Name	MAYANVI DHURVE
Class	II-A
Age	8 yrs
School	KENDRIYA VIDYALAYA JV JAMMAI
User ID	232100122321118000260
Gender	Female

	Period	Weight	Height	BMI
Current	10/1/2019	25 kg	132 cm	(14.35)
Previous	4/1/2019	23 kg	125 cm	(14.72)

1

х

Coordination

Plate Tapping	(25 cycles)							Term-	I T€	erm-II	
								х	23	23 secs	
Balance											
Flamingo Bala	ance Test (60 se	ecs)						Term-	l Te	erm-II	
								х	0	falls	
My BMI											
	UW	N OW	ОВ	Weight	Height	My BMI	Under Weight	Normal	OverWeight	Obese	
Body Mass Curre	ent			25kg	132cm	(14.35)	<=13.60	<15.80	<18.20	>20.60	
Previc	bus			23kg	125cm	(14.72)					
Medical Prof	ile										
Blood group	Left Eye	Right	Eye	Flatfoot		Scoliosis		Kyphosis	lord	losis	
Divyang Prof	file										
In Seeing	In Hearing	In Speech	In Movem	ent Menta	al Retardation	n Mental	Illness	Multiple Disat	oility An	yother	
N/A	N/A	N/A	N/A		N/A	N/	A	N/A		N/A	
Locomotor S	Skills							T			
Skipping								Term-	I IE	erm-ll	
Children land								\checkmark		\checkmark	
	d to help maintain		• •					1		\checkmark	
	upwards for the ho		v the opposit	e leg to swii	ng forward	freely				Х	
 Step-hop patter 	ern is smooth and	coordinated						\checkmark		Х	
Jumping and I	landing							Term-	I T€	erm-II	
Arms swing ba	ack behind the bod	ly and crouch po	sition is deep	per in prepa	ration			\checkmark		\checkmark	
Arms swing fo fully	orward with force du	uring take-off, re	aching up hig	gh, with Ank	les, knees	and feet e	xtending	\checkmark		1	
 Body leans for hips. 	rward at landing ar	nd shock is abso	rbed through	the giving a	action of ar	nkles, knee	s and	\checkmark		х	

• Landing is controlled, balanced and safe

Manipulative Skills

Over arm throw	Term-I	Term-II
 Follow through with the throwing arm - in the direction of the target 	х	1
 Definite turning of the body through legs, hips and shoulders 	\checkmark	\checkmark
 Swing through - long arm at release 	\checkmark	х
 Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction 	х	Х
• Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	\checkmark	\checkmark
Striking drop & hit forward	Term-I	Term-II
 Ball held in fingers of opposite hand with fingers pointing to the ground 	х	\checkmark
 TT bat held in preferred hand, shake hand grip 	х	\checkmark
 Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target. 	х	х
 Stance is side-on the hitting direction with body weight on the back foot 	х	х
 The arm is outstretched perpendicular to the direction of hitting 	х	\checkmark
• During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	х	\checkmark

Name	SHINU S	SHIVWANSHI					Period	Weight	Height	BMI
Class	II-A					Current	10/1/2019	20 kg	121 cm	(13.66)
Age	8 yrs					Previous	4/1/2019	17 kg	116 cm	(12.63)
School	KENDR	IYA VIDYALAYA JV	/ JAMMAI							
User ID	2321001	122321118000264								
Gender	Female									
Coordination										
Plate Tapping (25	cycles)							Term-I	Те	ərm-ll
								х	24	4 secs
Balance										
Flamingo Balance	e Test (60 se	ecs)						Term-I	Те	ərm-ll
								Х	5	5 falls
My BMI	UW	N OW	ОВ	Weight	Height	My BN		Normal	OverWeight	Obese
Body Mass Current	<u> </u>			20kg	121cm	(13.66	Weight) <=13.60	<15.80	<18.20	>20.60
Index Previous		_		17kg	116cm	(13.60		<13.00	<10.20	>20.00
Medical Profile	1									
Blood group	Left Eye	Right Eye		Flatfoot		Scoliosis		Kyphosis	lore	dosis
Divyang Profile										
In Seeing	In Hearing	In Speech	In Movement	Ment	al Retardati	ion Mer	tal Illness	Multiple Disabi	lity Ar	nyother
N/A	N/A	N/A	N/A		N/A		N/A	N/A		N/A
Locomotor Skil	IS									
Skipping								Term-I	Te	erm-ll
 Arms extended to 	help maintain	balance while shiftir	ng weight fro	om one fo	pot to and	other		\checkmark		Х
 Step-hop pattern i 		coordinated						\checkmark		\checkmark
 Children land on t 		<i></i>			,			1		<i>√</i>
		op action to allow the	e opposite l	eg to swi	ng forwar	d freely		√ Tarra I	т	✓
 Force applied upw 								Term-I	10	ərm-ll
Jumping and land	-				daa kaac	es and fee	t extendina	1		х
Jumping and land	-	uring take-off, reach	ing up high,	, with Ani	des, kilee		contornaing			~
Jumping and land • Arms swing forwa fully	rd with force du	uring take-off, reach ly and crouch positio					toxtoniang	✓		✓
Jumping and land • Arms swing forwa fully	rd with force du	ly and crouch position					t oxtoriaing			

Manipulative Skills

Striking drop & hit forward	Term-I	Term-II
• The arm is outstretched perpendicular to the direction of hitting	х	х
Stance is side-on the hitting direction with body weight on the back foot	1	1
• During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	1	1
• Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target.	х	1
 TT bat held in preferred hand, shake hand grip 	х	1
 Ball held in fingers of opposite hand with fingers pointing to the ground 	1	\checkmark
Over arm throw	Term-I	Term-II
• Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction	х	х
• Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	х	1
 Swing through - long arm at release 	х	1
Definite turning of the body through legs, hips and shoulders	х	1
• Follow through with the throwing arm - in the direction of the target	х	\checkmark

N1	00401						Deviced	VA/ - tools t	L La Carla C	DIAL
Name		TI PAWAR				O	Period	Weight	Height	BMI
Class	II-A						10/1/2019	18 kg	123 cm	(11.90)
Age	7 yrs					Previous	4/1/2019	17 kg	115 cm	(12.85)
School User ID		IYA VIDYALAYA J ^v 122321118000265	V JAIVIIVIAI							
Gender	Female	122321110000205								
Gender	remale									
Coordination										
Plate Tapping (25	cycles)							Term-	I T	erm-ll
								х	2	1 secs
Balance										
Flamingo Balance	amingo Balance Test (60 secs)									
								Х		4 falls
My BMI										
	UW	N OW	OB	Weight	Height	My BN	II Under Weight	Normal	OverWeight	Obese
Body Mass Current Index Previous				18kg 17kg	123cm 115cm	(11.90 (12.85) <=13.40		<17.60	>19.6
Medical Profile				-						
Blood group	Left Eye	Right Eye		Flatfoot		Scoliosis	i	Kyphosis	loi	dosis
Divyang Profile										
In Seeing	In Hearing	In Speech	In Movemen	t Ment	al Retardat	ion Mer	ntal Illness	Multiple Disat	oility A	nyother
N/A	N/A	N/A	N/A		N/A		N/A	N/A		N/A
Locomotor Skill	ls									
Skipping								Term-	і т	erm-ll
	help maintain	balance while shifti	ing weight fr	om one f	oot to and	other		\checkmark		1
 Step-hop pattern i 	s smooth and	coordinated						\checkmark		1
 Force applied upw 	vards for the h	op action to allow th	ne opposite	leg to swi	ng forwa	rd freely		\checkmark		1
 Children land on the second sec	heir toes							\checkmark		\checkmark
Jumping and land	ding							Term-	I T	erm-ll
 Arms swing forwar fully 	rd with force d	uring take-off, reacl	hing up high	, with An	kles, kne	es and fee	et extending	1		\checkmark
5	behind the boo	dy and crouch positi	ion is deepe	er in prepa	aration			\checkmark		1
Body leans forwar		nd shock is absorbe	•			ankles, kr	nees and	\checkmark		\checkmark
hips. Landing is controll	led, balanced	and safe						\checkmark		1
Manipulative Sk	tills									
-								Term-		erm-ll

Over arm throw	lerm-l	Term-II
 Swing through - long arm at release 	1	1
 Definite turning of the body through legs, hips and shoulders 	1	1
 Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction 	\checkmark	\checkmark
 Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm 	1	\checkmark
 Follow through with the throwing arm - in the direction of the target 	1	1
Striking drop & hit forward	Term-I	Term-II
 TT bat held in preferred hand, shake hand grip 	1	1
 The arm is outstretched perpendicular to the direction of hitting 	1	1
 Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target. 	\checkmark	\checkmark
 Ball held in fingers of opposite hand with fingers pointing to the ground 	1	1
• During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	1	1
 Stance is side-on the hitting direction with body weight on the back foot 	\checkmark	\checkmark

