



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

VIDHI GUPTA

TOTAL SCORE: 28/110

Sports Arena : DPS international

Grade : MYP 1D

Sports : Swimming

01 PSYCHOLOGICAL FACTOR

Tasks	Remarks	Rating
Play with confidence	Foundational Understanding	☆☆
Good decision making	Foundational Understanding	☆☆
Focused	Foundational Understanding	☆☆
Enthusiastic	Foundational Understanding	☆☆
Committed	Foundational Understanding	☆☆
Disciplined	Foundational Understanding	☆☆



02 Front Crawl


Criteria	Benchmark	Remark	Rating
Technique	Efficient arm pull, rhythmic kick	Emerging Awareness	☆



Speed	50 meters in under 40 seconds	Emerging Awareness	★
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03 Backstroke

Criteria	Benchmark	Remark	Rating
Technique	Consistent arm rotation, straight leg kick	Emerging Awareness	★
Speed	50 meters in under 45 seconds	Emerging Awareness	★




04 Breaststroke

Criteria	Benchmark	Remark	Rating
Technique	Proper glide, kick and pull coordination	Emerging Awareness	★
Speed	50 meters in under 55 seconds	Emerging Awareness	★




05 Butterfly

Criteria	Benchmark	Remark	Rating
Technique	Synchronized arm movement, dolphin kick	Emerging Awareness	★
Speed	50 meters in under 50 seconds	Emerging Awareness	★



06 Treading Water

Criteria	Benchmark	Remark	Rating
Duration	Can tread water for at least 1 minute	Emerging Awareness	★



07 Physical Fitness

Criteria	Benchmark	Remark	Rating
Stamina	Can swim continuously for 20 minutes	Emerging Awareness	★
Flexibility	Performs streamline position with ease	Emerging Awareness	★

**08 Game IQ**

Criteria	Benchmark	Remark	Rating
Starts and Turns	Executes efficient wall turns for all strokes	Emerging Awareness	★
Relay Exchanges	Demonstrates understanding of relay exchange rules	Emerging Awareness	★

**09 Breathing**

Criteria	Benchmark	Remark	Rating
Efficiency	Breathes bilaterally in front crawl without disruption	Emerging Awareness	★

**10 Safety & Diving**

Criteria	Benchmark	Remark	Rating
Dive from Block	Demonstrates a safe and efficient dive from block	Emerging Awareness	★
Open Turn	Performs open turn with precision	Emerging Awareness	★



Level

BEGINNER

Coach Notes

not attended classes from last 2 months

Proposed plan for the next three months:

Month 1:

- Focus on improving Front Crawl technique - 3/10
- Introduce drills to enhance Backstroke - 3/10
- Practice Breaststroke basics - 3/10
- Begin Butterfly stroke fundamentals - 3/10
- Work on improving Treading Water - 2/5
- Increase intensity of Physical Fitness exercises - 3/10
- Enhance Game IQ through strategy discussions - 3/10
- Focus on proper Breathing techniques - 2/5
- Strengthen Safety & Diving skills - 3/10

Month 2:

- Continue improving Front Crawl technique - 4/10
- Intensify Backstroke drills - 4/10
- Refine Breaststroke technique - 4/10
- Progress in mastering Butterfly stroke - 4/10
- Work on advanced Treading Water techniques - 3/5
- Increase intensity and duration of Physical Fitness exercises - 4/10
- Enhance Game IQ through tactical discussions and analysis - 4/10
- Practice proper Breathing techniques during various drills - 3/5
- Improve Safety & Diving skills with more challenging exercises - 4/10

Month 3:

- Work on perfecting Front Crawl technique - 5/10
- Refine Backstroke strokes and turns - 5/10
- Master Breaststroke technique and timing - 5/10
- Focus on mastering Butterfly stroke - 5/10
- Improve Treading Water endurance and variations - 4/5
- Implement advanced Physical Fitness exercises for strength and speed - 5/10
- Enhance Game IQ through game simulations and decision-making drills - 5/10
- Practice proper Breathing techniques in race-like scenarios - 4/5
- Continue improving Safety & Diving skills with advanced techniques - 5/10

Edit

