



presents

National All Rounder Championship

1 December 2020- 28 February 2021

Self-Learning Manual: Activity 11

Physical skills:

Slow cycling

Age: 12 to 17 years

Our sponsors





Activity description

The child is required to ride a two-wheeled bicycle on a horizontal course which is 5 meters long. The bicycle should always maintain forward motion. The child's feet or any body part should not touch the ground at any point of time. Do ensure that the surface chosen for the activity is flat and not sloped.

The aim of the activity is to traverse the distance of 5 meters in maximum possible time.

Note that the track should be measured and marked accurately (can be marked using any chalk mark, colours, or paper). 'Start' and 'End' points should also be visible in the video. The front tyre should be touching the start point when the child starts the activity. And the activity ends when the front tyre touches the end point.

A person other than the child should record the video & ideally should be standing one metre ahead of the end point, facing the cyclist & recording the video as the cyclist starts cycling. Record & submit.

In case the child currently does not have a cycle, kindly borrow (following Covid related sanity checks).

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 cover 5 mtrs as instructed in 60 seconds or more.

The child can cover 5 mtrs as instructed in 40 seconds or more.

I = Intermediate
(80%)

B = Beginner
(50%)

The child can cover 5 mtrs as instructed in 20 seconds or more.

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 in 120 seconds or more.

Expert coach speaks

Slow cycling is both a competitive sport and a useful exercise to combat stress. In both the cases, slow cycling plays an important role in building physical abilities of an individual. It exercises the mind as well as the body. It tests the person's balancing skills and capacity to endure.

To be able to cycle slowly and properly, the child should practice pumping the brakes and must constantly steer to keep the bike under control. Remember that it is difficult to master slow cycling in one go but relentless practice can help one excel at it.



Key benefits of this activity

The activity benefits in many ways:

- Develops control and improves balance
- Strengthens bones and limb muscles
- Lubricates joints
- Helps recover faster from injuries
- Provides an aerobic workout
- Increases brain power
- Boosts all kinds of cognitive functions

Common mistakes to avoid

- *Allowing any body part to touch the ground.*
- *Moving horizontally instead of forward.*
- *Starting the activity from a point much behind the 'Start' line.*
- *Peddling the bicycle backwards to maintain balance.*

Useful web resources

- [Sample slow cycling activity](#)
- [Animated video to teach cycling concept](#)
- [Teaching a kid how to ride cycle](#)
- [An adult learning to ride cycle](#)

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!