Name	SAKSH	I VISHW	/AKARMA					Period	Weight	Height	BMI
Class	II-A						Current	10/1/2019	18 kg	119 cm	(12.71)
Age	7 yrs						Previous	4/1/2019	14 kg	116 cm	(10.40)
School	KENDR	IYA VID	YALAYA JV	' JAMMAI							
User ID	232100	1223211	18000276								
Gender	Female										
Coordination											
Plate Tapping (25	5 cycles)								Term	·I 1	Term-II
									Х	2	23 secs
Balance											
Flamingo Balanc	e Test (60 se	ecs)							Term-	·I 7	Term-II 3 falls
My BMI									Х		3 14115
	UW	N	ow	ОВ	Weight	Height	My BM	/I Under Weight	Normal	OverWeigh	t Obese
Body Mass Current					18kg	119cm	(12.71	-	<15.40	<17.60	>19.60
Index Previous					14kg	116cm	(10.40))			
Medical Profile	I										
Blood group	Left Eye		Right Eye		Flatfoot		Scoliosis	5	Kyphosis	lo	ordosis
Divyang Profile	!										
In Seeing N/A	In Hearing N/A		beech /A	In Movement N/A	Menta	al Retardat N/A	ion Me	ntal Illness N/A	Multiple Disa N/A	bility /	Anyother N/A
Locomotor Skil	ls										
Jumping and land	ding								Term-	·I 7	Ferm-II
Arms swing forward	-	uring tak	o-off reach	ta a con la tada	and the Areal						
TUIIV		anng tan	e-on, reach	ing up nign	, with Ank	des, knee	es and fee	et extending	1		1
fullyArms swing back		•					es and fee	et extending	<i>J</i>		J J
,	behind the boo	dy and cr	rouch positio				es and fee	et extending			
Arms swing backLanding is controlBody leans forward	behind the boo led, balanced a	dy and cr and safe	rouch positio	on is deepe	r in prepa	ration			\checkmark		1
Arms swing backLanding is control	behind the boo led, balanced a	dy and cr and safe	rouch positio	on is deepe	r in prepa	ration			J J	. 1	J J
 Arms swing back Landing is control Body leans forware hips. 	behind the boo led, balanced a rd at landing ar	dy and cr and safe nd shock	rouch positio	on is deepe	r in prepa le giving a	ration action of	ankles, ki		\$ \$. 1	J J J
 Arms swing back Landing is control Body leans forwar hips. Skipping 	behind the boo led, balanced a rd at landing an vards for the he	dy and cr and safe nd shock op actior	rouch position is absorbed	on is deepe	r in prepa le giving a	ration action of	ankles, ki		\$ \$.I 1	J J J
 Arms swing back Landing is control Body leans forwar hips. Skipping Force applied upv Step-hop pattern Arms extended to 	behind the boo led, balanced a rd at landing an vards for the he is smooth and help maintain	dy and cr and safe nd shock op actior coordina	rouch position is absorbed in to allow the ated	on is deeper d through th e opposite I	r in prepa le giving a eg to swii	ration action of ng forwar	ankles, ki rd freely		✓ ✓ ✓ Term- ✓	4 1	√ ✓ ✓ Ferm-II
 Arms swing back Landing is control Body leans forward hips. Skipping Force applied upv Step-hop pattern Arms extended to Children land on the second secon	behind the boo led, balanced a rd at landing an vards for the he is smooth and help maintain heir toes	dy and cr and safe nd shock op actior coordina	rouch position is absorbed in to allow the ated	on is deeper d through th e opposite I	r in prepa le giving a eg to swii	ration action of ng forwar	ankles, ki rd freely		✓ ✓ ✓ Term- ✓	. 1	√ ✓ ✓ Ferm-II
 Arms swing back Landing is control Body leans forwar hips. Skipping Force applied upv Step-hop pattern Arms extended to Children land on t Manipulative SI 	behind the boo led, balanced a rd at landing an vards for the he is smooth and help maintain heir toes	dy and cr and safe nd shock op actior coordina	rouch position is absorbed in to allow the ated	on is deeper d through th e opposite I	r in prepa le giving a eg to swii	ration action of ng forwar	ankles, ki rd freely		イ イ イ イ イ イ イ イ イ イ		✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 Arms swing back Landing is control Body leans forwar hips. Skipping Force applied upv Step-hop pattern Arms extended to Children land on t Manipulative SI Over arm throw 	behind the boo led, balanced a rd at landing an vards for the he is smooth and help maintain heir toes kills	dy and cr and safe nd shock op actior coordina balance	rouch position is absorbed in to allow the ated	on is deeper d through th e opposite I	r in prepa le giving a eg to swii	ration action of ng forwar	ankles, ki rd freely		ر ب ب ب ب ب ب ب ب		✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 Arms swing back Landing is control Body leans forward hips. Skipping Force applied upw Step-hop pattern Arms extended to Children land on t Manipulative SI Over arm throw Swing through - Ice 	behind the boo led, balanced a rd at landing ar vards for the he is smooth and help maintain heir toes kills	dy and cr and safe nd shock op actior coordina balance	rouch position is absorbed to allow the ated while shiftin	on is deepe d through th e opposite I ng weight fro	r in prepa le giving a eg to swii	ration action of ng forwar	ankles, ki rd freely		イ イ イ イ イ イ イ イ イ イ		✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 Arms swing back Landing is control Body leans forward hips. Skipping Force applied upw Step-hop pattern Arms extended to Children land on the manipulative Slate Over arm throw Swing through - Ic Definite turning of 	behind the boo led, balanced a rd at landing an wards for the he is smooth and help maintain heir toes kills	dy and cr and safe nd shock op actior coordina balance wase ugh legs,	rouch position is absorbed in to allow the ated while shiftin	on is deepe d through th e opposite I ng weight fro	r in prepa le giving a eg to swii om one fo	ration action of ng forwar pot to and	ankles, ki rd freely other	nees and	ر ب ب ب ب ب ب ب ب		✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 Arms swing back Landing is control Body leans forward hips. Skipping Force applied upw Step-hop pattern Arms extended to Children land on the manipulative Slame Over arm throw Swing through - Ic Definite turning of Throwing arm is s for balance/direction 	behind the boo led, balanced a rd at landing ar vards for the he is smooth and help maintain heir toes kills ong arm at rele the body throu swung far back	dy and cr and safe nd shock op actior coordina balance ease ugh legs, in prepa	rouch position is absorbed to allow the ated while shiftin , hips and sl aration for fo	on is deepe d through th e opposite I ng weight fro houlders rward swing	r in prepa le giving a eg to swii om one fo	ration action of ng forwar pot to and n, with oj	ankles, ki rd freely other	mees and	ر ب ب ب ب ب ب ب ب ب ب ب ب ب ب ب ب ب ب ب		✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 Arms swing back Landing is control Body leans forward hips. Skipping Force applied upw Step-hop pattern Arms extended to Children land on the manipulative Slate Over arm throw Swing through - Ic Definite turning of 	behind the bod led, balanced a rd at landing an wards for the he is smooth and help maintain heir toes kills ong arm at rele the body throu wung far back ion	dy and cr and safe nd shock op actior coordina balance balance case ugh legs, in prepa to front fo	rouch position is absorbed in to allow the ated while shiftin , hips and sl aration for fo oot, with a s	on is deeper d through th e opposite I ng weight fro houlders rward swing step with the	r in prepa e giving a eg to swin om one fo ging actio	ration action of ng forwar pot to and n, with oj	ankles, ki rd freely other	mees and	√ √ √ √ √ √ √ × ×		✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 Arms swing back Landing is control Body leans forwar hips. Skipping Force applied upw Step-hop pattern Arms extended to Children land on t Manipulative SI Over arm throw Swing through - Ic Definite turning of Throwing arm is s for balance/directi Weight transfers f Follow through with 	behind the boo led, balanced a rd at landing an wards for the he is smooth and help maintain heir toes cills ong arm at rele the body throu wung far back ion from back foot th the throwing	dy and cr and safe nd shock op actior coordina balance balance case ugh legs, in prepa to front fo	rouch position is absorbed in to allow the ated while shiftin , hips and sl aration for fo oot, with a s	on is deeper d through th e opposite I ng weight fro houlders rward swing step with the	r in prepa e giving a eg to swin om one fo ging actio	ration action of ng forwar pot to and n, with oj	ankles, ki rd freely other	mees and	ر ب ت ت ت ت ت ت ت ب ب ب ب ب ب ب ب ب ب ب	. 1	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 Arms swing back Landing is control Body leans forward hips. Skipping Force applied upwersteined to the strength of the strength o	behind the boo led, balanced a rd at landing an wards for the he is smooth and help maintain heir toes kills ong arm at rele the body throu swung far back ion from back foot th the throwing it forward	dy and cr and safe nd shock op actior coordina balance balance wase ugh legs, in prepa to front fr g arm - in	to allow the ated while shifting , hips and slaration for fo oot, with a so the directic	on is deeper d through th e opposite I ng weight fro houlders rward swing step with the on of the tar	r in prepa e giving a eg to swin om one fo ging actio e opposite get	n, with of	ankles, ki rd freely other	mees and	√ √ √ √ √ √ √ √ × × × ×	. 1	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 Arms swing back Landing is control Body leans forward hips. Skipping Force applied upw Step-hop pattern Arms extended to Children land on the manipulative SI Over arm throw Swing through - lo Definite turning of Throwing arm is s for balance/direction Weight transfers for Follow through with striking drop & hop 	behind the boo led, balanced a rd at landing an wards for the he is smooth and help maintain heir toes kills ong arm at rele the body throu swung far back ion from back foot th the throwing it forward ebound, level w	dy and cr and safe nd shock op actior coordina balance wase ugh legs, in prepa to front fr g arm - in with wais	to allow the ated while shifting the direction for for oot, with a so the direction is the direction in the direction is the direction in the direction is the shifting the direction is the dire	on is deeper d through th e opposite I ng weight fro houlders rward swing step with the on of the tar	r in prepa e giving a eg to swin om one fo ging actio e opposite get at follows	n, with of	ankles, ki rd freely other	mees and	√ √ √ √ √ √ √ √ × √ × × × × Term•	. 1	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 Arms swing back Landing is control Body leans forward hips. Skipping Force applied upw Step-hop pattern Arms extended to Children land on the the transfers of the transfers	behind the boo led, balanced a rd at landing ar wards for the he is smooth and help maintain heir toes kills ong arm at rele the body throu wung far back ion from back foot th the throwing it forward ebound, level w	dy and cr and safe nd shock op actior coordina balance balance gase ugh legs, in prepa to front fo g arm - in with wais and with	rouch position is absorbed ated while shiftin , hips and sl aration for fo oot, with a s o the direction at, elbow slig fingers poir	on is deepe d through th e opposite I ng weight fro houlders rward swing step with the on of the targ	r in prepa e giving a eg to swin om one fo ging actio e opposite get at follows	n, with of	ankles, ki rd freely other	mees and	۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲	. 1	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 Arms swing back Landing is control Body leans forward hips. Skipping Force applied upw Step-hop pattern Arms extended to Children land on the maximum sector of the sect	behind the boo led, balanced a rd at landing an wards for the hu is smooth and help maintain their toes kills ong arm at rele the body throu swung far back for the the throwing it forward ebound, level w s of opposite h etched perpend ferred hand, sl	dy and cr and safe nd shock op actior coordina balance balance ase ugh legs, in prepa to front fi g arm - in with wais and with dicular to hake har	rouch position is absorbed in to allow the ated while shiftin , hips and sl aration for fo oot, with a s in the direction it, elbow slig fingers point the direction of grip	on is deeper d through the e opposite I ng weight fro houlders rward swing step with the on of the targ ghtly bent. B nting to the on of hitting	r in prepa le giving a eg to swii om one fo ging actio e opposite get at follows ground	n, with of	ankles, ki rd freely other	mees and	۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲	. 1	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 Arms swing back Landing is control Body leans forward hips. Skipping Force applied upw Step-hop pattern Arms extended to Children land on the maximum sector of the sect	behind the boo led, balanced a rd at landing an wards for the he is smooth and help maintain heir toes kills ong arm at rele the body throu- swung far back for the body throu- son back foot th the throwing it forward ebound, level w s of opposite h etched perpend ferred hand, sl the hitting dire	dy and cr and safe nd shock op actior coordina balance balance ease ugh legs, in prepa to front find g arm - in with wais and with dicular to hake har ection with	to allow the ated while shiftin while shiftin for for oot, with a so the direction of grip h body weig	on is deeper d through the e opposite I ng weight fro houlders rward swing step with the on of the tarr ghtly bent. B nting to the n of hitting ght on the ba	r in prepa le giving a eg to swin om one fo ging actio e opposite get at follows ground ack foot	n, with of not to and	ankles, ki rd freely other oposite at he throwin	mees and m is raised ng arm ards the	۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲ ۲	. 1	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓

