



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

EVA SHOKEEN

TOTAL SCORE: 46/110

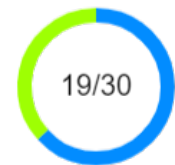
Sports Arena : DPS international

Grade : MYP 2D

Sports : Swimming

01 PSYCHOLOGICAL FACTOR

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



02 Front Crawl

Criteria	Benchmark	Remark	Rating
Technique	Efficient arm pull, rhythmic kick	Competent	★★★
Speed	50 meters in under 40 seconds	Emerging Awareness	★



03 Backstroke

Criteria	Benchmark	Remark	Rating
Technique	Consistent arm rotation, straight leg kick	Competent	★★★
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	Competent	★★★



07 Physical Fitness

Criteria	Benchmark	Remark	Rating
Stamina	Can swim continuously for 20 minutes	Foundational Understanding	★★
Flexibility	Performs streamline position with ease	Competent	★★★



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	Competent	★★★



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 Has good potential, can perform well with more practice. Have to work on stamina and techniques.

Proposed plan for the next three months:

Month 1:

Focus on improving stamina and techniques

Work on Front Crawl and Backstroke, aiming to improve from 4/10 to 6/10

Month 2:

Continue focusing on stamina and techniques

Work on Front Crawl and Backstroke to further improve from 6/10 to 8/10

Work on Front Crawl and Backstroke, aiming to improve from 7/10 to 9/10

Introduce drills to enhance Breaststroke and Butterfly, targeting a 3/10 improvement

Allocate time for treading water practice to reach a 4/5

Incorporate exercises to improve physical fitness, aiming for a 6/10

Introduce basic safety and diving techniques, aiming for a 3/10

Work on Front Crawl and Backstroke to further improve from 6/10 to 8/10

Dedicate more time to Breaststroke and Butterfly, aiming for a 4/10 improvement

Practice treading water to maintain a 4/5 proficiency

Increase intensity of physical fitness exercises to reach a 7/10

Continue practicing safety and diving techniques, aiming for a 4/10

Month 3:

Consolidate stamina and techniques

Focus on refining Front Crawl and Backstroke, aiming for a 9/10 proficiency

Dedicate significant time to Breaststroke and Butterfly, targeting a 6/10 improvement

Maintain treading water proficiency at 4/5

Continue improving physical fitness, aiming for an 8/10

Enhance safety and diving skills to reach a 5/10