

Name: Advaaidh Badrinath

Gender: M

ESID: 83691859

Class: 3

Section: A

Month of Assessment: June 2017

**Fitness Assessment**

Parameters Measured	Score	Grade	Description
<b>Anaerobic Capacity</b> 30m run (in sec.)	8.4	D	Average
<b>Flexibility</b> Sit & Reach (in cm.)	26	B	Very Good
<b>Explosive Strength (Lower Body)</b> Standing Broad Jump (in m.)	1.6	A	Excellent
<b>Explosive Strength (Upper Body)</b> Medicine Ball Throw (in m.)	4	C	Good
<b>Aerobic Capacity</b> Beep Test (in #laps)	18	B	Very Good

**Skill Assessment**

Skills Measured	Grade
Running in Directions	A
Hopping	A
Turning & Twisting	A
Throwing	A
Jumping & Landing	A
Catching	A
Football Dribbling	A
Basketball Dribbling	A
Striking with Plastic Cricket Bat	A

**Overall Grade:**

**A**

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**Remedial Actions**

- Anaerobic Capacity** You can improve your speed. Do jumping activities like skipping and shuttle run to add leg strength.
- Flexibility** Your flexibility is very good. Give your muscles a good stretch. Stretching exercises help to improve flexibility.
- Explosive Strength (Lower Body)** You have excellent leg strength. Do regular exercises like jumping and skipping to maintain your leg strength.
- Explosive Strength (Upper Body)** Shoulder strength is important to play sports. Play sports like basketball, handball, etc. to help improve it.
- Aerobic Capacity** Your heart and lungs are in good condition. You can build it further by either running, cycling, skipping or swimming.

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