Name	PRAT	YUSHA UIKEY					Period	Weight	Height	BMI
Class	II-A				(Current	10/1/2019	22 kg	123 cm	(14.54)
Age	7 yrs				1	Previous	4/1/2019	17 kg	109 cm	(14.31)
School	KEND	RIYA VIDYALAYA	A JV JAMMAI							
User ID	23210	01223211180002	79							
Gender	Female	е								
Coordination										
Plate Tapping (2	Term-	I Te	erm-ll							
								х	2	5 secs
Balance								Term-	. т	erm-ll
Flamingo Balan	ce Test (60 s	secs)						x) falls
My BMI								X		, rano
,	UW	N OW	ОВ	Weight	Height	My BM	I Under Weight	Normal	OverWeight	Obese
Body Mass Current Index Previous		_		22kg 17kg	123cm 109cm	(14.54 (14.31) <=13.40		<17.60	>19.60
Medical Profile	è									
Blood group	Left Eye	Right I	Eye	Flatfoot		Scoliosis		Kyphosis	lor	dosis
Divyang Profil	е									
In Seeing N/A	In Hearing N/A	In Speech N/A	In Movemen N/A	t Menta	al Retardati N/A	on Mer	ntal IIIness N/A	Multiple Disat N/A	ility A	nyother N/A
Locomotor Sk	ills									
Jumping and la	nding							Term-	i Te	erm-ll
 Arms swing forw fully 	ard with force	during take-off, re	aching up high	i, with Ank	les, knee	es and fee	t extending	1		1
 Body leans forward hips. 	ard at landing a	and shock is abso	orbed through the	he giving a	action of a	ankles, kr	ees and	1		1
-		ody and crouch po	osition is deepe	er in prepa	ration			\checkmark		1
 Landing is control 	olled, balanced	d and safe						\checkmark		\checkmark
Skipping								Term-	i Te	erm-ll
		hop action to allow	w the opposite	leg to swir	ng forwar	d freely		х		1
 Step-hop patterr 				-				Х		1
	o nelp maintair.	n balance while sl	nitting weight fr	om one fo	ot to ano	ther		Х		
	their toos							~		1
								Х		<i>√</i>

Striking drop & hit forward	Term-I	Term-II
• TT bat held in preferred hand, shake hand grip	\checkmark	\checkmark
 Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target. 	\checkmark	\checkmark
 Ball held in fingers of opposite hand with fingers pointing to the ground 	\checkmark	\checkmark
• During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	\checkmark	\checkmark
 The arm is outstretched perpendicular to the direction of hitting 	\checkmark	х
 Stance is side-on the hitting direction with body weight on the back foot 	\checkmark	\checkmark
Over arm throw	Term-I	Term-II
 Swing through - long arm at release 	\checkmark	\checkmark
 Definite turning of the body through legs, hips and shoulders 	\checkmark	\checkmark
 Follow through with the throwing arm - in the direction of the target 	х	\checkmark
 Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction 	х	\checkmark
• Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	\checkmark	х

BMI

(11.89)

(11.96)

Term-II 30 secs

Term-II 4 falls

Obese

>19.60

lordosis

Anyother N/A

Term-II ✓

1

/

Name	TANYA							Period	Weight	Height
Class	II-A						Current	10/1/2019	16 kg	116 cm
Age	7 yrs						Previous	4/1/2019	15 kg	112 cm
School	-			V JAMMAI			Torrouo	11 11 2010	To kg	112 0111
User ID		12232111								
Gender	Female									
Coordination										
Plate Tapping (2	5 cycles)								Term-	I T€
									х	30
Balance										
Flamingo Balano	no Tost (60 s	(226							Term-	l Te
Tianingo Dalano	1631 (00 30	503)							х	4
My BMI										
	uw	Ν	ow	ОВ	Weight	Height	My BN	II Under Weight	Normal	OverWeight
Body Mass Current					16kg	116cm	(11.89) <=13.40	<15.40	<17.60
Previous					15kg	112cm	(11.96)		
Medical Profile	;									
Blood group	Left Eye		Right Eye		Flatfoot		Scoliosis		Kyphosis	lord
Divyang Profile	è									
In Seeing	In Hearing	In Spe		In Movemen	t Ment	tal Retardati	on Mer	ntal Illness	Multiple Disab	oility An
N/A	N/A	N/2	A	N/A		N/A		N/A	N/A	
Locomotor Ski	lls									
Jumping and lan	nding								Term-	l Te
 Arms swing forward fully 	ard with force d	luring take	e-off, reacl	hing up high	, with An	kles, knee	es and fee	et extending	1	
Arms swing back	behind the bo	dy and cro	ouch posit	ion is deepe	r in prepa	aration			\checkmark	
 Body leans forward 	ard at landing a	nd shock	is absorbe	ed through th	ne giving	action of a	ankles, kr	nees and	\checkmark	

hips.	V	v
 Landing is controlled, balanced and safe 	1	1
Skipping	Term-I	Term-II
 Arms extended to help maintain balance while shifting weight from one foot to another 	1	1
 Step-hop pattern is smooth and coordinated 	1	1
Children land on their toes	1	1
 Force applied upwards for the hop action to allow the opposite leg to swing forward freely 	1	1

Manipulative Skills

Striking drop & hit forward	Term-I	Term-II
 TT bat held in preferred hand, shake hand grip 	\checkmark	\checkmark
 The arm is outstretched perpendicular to the direction of hitting 	\checkmark	\checkmark
 Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target. 	\checkmark	1
• During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	\checkmark	\checkmark
 Ball held in fingers of opposite hand with fingers pointing to the ground 	\checkmark	\checkmark
 Stance is side-on the hitting direction with body weight on the back foot 	\checkmark	\checkmark
Over arm throw	Term-I	Term-II
 Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction 	1	1
• Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	\checkmark	\checkmark
 Follow through with the throwing arm - in the direction of the target 	\checkmark	1
 Swing through - long arm at release 	\checkmark	1
 Definite turning of the body through legs, hips and shoulders 	\checkmark	1

Class Age School User ID Gender	II-A 7 yrs KENDRI	IKA SHARMA IYA VIDYALAY 122321118000:				Current Previous	Period 10/1/2019 4/1/2019	Weight 20 kg 17 kg	Height 125 cm 110 cm	BMI (12.80) (14.05)
Coordination										
Plate Tapping (25	ō cycles)							Term-	I T	erm-ll
Balance								Х	3	0 secs
Flamingo Balanc	o Tost (60 so							Term-		erm-ll
Flamingo Balanc	e Test (00 se	:05)						х		2 falls
My BMI										
	UW	N OW	ОВ	Weight	Height	My BN	ll Under Weight	Normal	OverWeight	Obese
Body Mass Current Index Brandow				20kg	125cm	(12.80) <=13.40	<15.40	<17.60	>19.60
Previous Medical Profile				17kg	110cm	(14.05)			
Blood group	Left Eye	Right	Eve	Flatfoot		Scoliosis		Kyphosis	lo	dosis
Divyang Profile	-							.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		
In Seeing N/A	In Hearing N/A	In Speech N/A	In Movemer N/A	nt Menta	al Retardat N/A	ion Mer	ntal Illness N/A	Multiple Disal N/A	bility A	nyother N/A
Locomotor Skil	ls									
Jumping and lan	ding							Term-	I T	erm-ll
Body leans forwa	rd at landing an	nd shock is abs	orbed through t	the giving a	action of	ankles, kr	nees and	1		\checkmark
hips. Arms swing forwa	ard with force du	uring take-off, r	eaching up hig	h, with Ank	les, knee	es and fee	t extending	\checkmark		1
		-				es and fee	t extending	J J		J J
Arms swing forwa	behind the bod	ly and crouch p				es and fee	t extending	J J		J J
 Arms swing forwa fully Arms swing back Landing is control Skipping 	behind the bod lled, balanced a	ly and crouch p				es and fee	t extending	√ √ Term-	іТ	√ √ erm-ll
Arms swing forwa fully Arms swing back Landing is control Skipping Children land on t	behind the bod lled, balanced a their toes	ly and crouch p and safe				es and fee	t extending	√ ✓ Term- ✓	і Т	√ √ erm-ll √
Arms swing forwa fully Arms swing back Landing is control Skipping Children land on t Step-hop pattern	behind the bod lled, balanced a their toes is smooth and o	ly and crouch p and safe coordinated	osition is deep	er in prepa	ration		t extending	√ √ Term-	I T	√ √ erm-ll
Arms swing forwa fully Arms swing back Landing is control Skipping Children land on t	behind the bod lled, balanced a their toes is smooth and o help maintain l	ly and crouch p and safe coordinated balance while s	position is deep shifting weight f	er in prepa from one fo	ration bot to and	other	t extending	√ √ Term- √ √	іТ	√ √ √ √
Arms swing forwa fully Arms swing back Landing is control Skipping Children land on t Step-hop pattern Arms extended to Force applied upv	behind the bod lled, balanced a their toes is smooth and o help maintain l wards for the ho	ly and crouch p and safe coordinated balance while s	position is deep shifting weight f	er in prepa from one fo	ration bot to and	other	t extending	√ √ Term- √ √	I T	√ √ √ √ √
Arms swing forwa fully Arms swing back Landing is control Skipping Children land on t Step-hop pattern Arms extended to Force applied upv Manipulative Sl	behind the bod lled, balanced a their toes is smooth and o help maintain l wards for the ho	ly and crouch p and safe coordinated balance while s	position is deep shifting weight f	er in prepa from one fo	ration bot to and	other	t extending	√ √ Term- √ √		√ √ √ √
Arms swing forwa fully Arms swing back Landing is control Skipping Children land on t Step-hop pattern Arms extended to Force applied upv Manipulative Sl	behind the bod lled, balanced a their toes is smooth and o help maintain l wards for the ho kills	ly and crouch p and safe coordinated balance while s op action to allo	osition is deep shifting weight f ow the opposite	er in prepa from one fo leg to swir	ration bot to and	other	t extending	✓ ✓ ✓ ✓ ✓ ✓ ✓		✓ ✓ ✓ ✓ ✓ ✓
Arms swing forwa fully Arms swing back Landing is control Skipping Children land on t Step-hop pattern Arms extended to Force applied upv Manipulative SI Over arm throw Follow through wi Swing through - lo	behind the bod lled, balanced a their toes is smooth and o help maintain l wards for the ho kills th the throwing ong arm at relea	ly and crouch p and safe coordinated balance while s op action to allo	shifting weight for the opposite	er in prepa from one fo leg to swir	ration not to and ng forwar	other rd freely		ر تerm- ر ر ر ر ر		√ √ √ √ √ √ √
Arms swing forwa fully Arms swing back Landing is control Skipping Children land on t Step-hop pattern Arms extended to Force applied upv Manipulative SI Over arm throw Follow through wi Swing through - lo Throwing arm is s	behind the bod lled, balanced a their toes is smooth and o help maintain l wards for the ho kills th the throwing ong arm at relea	ly and crouch p and safe coordinated balance while s op action to allo	shifting weight for the opposite	er in prepa from one fo leg to swir	ration not to and ng forwar	other rd freely		ر تerm- ر ر ر ر ر		✓ ✓ ✓ ✓ ✓ ✓ ✓
Arms swing forwa fully Arms swing back Landing is control Skipping Children land on t Step-hop pattern Arms extended to Force applied upv Manipulative SI Over arm throw Follow through wi Swing through - lo	behind the bod lled, balanced a their toes is smooth and o help maintain h wards for the ho kills th the throwing ong arm at relea swung far back ion	ly and crouch p and safe coordinated balance while s op action to allo arm - in the dir ase in preparation	oosition is deep shifting weight f ow the opposite rection of the ta for forward swir	er in prepa from one fo leg to swir	n, with o	other rd freely pposite ar	m is raised	ر تerm- ر ر ر ر ر		√ √ √ √ √ √ √

