

# Reflexes

Physical Skills | Age: 12-14 years

## Activity description

Reflexes are involuntary movements and actions performed by an individual. Reflexes allow the body to react in ways that help us be safe, stand upright, and be active.

Coin snatching, often nicknamed the Chinese elbow trick, needs to be performed for this activity. The child will need some coins. The child must (1) Keep any comfortable arm folded with the hand touching the shoulder, (2) Stack some coins on its elbow, (2) Throw the coins up in the air as shown in the “Coin Snatching” video, and (3) Snatch them together before they hit the ground with the same hand.

After every attempt, the number of coins caught should be shown clearly on the camera, and the number should also be said out loud. Please let the child watch the reference video to practice and understand the correct technique for doing the activity.

Whenever the child is ready, record a video of the child doing the coin snatching trick and submit it. The video must start with counting the coins that the child will keep on the elbow. And end with the child counting the coin caught by the child.

One single video is to be submitted. No video editing or part recordings are allowed. Please ensure the camera has an unobstructed, in-focus view of the performance for ease of assessment. The audio must be clear.

Only the first 2 minutes of the video will be considered for evaluation.

### Useful web resources (click to open)

- [Coin Snatching](#)
- [Science behind Coin snatching](#)
- [Test your reflexes](#)
- [Reflexes in sports](#)
- [Power of Reflexes](#)

## Assessment guidelines

The total non-bonus points for this activity are 30. Every submission would be rated as either of the below.

EX = Expert (150%)	The child can successfully perform coin snatch trick with seven coins following the guidelines correctly.
M = Master (100%)	The child can successfully perform coin snatch trick with five coins following the guidelines correctly.
I = Intermediate (80%)	The child can successfully perform coin snatch trick with three coins following the guidelines correctly.
B = Beginner (50%)	The child can successfully perform coin snatch trick with one coin following the guidelines correctly.
A = Aspirant (25%)	For participating in the event and making an event relevant submission which does not meet assessment guidelines for EX, M, I or B.
NA = Not applicable (0%)	No submissions or any submission which is irrelevant for the activity or any submission in which the uploaded file format is corrupt.