



presents

National All Rounder Championship

1 December 2020- 28 February 2021

Self-Learning Manual: Activity 11


Physical skills:

Air cycling

Age: 5 years

Our sponsors





Air Cycling

1

Teach the child to do air-cycling (yoga pose)

2

Let the child do 10 forward & 10 backward cycling action

3

Record video & submit

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Activity description

For the given activity, the child is supposed to lie flat on the back and perform a cycling action with legs suspended in air. S/he is required to do a total of 20 cycles, 10 pairs forward first and then, 10 pairs backward. The child should cycle with both the legs in one after the other manner for 10 times in one direction and then, switch to reverse cycle direction.

Ensure that the child makes each cycle as round as possible. A tutorial on how to do the activity in the right manner can be found in the 'Links and Resources' section below. Let the child practice the activity a few times and master it before the final submission.

Once ready, record and submit a video of the child doing the activity.

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 10 turns each in both the directions in proper cyclic pattern.

The child can do 7 turns each in both the directions in proper cyclic pattern.

The child can do 10 turns each in both the directions in partial cyclic pattern.

I = Intermediate
(80%)

B = Beginner
(50%)

The child can do 5 turns each in both the directions in proper cyclic pattern.

The child can do 10 turns in one direction in partial cyclic pattern.

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 turns in less than 20 seconds.

Expert coach speaks

Air cycling is an important exercise for warming up the body. It plays a key role in developing endurance, balance and control. A toddler's body is innately flexible but the muscles are not strong enough to endure stress. Therefore, it is necessary that we introduce the children to exercises that can help them strengthen their bones, muscles, ligaments and tendons. Air cycling fares well for that purpose.

Additionally, it introduces the child to cycling, an exercise that the child picks up at an early age but whose potential s/he realizes only at a later stage.



Key benefits of this activity

The activity benefits in many ways:

- Improves strength and endurance
- Strengthens back, thighs and knees
- Mobilizes hip joints
- Reduces extra belly-fat
- Tones thighs and calf muscles

Common mistakes to avoid

- *Do not take any external support to make the movement.*
- *Do not let the legs touch the ground. Keep them suspended in the air for as long as the activity is done.*
- *Make full circles & not short circles.*
- *Head or hands should not be lifted from the ground for balancing and additional support.*

Useful web resources

- [Air cycling correct posture](#)
- [Fast air cycling](#)

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!