Striking drop & hit forward

•	Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target.	1	\checkmark
•	Ball held in fingers of opposite hand with fingers pointing to the ground	\checkmark	1
•	TT bat held in preferred hand, shake hand grip	\checkmark	1
•	Stance is side-on the hitting direction with body weight on the back foot	\checkmark	1
•	The arm is outstretched perpendicular to the direction of hitting	\checkmark	1
•	During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	\checkmark	1

Term-I

Term-II

Manipula	ative Sk	ills									
	is controll	ed, balanced a	and safe						1		х
 Body lea hips. 	ans forwar	d at landing ar	nd shock is abso	orbed through t	he giving	action of	ankles, kr	nees and	1		х
fully	÷		uring take-off, re					÷	<i>√</i>		х
	-		ly and crouch po				a and fr	t ovtor dir -	1		х
Jumping		-							Term-	I T	erm-ll
Step-hop	p pattern i	s smooth and	coordinated						_ ×	. –	х
	land on th								х		х
	tended to	help maintain	balance while s	hifting weight f	rom one fo	pot to and	other		х		х
	oplied upw	ards for the ho	op action to allo	w the opposite	leg to swi	ng forwa	rd freely		х		х
Skipping									Term-	I T	erm-ll
Locomo	tor Skill	s									
In Seein N/A	9	In Hearing N/A	In Speech N/A	In Movemer N/A	ιτ Ment	al Retardat N/A	ion Mei	ntal IIIness N/A	Multiple Disat N/A	onity A	nyother N/A
Divyang		In Hearing a	In Course	In M		al Datard 1	ian M	tal Illac	Multiple Divis		
Blood gr		Left Eye	Right	Eye	Flatfoot		Scoliosis		Kyphosis	lor	dosis
Medical		•									
Index	Previous				17kg	114cm	(13.08	,			
Body Mass	Current			-	19kg	120cm	(13.19	Weight		<17.60	>19.6
ווינט איו		UW	N OW	ОВ	Weight	Height	My BN	II Under	Normal	OverWeight	Obese
My BMI									~		1 10115
Flamingo	Balance	e Test (60 se	ecs)						x		l falls
									Term-	<u>і т</u>	erm-ll
Balance									X	1	5 3563
Plate Tap	ping (25	cycles)							Term-		erm-II 9 secs
Coordina	ation									. –	
Gender		remaie									
User ID		232100 ² Female	1223211180002	85							
School											
Age		7 yrs					Previous	4/1/2019	17 kg	114 cm	(13.08)
Class		II-A					Current	10/1/2019	19 kg	120 cm	(13.19)
			II PANDIYA					Period	Weight	Height	BMI

Over arm throw	Term-I	rerm-ii
 Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction 	\checkmark	х
 Definite turning of the body through legs, hips and shoulders 	\checkmark	х
 Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm 	\checkmark	х
 Swing through - long arm at release 	\checkmark	х
 Follow through with the throwing arm - in the direction of the target 	\checkmark	1
Striking drop & hit forward	Term-I	Term-II
 TT bat held in preferred hand, shake hand grip 	\checkmark	х
 Ball held in fingers of opposite hand with fingers pointing to the ground 	\checkmark	х
 The arm is outstretched perpendicular to the direction of hitting 	\checkmark	х
 Stance is side-on the hitting direction with body weight on the back foot 	\checkmark	х
• During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	\checkmark	1
 Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target. 	\checkmark	1

Period

10/1/2019

4/1/2019

Weight

22 kg

21 kg

Term-I

х

BMI

(13.43)

(14.11)

Term-II

23 secs

Height

128 cm

122 cm

Nome		
Name	KHANAK NAGLE	
Class	II-A	Current
Age	7 yrs	Previous
School	KENDRIYA VIDYALAYA JV JAMMAI	
User ID	232100122321118000286	
Gender	Female	
Coordination		
Plate Tapping (25 c	ycles)	
Balance		

Balanoo											
Flamingo Balanc	e Test (60	secs)							Term	·I Te	erm-II
									х	g) falls
My BMI											
-	UW	Ν	ow	ОВ	Weight	Height	My BMI	Under Weight	Normal	OverWeight	Obese

							weight			
Body Mass	Current			:	22kg 128cm	(13.43)	<=13.40	<15.40	<17.60	>19.60
Index	Previous			:	21kg 122cm	(14.11)				
Medical	Profile	I								
Blood g	Iroup	Left Eye	Right Eye	FI	atfoot	Scoliosis	I	Kyphosis	lor	dosis
Divyang	J Profile	<u>}</u>								
In Seeir	ng	In Hearing	In Speech	In Movement	Mental Retardat	ion Mental	Illness	Multiple Disability	/ Ai	nyother
N/A		N/A	N/A	N/A	N/A	N/	A	N/A		N/A
Manipul	ative SI	kills								

Over arm throw	Term-I	Term-II
 Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction 	1	1
• Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	\checkmark	х
 Swing through - long arm at release 	\checkmark	\checkmark
 Definite turning of the body through legs, hips and shoulders 	\checkmark	\checkmark
 Follow through with the throwing arm - in the direction of the target 	\checkmark	\checkmark
Striking drop & hit forward	Term-I	Term-II
• During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	\checkmark	\checkmark
 Stance is side-on the hitting direction with body weight on the back foot 	\checkmark	х
 Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target. 	\checkmark	\checkmark
 The arm is outstretched perpendicular to the direction of hitting 	\checkmark	\checkmark
 TT bat held in preferred hand, shake hand grip 	\checkmark	\checkmark
 Ball held in fingers of opposite hand with fingers pointing to the ground 	\checkmark	1

Locomotor Skills

Skipping	Term-I	Term-II
Children land on their toes	1	\checkmark
 Arms extended to help maintain balance while shifting weight from one foot to another 	1	х
 Step-hop pattern is smooth and coordinated 	1	\checkmark
Force applied upwards for the hop action to allow the opposite leg to swing forward freely	1	\checkmark
Jumping and landing	Term-I	Term-II
 Landing is controlled, balanced and safe 	х	\checkmark
 Arms swing forward with force during take-off, reaching up high, with Ankles, knees and feet extending fully 	х	х
 Arms swing back behind the body and crouch position is deeper in preparation 	х	\checkmark
 Body leans forward at landing and shock is absorbed through the giving action of ankles, knees and hips. 	х	1

Name	BHUMI P	AHADE					Period	Weight	Height	BMI
Class	II-A					Current	10/1/2019	21 kg	116 cm	(15.61)
lge	8 yrs					Previous	4/1/2019	15 kg	110 cm	(12.40)
School	-	A VIDYALAYA J	V JAMMAI					- 5		- /
Jser ID		2321118000287								
Gender	Female									
Coordination								Term-	I Te	erm-ll
Plate Tapping (25	cycles)							x		6 secs
Balance										
Flamingo Balance	e Test (60 sec	s)						Term-	I Te	erm-ll
								х	С) falls
My BMI	UW	N OW	OB	Weight	Height	My BN	ll Under	Normal	OverWeight	Obese
			•=	-	-	-	Weight		-	
Body Mass Current Index Previous		-		21kg 15kg	116cm 110cm	(15.61 (12.40	-	<15.80	<18.20	>20.60
Medical Profile	I									
Blood group	Left Eye	Right Eye		Flatfoot		Scoliosis		Kyphosis	lord	dosis
Divyang Profile										
In Seeing N/A	In Hearing N/A	In Speech N/A	In Movemer N/A	nt Menta	al Retardati N/A	on Mer	ntal IIIness N/A	Multiple Disat N/A	oility Ar	nyother N/A
Locomotor Skill	s									
Jumping and land	ding							Term-	l Te	ərm-ll
Arms swing forwar	rd with force dur	ing take-off, reac	hing up higl	h, with Ank	les, knee	es and fee	t extending	\checkmark		х
Arms swing back I	pehind the body	and crouch posit	ion is deepe	er in prepa	ration			\checkmark		1
Body leans forwar hips.	d at landing and	shock is absorbe	ed through t	the giving a	action of	ankles, kr	ees and	\checkmark		\checkmark
Landing is controll	ed, balanced ar	id safe						_ ~		х
Skipping								Term-	I I€	erm-ll
Children land on th								Х		Х
Arms extended to			ing weight f	rom one fo	oot to and	other		Х		1
Step-hop pattern i				lants and		ما الموجات		Х		✓
Force applied upw		action to allow tr	ne opposite	leg to swir	ng torwar	d freely		Х		Х
Over arm throw								Term-	l Te	erm-ll
Swing through - lo	ng arm at releas	se						1		х
Throwing arm is sy for balance/direction	wung far back ir		orward swir	nging actio	n, with op	oposite ar	m is raised	1		1

	Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction	<i>√</i>	\checkmark
•	Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	\checkmark	\checkmark
•	Definite turning of the body through legs, hips and shoulders	\checkmark	х
•	Follow through with the throwing arm - in the direction of the target	\checkmark	\checkmark
Ş	Striking drop & hit forward	Term-I	Term-II
•	Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target.	Х	х
•	Ball held in fingers of opposite hand with fingers pointing to the ground	х	\checkmark
•	The arm is outstretched perpendicular to the direction of hitting	х	\checkmark
•	During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	Х	Х
•	Stance is side-on the hitting direction with body weight on the back foot	х	\checkmark
•	TT bat held in preferred hand, shake hand grip	х	х

Name	PARID	HI BHADE					Period	Weight	Height	BMI
Class	II-A					Current	10/1/2019	22 kg	123 cm	(14.54)
Age	7 yrs					Previous	4/1/2019	20 kg	112 cm	(15.94)
School	KENDF	RIYA VIDYALAYA .	JV JAMMAI							
User ID	232100	12232111800028	9							
Gender	Female	•								
Coordination										
Plate Tapping (25 cycles)							Term-	і т	erm-ll
								х	2	1 secs
Balance										
Flamingo Balar	nce Test (60 s	ecs)						Term-	і т	erm-ll
								х		3 falls
My BMI										
	UW	N OW	OB	Weight	Height	My BM	ll Under Weight	Normal	OverWeight	Obese
Body Mass Curren Index Previou				22kg	123cm	(14.54		<15.40	<17.60	>19.60
				20kg	112cm	(15.94)			
Blood group	-	Diabé Eu	-	Flatfoot		Scoliosis		Kunhasia		dosis
	Left Eye	Right Ey	e	Flatioot		Scollosis		Kyphosis	101	aosis
Divyang Profi	In Hearing	In Speech	In Movemen	t Ment	al Retardat	ion Mer	tal Illness	Multiple Disat	oility A	nyother
N/A	N/A	N/A	N/A	t Ment	N/A		N/A	N/A	Juity 7	N/A
Locomotor Sk	cills									
Skipping								Term-	і т	erm-II
	pwards for the h	op action to allow	the opposite I	leg to swi	ng forwa	rd freely		х		х
Step-hop patter	rn is smooth and	coordinated						х		1
Children land o	n their toes							Х		\checkmark
 Arms extended 	to help maintain	balance while shi	fting weight fr	om one fo	oot to and	other		х		\checkmark
Jumping and la	Inding							Term-	і т	erm-ll
Arms swing for fully	ward with force c	luring take-off, rea	ching up high	i, with Anł	kles, knee	es and fee	t extending	\checkmark		х
	vard at landing a	nd shock is absorb	bed through the	he giving	action of	ankles, kr	ees and	\checkmark		\checkmark
	ck behind the bo	dy and crouch pos	ition is deepe	er in prepa	aration			\checkmark		\checkmark
Landing is cont	rolled, balanced	and safe						\checkmark		\checkmark
Manipulative	Skills									
								Torm-	і т	orm-II

