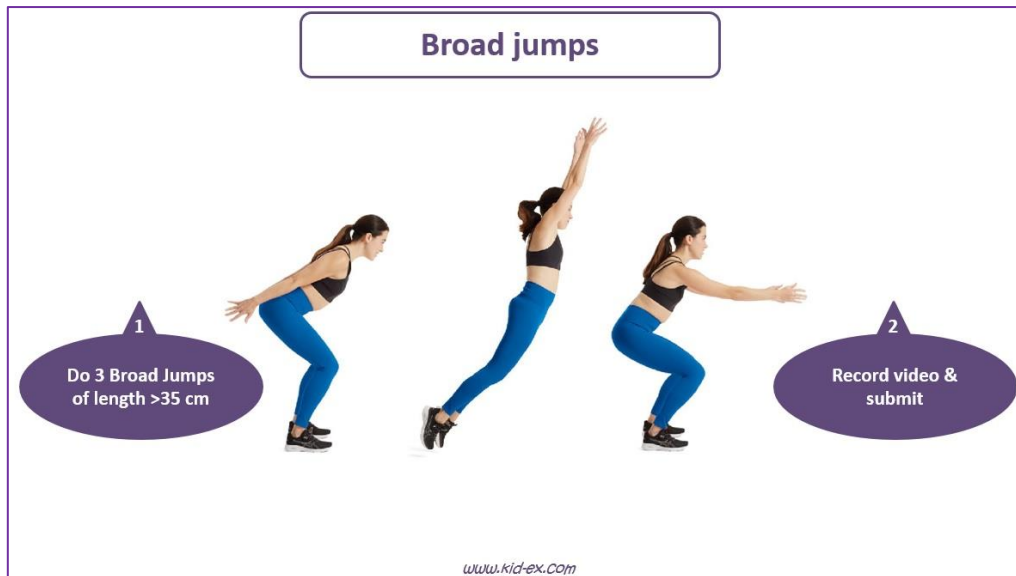
Physical skills:

Broad jumps

Age: 5 years

Our sponsors





Activity description

The child is required to do 3 broad jumps.

A broad jump, also called as standing long jump is an act of jumping as far as possible from a given start. For the activity, a length of 35 cm should be marked on the ground with point A at the 0 cm mark and point B at 35 cm mark. A horizontal line should be extended from both the points such that they run parallel to each other, marking an arena for the activity. A marker, rope or a coloured tape can be used for designating the two lines.

The child is supposed to stand behind the line extending from point A and aim at crossing the line at point B. For a better jump, the child is supposed to swing the hands properly and take a push from the ground as instructed in the sample video in web resources section.

Note that the child must do the jumps one after the other, from line A to line B, line B to A and so on. All the three jumps must be covered in a single video. Record the video accordingly and submit it.

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 3 broad jumps of length > 35 cm consecutively as per the given instructions in activity description.

The child can do 2 broad jumps of length > 35 cm consecutively as per the given instructions in activity description.

I = Intermediate
(80%)

B = Beginner
(50%)

The child can do 1 broad jump of length > 35 cm as per the given instructions.

The child does 3 broad jumps but length of jumps is lesser than 35 cm.

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 3 broad jumps in less than 10 seconds

Expert coach speaks

A five-year-old can jump easily and can do various kinds of jumps. They can turn 180 degrees in the air while jumping and can also skip a rope. Their capacity to hop increases considerably and they can hop for about 8 times on one foot. They have good balance and coordination.

At this age the child is capable of experimenting with weight shift and can jump up and down with explosive strength. In all, the gross motor skills of the child begin to develop at a faster rate and can be further strengthened with suitable drills and practices.



Key benefits of this activity

The activity benefits in many ways:

- Builds strength and control
- Improves agility and coordination
- Strengthens legs, knees and back
- Stimulates metabolism
- Increases oxygen circulation to tissues
- Improves cardiovascular health

Common mistakes to avoid

- *Toes crossing the starting line - Make sure that the child stand behind the starting line such that the toes don't cross the line.*
- *Jumping before the crossing line - The jump will be considered valid only if the child is able to jump beyond the crossing line. Even the heels should not touch the line.*
- *Wrong mindset- Let not the child have apathy for physical activities.*

Useful web resources

- [Video tutorial explaining how to broad jump](#)
- [Video tutorial explaining how to broad jump & high jump](#)
- [Jumping jack video tutorial for kids to perform jumping jack correctly](#)

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!