

Name: Md Kasim

Gender: M

ESID: 25784255

Class: 6

Section: B1

Month of Assessment: June 2017

**Fitness Assessment**

Parameters Measured	Score	Grade	Description
<b>Anaerobic Capacity</b> 30m run (in sec.)	5.98	A	Excellent
<b>Flexibility</b> Sit & Reach (in cm.)	20	C	Good
<b>Abdominal Strength</b> No. of Sit Ups in 1 min.	32	B	Very Good
<b>Explosive Strength (Lower Body)</b> Standing Broad Jump (in m.)	1.4	C	Good
<b>Explosive Strength (Upper Body)</b> Medicine Ball Throw (in m.)	4.5	A	Excellent
<b>Aerobic Capacity</b> Beep Test (in #laps)	44	A	Excellent

**Skill Assessment**

Skills Measured	Grade
Cricket Batting	A
Cricket Bowling	A
Cricket Fielding	B
Cricket Throwing	B
Cricket Catching	B
Cricket Playing Ability	B

**Overall Grade:** A

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**Remedial Actions**

<b>Anaerobic Capacity</b>	<i>You are fast! Keep it up. Leg strength is important to be fast. Build it with skipping / jumping activities.</i>
<b>Flexibility</b>	<i>Lack of flexibility can restrict your range of movements. Do regular stretching exercises before and after playing.</i>
<b>Abdominal Strength</b>	<i>You have good abdominal strength. Regular situps, planks, etc. will help build the muscles around the abdominal area.</i>
<b>Explosive Strength (Lower Body)</b>	<i>Start working on your leg strength. Do regular running and jumping exercises to build your leg strength.</i>
<b>Explosive Strength (Upper Body)</b>	<i>You have excellent shoulder strength. Sports such as basketball, handball, swimming, etc. will help you play better.</i>
<b>Aerobic Capacity</b>	<i>Keep up your aerobic capacity level! Running, cycling, swimming are great endurance building activities.</i>

Talent Quotient is a score to determine the sports and physical proficiency of a child with respect to his/her standard, based on fitness and skill assessments