Over arm throw	Term-I	Term-II
 Swing through - long arm at release 	\checkmark	х
 Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction 	\checkmark	\checkmark
 Follow through with the throwing arm - in the direction of the target 	\checkmark	\checkmark
 Definite turning of the body through legs, hips and shoulders 	\checkmark	1
• Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	\checkmark	\checkmark
Striking drop & hit forward	Term-I	Term-II
 TT bat held in preferred hand, shake hand grip 	\checkmark	х
 Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target. 	\checkmark	\checkmark
 Ball held in fingers of opposite hand with fingers pointing to the ground 	\checkmark	1
 The arm is outstretched perpendicular to the direction of hitting 	\checkmark	1
• During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	√	1
 Stance is side-on the hitting direction with body weight on the back foot 	\checkmark	х

Name		PURVI	MOURY	A					Period	Weight	Height	BMI
Class		II-A						Current	10/1/2019	19 kg	116 cm	(14.12)
Age		7 yrs						Previous	4/1/2019	16 kg	113 cm	(12.53)
School		KENDR	IYA VID	YALAYA J\	/ JAMMAI							
User ID		232100	1223211	18000293								
Gender		Female										
Coordin	ation											
Plate Tap	oping (25	cycles)								Term-		Ferm-II
Balance	1									Х	2	24 secs
		e Test (60 se	ecs)							Term-	I 7	Ferm-II
		, , , , , , , , , , , , , , , , , , ,	,							Х		2 falls
My BMI		UW	N	ow	OB	Weight	Height	My BN	I Under	Normal	OverWeigh	t Obese
Body Mass	Current	- -		011	00	19kg	116cm	(14.12	Weight		<17.60	>19.60
Index	Previous					16kg	113cm	(14.12		<13.40	<17.00	>15.00
Medical	Profile	1										
Blood g	roup	Left Eye		Right Eye		Flatfoot		Scoliosis		Kyphosis	lo	rdosis
Divyang	Profile											
In Seein N/A	ng	In Hearing N/A		peech I/A	In Movemen N/A	t Men	al Retardat	on Mer	tal Illness N/A	Multiple Disal N/A	oility /	Anyother N/A
Locomo	tor Skill		ľ	v.~	WA.		N/A		174	N/A		N/A
Jumping										Term-	1	erm-II
		pehind the boo	dy and c	rouch positi	on is deepe	r in prepa	aration			\checkmark		1
 Arms sw fully 	ving forwa	rd with force d	uring tal	ke-off, reach	ning up high	, with An	kles, knee	es and fee	t extending	1		х
	is controll	ed, balanced	and safe	9						\checkmark		1
 Body lead hips. 	ans forwar	d at landing a	nd shocl	< is absorbe	d through th	ne giving	action of	ankles, kr	ees and	1		х
Skipping										Term-	1	Ferm-II
		ards for the h			e opposite l	eg to swi	ng forwai	d freely		х		1
		s smooth and	coordina	ated						Х		Х
	n land on tl		h - l	and the set for	and the first state of the		1 1	d		Х		
Manipul		help maintain	balance	while shifti	ng weight fr	om one f	oot to and	other		Х		х
		it forward								Term-	I 1	erm-II
	-	ierred hand, sl	nake hai	nd grip						1		\checkmark
-	iciu ili pici	011001100100, 01								1		
• TT bat h		of opposite h		n fingers poi	nting to the	ground				•		х
TT bat hBall held	d in fingers		and with	•	-	-	s the dire	ction towa	rds the	√ √		× ✓
 TT bat h Ball held Ball is h target. 	d in fingers it on the re	s of opposite h	and with with wais	st, elbow slig	ghtly bent. E	-	s the dire	ction towa	rds the	J J		
 TT bat h Ball held Ball is h target. The arm During s 	d in fingers it on the re n is outstre swing, weig	of opposite h bound, level v tched perpend ght is transferr	and with with wais dicular to red onto	the front for	ghtly bent. E on of hitting ot, and hip a	Bat follow				J J J		✓ X X
 TT bat h Ball held Ball is h target. The arm During s 	d in fingers it on the re n is outstre swing, weig	s of opposite h ebound, level v tched perpend	and with with wais dicular to red onto	the front for	ghtly bent. E on of hitting ot, and hip a	Bat follow						✓ × ×
 TT bat h Ball held Ball is h target. The arm During s Stance i Over arm 	d in fingers it on the re n is outstre swing, weig is side-on n throw	s of opposite h abound, level w tched perpend ght is transferr the hitting dire	and with with wais dicular to red onto ction with	the front for	ghtly bent. E on of hitting ot, and hip a	Bat follow				v v Term-	1 1	✓ × × ✓ Term-II
 TT bat h Ball held Ball is h target. The arm During s Stance i Over arm Swing th 	d in fingers it on the re n is outstre swing, weig is side-on n throw hrough - lo	s of opposite h abound, level w tched perpend ght is transferr the hitting dire	and with with wais dicular to ed onto ction wit ase	o the direction the front foo th body weig	ghtly bent. E on of hitting ot, and hip a ght on the b	Bat follow				Term-	1 1	✓ × ✓ ✓ 「erm-II
 TT bat h Ball held Ball is h target. The arm During s Stance i Over arm Swing th Definite 	d in fingers it on the re n is outstre swing, weig is side-on n throw hrough - lo turning of	s of opposite h ebound, level v tched perpend ght is transferr the hitting dire ng arm at rele the body throu	and with with wais dicular to red onto ction with ase ugh legs	st, elbow slig o the direction the front foot th body weig , hips and s	ghtly bent. E on of hitting ot, and hip a ght on the b houlders	at follow	ders rota	e in forwa	rd direction	J J	1 7	✓ × × ✓ Term-II
 TT bat h Ball held Ball is h target. The arm During s Stance i Stance i Over arm Swing th Definite Throwin for balant 	d in fingers it on the re swing, weig is side-on h throw hrough - lo turning of ag arm is s nce/direction	s of opposite h ebound, level w tched perpend ght is transferr the hitting dire ng arm at rele the body throu wung far back on	and with with wais dicular to red onto ction with ase ugh legs in prepa	st, elbow slig o the direction the front foot th body weig , hips and s aration for fo	ghtly bent. E on of hitting ot, and hip a ght on the b houlders prward swing	aat follow and shoul ack foot ging actic	ders rotat	e in forwa	rd direction m is raised	ب ب Term- ب ب ب	1 1	✓ × ✓ ✓ Ferm-II ✓ ×
 TT bat h Ball held Ball is h target. The arm During s Stance i Stance i Over arm Swing th Definite Throwin for balar Weight fi 	d in fingers it on the re n is outstre swing, weig is side-on h throw hrough - lo turning of ug arm is s nce/directi transfers fi	s of opposite h abound, level w tched perpend ght is transferr the hitting dire ng arm at rele the body throu wung far back	and with with wais dicular to ed onto ction wit ase ugh legs in prepa to front f	st, elbow slig o the direction the front foot th body weig , hips and s aration for foot	ghtly bent. E on of hitting ot, and hip a ght on the b houlders orward swing step with the	at follow and shoul ack foot ging action	ders rotat	e in forwa	rd direction m is raised	J J	1 7	✓ × ✓ ✓ Ferm-II ✓ ×

You can check your comprehensive FitKVian Dashboard by logging into the following link with your UserID and Password : http://FitKVian.in

1

Х

• Follow through with the throwing arm - in the direction of the target

Name		IA ANJUM				-	Period	Weight	Height	BMI
Class	II-A					Current	10/1/2019	20 kg	113 cm	(15.66)
Age	7 yrs					Previous	4/1/2019	12 kg	108 cm	(10.29)
School	KENDR	RIYA VIDYALAYA J	JV JAMMAI							
User ID	232100	122321118000294	1							
Gender	Female	ł								
Coordination										
Plate Tapping (2	5 cycles)							Term	-1 7	Term-II
								х	÷	32 secs
Balance										
Flamingo Balano	ce Test (60 s	ecs)						Term	-1 7	Term-II
								Х		6 falls
My BMI										
	UW	N OW	ОВ	Weight	Height	My BM	ll Under Weight	Normal	OverWeigh	nt Obese
Body Mass Current Index				20kg	113cm	(15.66	-	<15.40	<17.60	>19.60
Index Previous				12kg	108cm	(10.29)			
Medical Profile) 									
Blood group	Left Eye	Right Eye	e	Flatfoot		Scoliosis		Kyphosis	lc	ordosis
Divyang Profile	e									
In Seeing	In Hearing	In Speech	In Movement	Men	tal Retardat	ion Mer	ntal Illness	Multiple Disa	bility /	Anyother
N/A	N/A	N/A	N/A		N/A		N/A	N/A		N/A
Locomotor Ski	lls									
Skipping								Term	-1 7	Term-II
 Force applied up 	wards for the h	op action to allow t	the opposite le	eg to swi	ing forwa	rd freely		х		х
Children land on	their toes							Х		\checkmark
 Arms extended to 	o help maintain	balance while shif	ting weight fro	om one f	oot to and	other		х		х
 Step-hop pattern 	is smooth and	coordinated						Х		\checkmark
Jumping and lan	nding							Term	-1 7	Term-II
	-	luring take-off, read	ching up high,	with An	kles, kne	es and fee	t extending	1		х
	behind the bo	dy and crouch posi	ition is deeper	r in prepa	aration			\checkmark		\checkmark
 Landing is control 		•						\checkmark		х
 Body leans forward 	ard at landing a	nd shock is absorb	ed through th	e giving	action of	ankles, kr	lees and	\checkmark		\checkmark

Body leans forward at landing and shock is absorbed through the giving action of ankles, knees and hips. • 1

Manipulative Skills

Over arm throw	Term-I	Term-II
 Swing through - long arm at release 	\checkmark	х
 Definite turning of the body through legs, hips and shoulders 	\checkmark	\checkmark
 Follow through with the throwing arm - in the direction of the target 	\checkmark	х
 Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction 	\checkmark	\checkmark
• Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	\checkmark	\checkmark
Striking drop & hit forward	Term-I	Term-II
 TT bat held in preferred hand, shake hand grip 	х	х
 Ball held in fingers of opposite hand with fingers pointing to the ground 	х	\checkmark
 Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target. 	х	х
 The arm is outstretched perpendicular to the direction of hitting 	х	1
 Stance is side-on the hitting direction with body weight on the back foot 	х	\checkmark
• During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	х	х

