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# National All Rounder Championship

1 December 2020- 28 February 2021

**Self-Learning Manual: Activity 01**  
**Creativity and Imagination:**  
**International Dance Form**  
**Age: 12-17 years**

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## Activity description

The child is required to perform any two international dance forms for 90 seconds each. S/he can pick one of the following seven dance forms: (1) Hip Hop (2) Break Dance (3) Tap Dance (4) Cha- cha (5) Ballet (6) Samba (7) Belly dance.

To successfully complete the activity, allow the child to watch videos of the forms s/he is interested in and direct their attention towards observing the dance moves. Let the child imitate the dance steps and match the pace of the performance s/he is referring. S/he is welcome to introduce their own steps in so far as they pertain to the chosen form. Once in sync, record a 90 second video for each submission.

To encourage the child to try this activity, feel free to participate in the activity and make it a fun, family activity for yourself & the child.

## 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 perform both the chosen international dance forms for at least 90 seconds and perform at least 5 unique dance steps in both.

The child can perform both the chosen international dance forms for at least 60 seconds and perform at least 5 unique dance steps in both.

The child can perform only one international dance form for at least 90 seconds and performs at least 5 unique dance steps.

**I = Intermediate  
(80%)**

**B = Beginner  
(50%)**

The child can perform both the chosen international dance forms for at least 30 seconds and perform at least 3 unique dance steps in both.

The child can perform only one international dance form for at least 60 seconds and performs at least 5 unique dance steps.

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. 180 seconds).

### **Expert coach speaks**

Let the child look at dance as a fun activity. If the child is feeling shy, nervous, low on confidence, you may be a good sport and try and 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.

Ask the child to consciously think about the body balance & not over-commit to avoid injuries.



### **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
- Introduces to cultures and different mindscapes

#### **Common mistakes to avoid**

- *Let not the child feel shy or think that he/she will come across as funny. Ensure that's/he is willing to try the activity.*
- *Forgetting the steps or mixing the moves.*
- *Leading/lagging behind the music track.*
- *Negative mindset for dance and such activities.*

#### **Useful web resources**

- [Video tutorial to warm up for dance](#)
- [Yoga asanas which improve dancing](#)
- [Hip hop dance](#)
- [Break dance](#)
- [Tap dance](#)
- [Cha cha dance](#)
- [Ballet dance](#)
- [Samba dance](#)
- [Belly dance](#)

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

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