



DEVYANI JAIPURIA  
SPORTS  
academy



powered by  
**DA ONE**  
SPORTS  
A Shikhar Dhawan Initiative

RIANNAH NAGPAL

TOTAL SCORE: 31/95

Sports Arena : DPS international

Grade : 1A

Sports : Swimming

01 PSYCHOLOGICAL FACTOR

Tasks	Remarks	Rating
Play with confidence	Emerging Awareness	★
Good decision making	Foundational Understanding	★★
Focused	Competent	★★★
Enthusiastic	Competent	★★★
Committed	Foundational Understanding	★★
Disciplined	Competent	★★★



02 Front Crawl

Criteria	Benchmark	Remark	Rating
Technique	Consistent arm movement, rhythmic kick	Emerging Awareness	★
Distance	Can swim 10 meters without stopping	Emerging Awareness	★



**03 Backstroke**

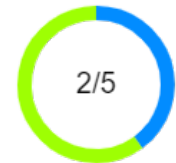
Criteria	Benchmark	Remark	Rating
Technique	Steady arm and leg movement	Emerging Awareness	★
Distance	Can swim 10 meters without stopping	Emerging Awareness	★

**04 Treading Water**

Criteria	Benchmark	Remark	Rating
Duration	Can tread water for at least 15 seconds	Foundational Understanding	★★

**05 Diving**

Criteria	Benchmark	Remark	Rating
Entry into Water	Enters water without fear	Foundational Understanding	★★

**06 Physical Fitness**

Criteria	Benchmark	Remark	Rating
Stamina	Can swim for 5 continuous minutes	Emerging Awareness	★
Flexibility	Shows ease in movements and reaches in the water	Foundational Understanding	★★

**07 Game IQ**

Criteria	Benchmark	Remark	Rating
Pool Safety Awareness	Recognizes basic pool rules (like no running)	Foundational Understanding	★★
Basic Race Strategy	Understands basic lane discipline and start procedure	Emerging Awareness	★



## 08 Breathing

Criteria	Benchmark	Remark	Rating
Technique	Attempts to breathe without swallowing water	Emerging Awareness	★



## 09 Safety

Criteria	Benchmark	Remark	Rating
Floating	Demonstrates ability to float for 15 seconds	Emerging Awareness	★
Emergency Response	Recognizes signs of someone in trouble in water	Emerging Awareness	★



<b>Level</b>	beginner
<b>Coach Notes</b>	have to work more on flexibility and breathing practice.

## Proposed plan for the next three months:

### Month 1:

- Focus on improving flexibility and breathing practice
- Work on Front Crawl technique (2/10)
- Work on Backstroke technique (2/10)
- Practice treading water (2/5)
- Practice diving (2/5)
- Work on physical fitness (3/10)
- Improve game IQ (3/10)
- Work on breathing techniques (1/5)
- Focus on safety in the water (2/10)

### Month 2:

- Continue to work on flexibility and breathing practice
- Improve Front Crawl technique (2/10)
- Improve Backstroke technique (2/10)
- Focus on treading water skills (2/5)
- Work on diving technique (2/5)
- Increase physical fitness level (3/10)
- Enhance game IQ (3/10)
- Practice advanced breathing techniques (2/5)
- Pay attention to safety measures in the water (2/10)

### Month 3:

- Continue to prioritize flexibility and breathing practice
- Refine Front Crawl technique (2/10)
- Refine Backstroke technique (2/10)
- Master treading water skills (4/5)
- Improve diving technique (3/5)
- Work on achieving higher physical fitness level (4/10)
- Enhance game IQ (4/10)
- Focus on advanced breathing techniques (3/5)
- Ensure adherence to safety protocols in the water (3/10)