Name	SANVI	I DHURWEY					Period	Weight	Height	BMI
Class	II-A					Current	10/1/2019	19 kg	124 cm	(12.36)
Age	7 yrs					Previous	4/1/2019	21 kg	119 cm	(14.83)
School	KEND	RIYA VIDYALAYA	JV JAMMAI							
User ID	23210	012232111800027	75							
Gender	Female	e								
Coordination										
Plate Tapping (2	25 cycles)							Term-	I T	erm-ll
								х	2	4 secs
Balance										
Flamingo Balan	ce Test (60 s	ecs)						Term-	I T	erm-ll
								х	;	3 falls
My BMI	UW	N OW	ОВ	Weight	Height	My BN	/I Under	Normal	OverWeight	Obese
Body Mass Current				19kg	124cm	(12.36	Weight ;) <=13.40		<17.60	>19.60
Index Previous	;			21kg	119cm	(14.83				
Medical Profile	e									
Blood group	Left Eye	Right E	ye	Flatfoot		Scoliosis	i	Kyphosis	lor	dosis
Divyang Profil	е									
In Seeing	In Hearing	In Speech	In Movemer	nt Ment	tal Retardat	tion Mer	ntal Illness	Multiple Disa	bility A	nyother
N/A	N/A	N/A	N/A		N/A		N/A	N/A		N/A
Locomotor Sk	ills									
Jumping and la								Term-	-I T	erm-ll
 Arms swing forv fully 	ard with force	during take-off, rea	aching up higl	h, with Anl	kles, kne	es and fee	et extending	\checkmark		Х
 Arms swing bac 	k behind the bo	ody and crouch pos	sition is deepe	er in prepa	aration			1		1
 Body leans forw hips. 	ard at landing a	and shock is absor	bed through t	the giving	action of	ankles, kr	nees and	1		\checkmark
 Landing is contr 	olled, balanced	l and safe						\checkmark		х
Skipping								Term-	I T	erm-ll
 Step-hop patter 	n is smooth and	d coordinated						х		х
Children land or								Х		1
		hop action to allow						Х		\checkmark
		n balance while sh	ifting weight f	rom one fo	oot to an	other		Х		Х
Manipulative S	Skills									
Over arm throw								Term-	I T	erm-ll
 Throwing arm is 	swung far bac	k in preparation fo	r forward swir	naina actio	on with o	nnosite ar	m is raised	v		×

•	Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction	х	х
•	Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	х	\checkmark
•	Definite turning of the body through legs, hips and shoulders	х	\checkmark
•	Follow through with the throwing arm - in the direction of the target	х	х
•	Swing through - long arm at release	х	х
Ş	Striking drop & hit forward	Term-I	Term-II
•	TT bat held in preferred hand, shake hand grip	х	х
•	Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target.	х	\checkmark
•	During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	х	\checkmark
•	The arm is outstretched perpendicular to the direction of hitting	х	х
•	Ball held in fingers of opposite hand with fingers pointing to the ground	х	х
	Stance is side-on the hitting direction with body weight on the back foot	Х	Х

Name	APURVA
Class	II-A
Age	8 yrs
School	KENDRIYA VIDYALAYA JV JAMMAI
School	KENDRIYA VIDYALAYA JV JAMMAI
User ID	232100122321118000271
Gender	Female

Period Weight Height BMI Current 10/1/2019 23 kg 121 cm (15.71) Previous 4/1/2019 18 kg 115 cm (13.61)

Coordination

Plate Tapping (2	5 cycles)								Term-I	Te	erm-ll
									х	24	secs
Balance											
- lamingo Balanc	e Test (60 s	ecs)							Term-I	Te	erm-ll
									х	5	falls
My BMI											
	UW	Ν	ow	ОВ	Weight	Height	My BMI	Under Weight	Normal	OverWeight	Obese
Body Mass Current					23kg	121cm	(15.71)	<=13.60	<15.80	<18.20	>20.60
Previous					18kg	115cm	(13.61)				
Medical Profile	1										
Blood group	Left Eye		Right Eye		Flatfoot	:	Scoliosis		Kyphosis	lord	losis
Divyang Profile	<u>.</u>										
In Seeing	In Hearing	In	Speech	In Movemen	t Ment	al Retardation	Mental	Illness	Multiple Disabi	ility An	yother
N/A	N/A		N/A	N/A		N/A	N/	A	N/A		N/A
_ocomotor Ski	lls										
Skipping									Term-I	Те	erm-II
Children land on	their toes								\checkmark		х
Arms extended to	help maintair	baland	e while shifti	ng weight fr	om one fo	oot to anoth	er		1		\checkmark
Force applied up	wards for the h	op acti	on to allow th	ne opposite l	eg to swi	ng forward f	freely		\checkmark		\checkmark
Step-hop pattern	is smooth and	coordi	nated						\checkmark		Х
Jumping and lan	ding								Term-I	Te	erm-II
Arms swing back	behind the bo	dy and	crouch positi	on is deepe	r in prepa	ration			Х		х
Arms swing forwa	ard with force o	during t	ake-off, reach	ning up high	, with Ank	des, knees a	and feet e	xtending	х		1
Landing is contro	lled, balanced	and sa	fe						х		\checkmark
Body leans forwa	rd at landing a	ind sho	ck is absorbe	ed through the	ne giving a	action of an	kles, knee	s and	Х		х

Body leans forward at landing and shock is absorbed through the giving action of ankles, knees and hips. • Х

Manipulative Skills

Over arm throw	Term-I	Term-II
 Swing through - long arm at release 	\checkmark	х
Definite turning of the body through legs, hips and shoulders	\checkmark	\checkmark
 Follow through with the throwing arm - in the direction of the target 	\checkmark	\checkmark
• Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction	1	х
• Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	\checkmark	\checkmark
Striking drop & hit forward	Term-I	Term-II
 The arm is outstretched perpendicular to the direction of hitting 	\checkmark	х
 Ball held in fingers of opposite hand with fingers pointing to the ground 	\checkmark	\checkmark
 Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target. 	1	\checkmark
 Stance is side-on the hitting direction with body weight on the back foot 	\checkmark	х
• TT bat held in preferred hand, shake hand grip	\checkmark	\checkmark
• During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	\checkmark	\checkmark

Name	GRANT	H BELWANSHI					Period	Weight	Height	BMI
Class	II-A					Current	10/1/2019	21 kg	118 cm	(15.08)
lge	7 yrs					Previous	4/1/2019	15 kg	117 cm	(10.96)
School	KENDRI	YA VIDYALAYA 、	JV JAMMAI							
Jser ID	2321001	22321118000257	,							
Gender	Male									
Coordination										
Plate Tapping (25	cycles)							Term-	4 T/	erm-ll
Delence								Х	1	7 secs
Balance	T (00							Term-	. т	erm-ll
Flamingo Balance	lest (60 se	cs)								5 falls
								Х	,	Jialis
My BMI	UW	N OW	OB	Weight	Height	My BN	MI Under	Normal	OverWeight	Obese
Darke Marca Comment				Ū.	-	-	Weight		-	
Body Mass Current Index Previous				21kg 15kg	118cm 117cm	(15.08 (10.96) <15.40	<17.40	>19.20
Medical Profile				Ū		,	,			
Blood group	Left Eye	Right Eye	9	Flatfoot		Scoliosis	6	Kyphosis	lor	dosis
Divyang Profile										
-	In Hearing	In Speech	In Movemen	t Ment	tal Retardat	ion Me	ntal Illness	Multiple Disa	bility A	nyother
N/A	N/A	N/A	N/A		N/A		N/A	N/A		N/A
Locomotor Skills	S									
Jumping and land	0							Term-	4 T(erm-ll
Arms swing forward fully	d with force du	uring take-off, read	ching up high	n, with An	kles, knee	es and fee	et extending	\checkmark		\checkmark
Arms swing back b	ehind the bod	y and crouch posi	tion is deepe	er in prepa	aration			\checkmark		\checkmark
Body leans forward hips.	d at landing an	d shock is absorb	ed through the	he giving	action of	ankles, ki	nees and	1		х
Landing is controlle	ed, balanced a	ind safe						1		1
Skipping	,							Term-	4 T-	erm-ll
Children land on th	eir toes							1		1
Arms extended to h		balance while shif	tina weiaht fr	om one f	oot to and	other		1		1
Force applied upwa								\checkmark		х
Step-hop pattern is				0	0	2		\checkmark		\checkmark
Manipulative Ski	ills									
Over arm throw								Term-	I T	erm-ll
Swing through - lor	-							\checkmark		\checkmark
Definite turning of t								\checkmark		\checkmark
Follow through with	-			-				\checkmark		Х
Throwing arm is sw for balance/direction	vung far back i m	in preparation for	forward swin	ging actio	on, with o	pposite ar	rm is raised	\checkmark		1
 Weight transfers from the second secon		o front foot, with a	step with the	e opposite	e foot to t	he throwi	ng arm	1		1
Striking drop & hit		, , ,					J	Term-	4 T-	erm-ll
Ball is hit on the rel		ith waist elbow s	liahtlv hent F	Bat follow	s the dire	ction tow	ards the	х		1
	Sound, ICVEI W		igning Denit. L			0.001 1000		^		-

٠	Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target.	х	1
٠	Ball held in fingers of opposite hand with fingers pointing to the ground	Х	\checkmark
٠	Stance is side-on the hitting direction with body weight on the back foot	х	Х
٠	TT bat held in preferred hand, shake hand grip	х	\checkmark
٠	The arm is outstretched perpendicular to the direction of hitting	х	\checkmark
٠	During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	х	\checkmark

• During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction Х

Name	ADITY	A DHUR	VE					Period	Weight	Height	BMI
Class	II-A						Current	10/1/2019	28 kg	129 cm	(16.83)
Age	7 yrs						Previous	4/1/2019	21 kg	123 cm	(13.88)
School	KENDI	RIYA VID	YALAYA JV	JAMMAI							
User ID	232100	01223211	18000288								
Gender	Male										
Coordination											
Plate Tapping (2	5 cycles)								Term-	і т	erm-ll
									х	3	3 secs
Balance											
Flamingo Baland	ce Test (60 s	ecs)							Term-	і т	erm-ll
									х		6 falls
My BMI											
	UW	Ν	ow	ОВ	Weight	Height	My BM	ll Under Weight	Normal	OverWeight	Obese
Body Mass Current					28kg	129cm	(16.83	-	<15.40	<17.40	>19.20
Previous					21kg	123cm	(13.88)			
Medical Profile	•										
Blood group	Left Eye		Right Eye		Flatfoot		Scoliosis		Kyphosis	lor	dosis
Divyang Profile											
In Seeing N/A	In Hearing N/A		peech I/A	In Movement N/A		Retardat N/A	ion Mer	ntal IIIness N/A	Multiple Disab N/A	oility A	nyother N/A
Manipulative S	kills										
Striking drop & I	hit forward								Term-	і т	erm-ll
Ball held in finge	rs of opposite l	hand with	n fingers poir	nting to the	ground				1		\checkmark
Ctones is side or		a adda a codd	th body weig	ht on the ba	ack foot				\checkmark		\checkmark
	n the hitting dir										
• The arm is outstr	etched perpen	ndicular to	the directio	n of hitting					1		✓
The arm is outstrDuring swing, we	etched perpeneight is transfer	ndicular to rred onto	the direction the front foo	n of hitting it, and hip a					\checkmark		1
• The arm is outstr	etched perpeneight is transfer	ndicular to rred onto	the direction the front foo	n of hitting it, and hip a							
The arm is outstrDuring swing, weBall is hit on the	retched perpen eight is transfer rebound, level	ndicular to rred onto with wais	the direction the front foo st, elbow slig	n of hitting it, and hip a					J J J		1
 The arm is outstr During swing, we Ball is hit on the target. 	retched perpen eight is transfer rebound, level	ndicular to rred onto with wais	the direction the front foo st, elbow slig	n of hitting it, and hip a					\checkmark	іт	1
 The arm is outstr During swing, we Ball is hit on the target. TT bat held in pressure of the target of target of	retched perpen eight is transfer rebound, level eferred hand, s	ndicular to rred onto with wais shake har	the direction the front foo st, elbow slig	n of hitting it, and hip a					J J J	іт	J J J
 The arm is outstr During swing, we Ball is hit on the target. TT bat held in pro Over arm throw Swing through - I Definite turning of 	retched perpen eight is transfer rebound, level eferred hand, s long arm at rel of the body thro	ndicular to rred onto with wais shake har ease ough legs	o the directio the front foo st, elbow slig nd grip , hips and sh	n of hitting t, and hip a htly bent. B noulders	at follows t	he dire	ection towa	rds the	v v Term-	I T	√ √ √ ferm-II
 The arm is outstr During swing, we Ball is hit on the target. TT bat held in pro Over arm throw Swing through - I 	retched perpen eight is transfer rebound, level eferred hand, s long arm at rel of the body thro swung far back	ndicular to rred onto with wais shake har ease ough legs	o the directio the front foo st, elbow slig nd grip , hips and sh	n of hitting t, and hip a htly bent. B noulders	at follows t	he dire	ection towa	rds the	v v Term-	I T	v v ferm-ll
 The arm is outstr During swing, we Ball is hit on the target. TT bat held in pro Over arm throw Swing through - I Definite turning of Throwing arm is for balance/direct Weight transfers 	retched perpen eight is transfer rebound, level eferred hand, s long arm at rel- of the body thro swung far back tion from back foot	ndicular to rred onto with wais shake han ease ough legs k in prepa t to front f	b the directio the front foo st, elbow slig and grip , hips and sh aration for fo foot, with a s	n of hitting it, and hip a htly bent. B noulders rward swing itep with the	at follows t ging action,	he dire with o	ection towa	rds the m is raised	v v Term-	іт	v v ferm-ll
 The arm is outstr During swing, we Ball is hit on the target. TT bat held in pro Over arm throw Swing through - I Definite turning or Throwing arm is for balance/direc Weight transfers Follow through we 	retched perpen eight is transfer rebound, level eferred hand, s long arm at rel- of the body thro swung far back tion from back fool vith the throwin	ndicular to rred onto with wais shake han ease ough legs k in prepa t to front f	b the directio the front foo st, elbow slig and grip , hips and sh aration for fo foot, with a s	n of hitting it, and hip a htly bent. B noulders rward swing itep with the	at follows t ging action,	he dire with o	ection towa	rds the m is raised	v v Term-	I T	v v ferm-ll
 The arm is outstr During swing, we Ball is hit on the target. TT bat held in pro Over arm throw Swing through - I Definite turning of Throwing arm is for balance/direct Weight transfers 	retched perpen eight is transfer rebound, level eferred hand, s long arm at rel- of the body thro swung far back tion from back fool vith the throwin	ndicular to rred onto with wais shake han ease ough legs k in prepa t to front f	b the directio the front foo st, elbow slig and grip , hips and sh aration for fo foot, with a s	n of hitting it, and hip a htly bent. B noulders rward swing itep with the	at follows t ging action,	he dire with o	ection towa	rds the m is raised	ر ت ت ت ت ت ت		✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 The arm is outstr During swing, we Ball is hit on the target. TT bat held in pro Over arm throw Swing through - I Definite turning or Throwing arm is for balance/direc Weight transfers Follow through we Locomotor Skie 	retched perpen eight is transfer rebound, level eferred hand, s long arm at rel of the body thro swung far back tion from back foot rith the throwin IIS	ndicular to rred onto with wais shake han ease ough legs k in prepa t to front f	b the directio the front foo st, elbow slig and grip , hips and sh aration for fo foot, with a s	n of hitting it, and hip a htly bent. B noulders rward swing itep with the	at follows t ging action,	he dire with o	ection towa	rds the m is raised	v v Term-		v v ferm-ll
 The arm is outstr During swing, we Ball is hit on the target. TT bat held in pro Over arm throw Swing through - I Definite turning of Throwing arm is for balance/direc Weight transfers Follow through w Locomotor Ski Skipping Children land on 	retched perpen- eight is transfer rebound, level eferred hand, s long arm at rel- of the body thro swung far back tion from back foot vith the throwin IIs	ndicular to rred onto with wais shake har ease bugh legs k in prepa t to front f g arm - ir	o the directio the front foo st, elbow slig nd grip , hips and sh aration for fo foot, with a s n the directio	n of hitting it, and hip a htly bent. B noulders rward swing itep with the in of the targ	at follows t ging action, e opposite fo get	with o	ection towa	rds the m is raised	ر ت ت ت ت ت ت		✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 The arm is outstr During swing, we Ball is hit on the target. TT bat held in pre Over arm throw Swing through - I Definite turning of Throwing arm is for balance/direc Weight transfers Follow through w Locomotor Ski Skipping Children land on Arms extended to 	retched perpen- eight is transfer rebound, level eferred hand, s long arm at rel- of the body thro swung far back from back foot rith the throwin IIS their toes o help maintair	ndicular to rred onto with wais shake har ease bugh legs k in prepa t to front f g arm - ir	o the directio the front foo st, elbow slig and grip , hips and sh aration for fo foot, with a s in the directio	n of hitting it, and hip a httly bent. B noulders rward swing itep with the in of the targ	at follows t ging action, e opposite fo get	with o oot to t	pposite an	rds the m is raised	ر ت ت ت ت ت ت		✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 The arm is outstr During swing, we Ball is hit on the target. TT bat held in pre Over arm throw Swing through - I Definite turning of Throwing arm is for balance/direct Weight transfers Follow through we Locomotor Skii Skipping Children land on Arms extended to Force applied up 	retched perpen- eight is transfer rebound, level eferred hand, s long arm at rel- of the body thro swung far back from back fool vith the throwin IIS their toes o help maintair wards for the h	ndicular to rred onto with wais shake han ease bugh legs k in prepa t to front f g arm - ir n balance	b the direction the front foo st, elbow slig and grip , hips and sh aration for fo foot, with a s in the direction e while shiftir in to allow the	n of hitting it, and hip a httly bent. B noulders rward swing itep with the in of the targ	at follows t ging action, e opposite fo get	with o oot to t	pposite an	rds the m is raised	ر ت ت ت ت ت ت		✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 The arm is outstr During swing, we Ball is hit on the target. TT bat held in pro Over arm throw Swing through - I Definite turning or Throwing arm is for balance/direc Weight transfers Follow through we Locomotor Ski Skipping Children land on Arms extended to Force applied up Step-hop pattern 	retched perpen- eight is transfer rebound, level eferred hand, s long arm at rel- of the body thro swung far back tion from back foot rith the throwin IIS their toes their toes their toes their toes their toes their toes their toes their toes	ndicular to rred onto with wais shake han ease bugh legs k in prepa t to front f g arm - ir n balance	b the direction the front foo st, elbow slig and grip , hips and sh aration for fo foot, with a s in the direction e while shiftir in to allow the	n of hitting it, and hip a httly bent. B noulders rward swing itep with the in of the targ	at follows t ging action, e opposite fo get	with o oot to t	pposite an	rds the m is raised	ر بر بر بر بر بر بر بر بر بر بر بر بر بر	I T	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 The arm is outstr During swing, we Ball is hit on the target. TT bat held in pro Over arm throw Swing through - I Definite turning of Throwing arm is for balance/direct Weight transfers Follow through we Locomotor Ski Skipping Children land on Arms extended to Force applied up Step-hop pattern Jumping and land 	retched perpen- eight is transfer rebound, level eferred hand, s long arm at rel- of the body thro swung far back tion from back foot vith the throwin IIS their toes their toes	ndicular to rred onto with wais shake har ease bugh legs k in prepa t to front f g arm - ir h balance hop action	 b the direction the front foot the front foot st, elbow slig and grip , hips and sharation for for foot, with a sing the direction for the direction the direction the direction to allow the ated 	n of hitting it, and hip a httly bent. B noulders rward swing step with the on of the targ	at follows t ging action, e opposite fo get om one foo eg to swing	with o oot to t t to and forwa	pposite an	rds the m is raised	ر ت ت ت ت ت ت	I T	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 The arm is outstr During swing, we Ball is hit on the target. TT bat held in pro Over arm throw Swing through - I Definite turning of Throwing arm is for balance/direct Weight transfers Follow through we Locomotor Skit Skipping Children land on Arms extended to Force applied up Step-hop pattern Jumping and lar Arms swing back 	retched perpen- rebound, level eferred hand, s long arm at rel- of the body thro swung far back foor from back foor rith the throwin IIS their toes their toes thei	ndicular to rred onto with wais shake har ease bugh legs k in prepa t to front f g arm - ir h balance nop action d coordina	 b the direction the front foot the front foot st, elbow slig and grip , hips and sharation for foot, with a sin the direction for the direction for the direction environment of allow the ated 	n of hitting it, and hip a houlders rward swing itep with the in of the targ	at follows t ging action, e opposite fo get om one foo eg to swing r in prepara	with o oot to t t to and forwa	pposite an the throwin other rd freely	rds the m is raised ng arm	ر بر بر بر بر بر بر بر بر بر بر بر بر بر	I T	√ √ √ √ √ √ √ √ √ √ √ √ √ √ √ √ √
 The arm is outstr During swing, we Ball is hit on the target. TT bat held in pro Over arm throw Swing through - I Definite turning of Throwing arm is for balance/direct Weight transfers Follow through we Locomotor Ski Skipping Children land on Arms extended to Force applied up Step-hop pattern Jumping and land 	retched perpen- eight is transfer rebound, level eferred hand, s long arm at rel- of the body thro swung far back food from back food rith the throwin IIS their toes their to	ndicular to rred onto with wais shake han ease bugh legs k in prepa t to front f g arm - ir h balance nop action d coordina	 a the direction the front foot the front foot st, elbow slig and grip a, hips and sharation for foot, with a sin the direction for foot, with a sin the direction environment of allow the ated a while shifting the direction for the direction fo	n of hitting it, and hip a houlders rward swing itep with the in of the targ ng weight fro e opposite lo on is deepen ing up high,	at follows t ging action, e opposite f get om one foo eg to swing r in prepara , with Ankle	with o oot to t t to and forwal	pposite an the throwin other rd freely es and fee	rds the m is raised ng arm t extending	ر بر بر بر بر بر بر بر بر بر بر بر بر بر	I T	√ √ √ √ √ √ √ √ √ √ √ √ √ √ √ √ √

You can check your comprehensive FitKVian Dashboard by logging into the following link with your UserID and Password : http://FitKVian.in

1

1

• Landing is controlled, balanced and safe

Name	DHEEMANT
Class	II-A
Age	7 yrs
School	KENDRIYA VIDYALAYA JV JAMMAI
User ID	232100122321118000259
Gender	Male

	Period	Weight	Height	BMI
Current	10/1/2019	19 kg	117 cm	(13.88)
Previous	4/1/2019	17 kg	110 cm	(14.05)

Coordination

Plate Tapping	(25 cycles)								Term-I	Те	erm-ll
	(20 0)0103)								х	24	l secs
Balance											
Flamingo Bala	nce Test (60 s	secs)							Term-I	Te	erm-ll
									Х	8	falls
My BMI											
	UW	N	OW	ОВ	Weight	Height	My BMI	Under Weight	Normal	OverWeight	Obese
Body Mass Curren Index					19kg	117cm	(13.88)	<=13.80	<15.40	<17.40	>19.20
Previo	us				17kg	110cm	(14.05)				
Medical Profi	le										
Blood group	Left Eye		Right Eye		Flatfoot	s	coliosis		Kyphosis	lord	losis
Divyang Prof	ile										
In Seeing	In Hearing	In S	Speech	In Movemen	t Ment	al Retardation	Mental	Illness	Multiple Disabi	lity An	yother
N/A	N/A		N/A	N/A		N/A	N/	A	N/A		N/A
Manipulative	Skills										
Over arm throw	N								Term-I	Te	erm-II
 Swing through 	- long arm at rel	ease							\checkmark		\checkmark
 Throwing arm i for balance/dire 	is swung far bac ection	k in prep	aration for fo	orward swin	ging actio	n, with oppo	site arm is	s raised	1		1
 Weight transfe 	rs from back foo	t to front	foot, with a	step with th	e opposite	e foot to the	throwing a	arm	\checkmark		1
Definite turning	g of the body thro	ough leg	s, hips and s	shoulders					\checkmark		\checkmark
 Follow through 	with the throwin	ig arm - i	in the directi	on of the tai	rget				\checkmark		\checkmark
Striking drop 8	bit forward								Term-I	Τe	erm-II

\$	Striking drop & hit forward	lerm-l	lerm-ll
•	Ball held in fingers of opposite hand with fingers pointing to the ground	1	\checkmark
•	The arm is outstretched perpendicular to the direction of hitting	1	\checkmark
•	Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target.	\checkmark	\checkmark
•	During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	1	\checkmark
•	Stance is side-on the hitting direction with body weight on the back foot	1	\checkmark
•	TT bat held in preferred hand, shake hand grip	1	\checkmark

Locomotor Skills

Jumping and landing	Term-I	Term-II
 Arms swing back behind the body and crouch position is deeper in preparation 	1	1
 Arms swing forward with force during take-off, reaching up high, with Ankles, knees and feet extending fully 	1	1
 Landing is controlled, balanced and safe 	1	\checkmark
 Body leans forward at landing and shock is absorbed through the giving action of ankles, knees and hips. 	1	\checkmark
Skipping	Term-I	Term-II
• Arms extended to help maintain balance while shifting weight from one foot to another	1	1
 Step-hop pattern is smooth and coordinated 	1	\checkmark
Children land on their toes	\checkmark	\checkmark
 Force applied upwards for the hop action to allow the opposite leg to swing forward freely 	1	\checkmark

Name		AK DHURVE					Period	Weight	Height	BMI
Class	II-A					Current	10/1/2019	18 kg	116 cm	(13.38)
Age	7 yrs					Previous	4/1/2019	16 kg	113 cm	(12.53)
School		IYA VIDYALAYA								
User ID		12232111800026	1							
Gender	Male									
Coordination										
Plate Tapping (25	cycles)							Term-		erm-II
Balance								х	2	22 secs
Flamingo Balance	e Test (60 se	ecs)						Term-	I T	erm-II
5	,	,						х		4 falls
My BMI									•	
	UW	N OW	OB	Weight	Height	My BN	II Under Weight	Normal	OverWeight	Obese
Body Mass Current Index Previous				18kg 16kg	116cm 113cm	(13.38 (12.53		<15.40	<17.40	>19.20
Medical Profile	I									
Blood group	Left Eye	Right Ey	e	Flatfoot		Scoliosis		Kyphosis	lo	rdosis
Divyang Profile										
In Seeing N/A	In Hearing N/A	In Speech N/A	In Movemen N/A	it Ment	al Retardat	on Mer	ntal IIIness N/A	Multiple Disal N/A	oility A	N/A
Locomotor Skill										
Jumping and land								Term-		erm-II
Arms swing forwar	•	uring take-off, rea	ching up high	n, with Anl	kles, knee	es and fee	et extending	1		1
Arms swing back b	pehind the boo	dy and crouch pos	ition is deepe	er in prepa	aration			1		1
Body leans forwar hips.		,				ankles, kr	nees and	1		1
Landing is controll	ed, balanced	and safe						\checkmark		\checkmark
Skipping								Term-	I T	erm-ll
Arms extended to	help maintain	balance while shi	fting weight fr	rom one fe	oot to and	other		\checkmark		\checkmark
Step-hop pattern is		coordinated						\checkmark		\checkmark
Children land on th								\checkmark		1
Force applied upw		op action to allow	the opposite	leg to swi	ng forwai	d freely				1
Manipulative Sk								Torres		
Striking drop & hi								Term-		erm-II
The arm is outstre							1 4	<i>,</i>		1
Ball is hit on the re target.	bound, level \	with waist, elbow s	slightly bent. E	Sat follows	s the dire	ction towa	ards the	<i>√</i>		<i>v</i>
Ball held in fingers	of opposite h	and with fingers p	ointing to the	ground				\checkmark		\checkmark
Stance is side-on	-		-					\checkmark		\checkmark
During swing, weig	-		oot, and hip a	and shoul	ders rotat	e in forwa	ard direction	\checkmark		\checkmark
TT bat held in pref	erred hand, sl	hake hand grip						\checkmark		\checkmark
Over arm throw								Term-	1 T	erm-ll

Over arm throw		
Swing through - long arm at release	\checkmark	1
⁷ Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction	\checkmark	1
Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	1	1
Follow through with the throwing arm - in the direction of the target	1	1
Definite turning of the body through legs, hips and shoulders	\checkmark	1
	 Swing through - long arm at release Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm Follow through with the throwing arm - in the direction of the target 	 Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm Follow through with the throwing arm - in the direction of the target

Name	SHUBH SAHU
Class	II-A
Age	8 yrs
School	KENDRIYA VIDYALAYA JV JAMMAI
User ID	232100122321118000263
Gender	Male

	Period	Weight	Height	BMI
Current	10/1/2019	20 kg	121 cm	(13.66)
Previous	4/1/2019	18 kg	116 cm	(13.38)

Coordination

Plate Tap	pping (25	cycles)								Term-	I T	erm-ll
										х	2	9 secs
Balance	;											
Flaming	o Balance	e Test (60 s	ecs)							Term-	I T	erm-ll
										х	:	3 falls
My BMI												
		UW	Ν	OW	ОВ	Weight	Height	My BMI	Under Weight	Normal	OverWeight	Obese
Body Mass Index	Current					20kg	121cm	(13.66)	<=13.80	<15.80	<18.00	>20.00
macx	Previous					18kg	116cm	(13.38)				
Medical	Profile											
Blood g	group	Left Eye		Right Eye		Flatfoot		Scoliosis		Kyphosis	lor	dosis
Divyang	g Profile											
In Seeii N/A	ng	In Hearing N/A	In	Speech N/A	In Movemen N/A	t Menta	al Retardation N/A	n Mental N/		Multiple Disat N/A	bility A	nyother N/A
Locomo	otor Skill	S										
Jumping	and land	ling								Term-	I T	erm-ll
		d with force c	luring ta	ake-off, reach	ning up high	, with Ank	les, knees	and feet ex	ktending	\checkmark		1
Arms s	wing back b	pehind the bo	dy and	crouch positi	on is deepe	r in prepa	ration			\checkmark		\checkmark
Body le hips.	ans forwar	d at landing a	nd sho	ck is absorbe	d through th	ne giving a	action of ar	nkles, knee	s and	\checkmark		1
•	g is controll	ed, balanced	and sat	e						\checkmark		\checkmark
Landing										Term-	I T	erm-ll
	1											
Skipping		s smooth and	coordir	nated						\checkmark		\checkmark
Skipping Step-ho			coordir	nated						J J		\ \
Skipping Step-ho Childrei	op pattern is n land on th				ng weight fr	om one fo	oot to anoth	ner				

Manipulative Skills

Over arm throw	Term-I	Term-II
Swing through - long arm at release	1	1
Follow through with the throwing arm - in the direction of the target	\checkmark	\checkmark
Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction	1	1
Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	\checkmark	\checkmark
Definite turning of the body through legs, hips and shoulders	\checkmark	Х
Striking drop & hit forward	Term-I	Term-II
TT bat held in preferred hand, shake hand grip	х	\checkmark
Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target.	х	\checkmark
Ball held in fingers of opposite hand with fingers pointing to the ground	х	\checkmark
The arm is outstretched perpendicular to the direction of hitting	х	\checkmark
Stance is side-on the hitting direction with body weight on the back foot	х	Х
During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	х	х

Name	TUNEE	R DEHARI	YA					Period	Weight	Height	BMI
Class	II-A					(Current	10/1/2019	19 kg	124 cm	(12.36
Age	8 yrs					1	Previous	4/1/2019	15 kg	121 cm	(10.25
School	KENDR	RIYA VIDYA	LAYA JV	/ JAMMAI							
User ID	232100	122321118	000266								
Gender	Male										
Coordination											
Plate Tapping (25	cycles)								Term-	і т	erm-II
									х	2	8 secs
Balance									Term-		erm-ll
Flamingo Balance	Test (60 se	ecs)									
									Х		4 falls
My BMI											
	UW	N	OW	OB	Weight	Height	My BM	I Under Weight	Normal	OverWeight	Obes
Body Mass Current Index Previous					19kg 15kg	124cm 121cm	(12.36) (10.25)		<15.80	<18.00	>20.0
Medical Profile											
Blood group	Left Eye		Right Eye		Flatfoot		Scoliosis		Kyphosis	loi	rdosis
Divyang Profile											
In Seeing N/A	In Hearing N/A	In Spee N/A	ch	In Movemen N/A	t Ment	al Retardati N/A	on Men	tal Illness N/A	Multiple Disal N/A	oility A	nyother N/A
Locomotor Skills	5										
Skipping									Term-	I T	erm-II
 Force applied upware 	ards for the h	op action to	allow the	e opposite	eg to swi	ng forwar	d freely		\checkmark		х
Children land on th	eir toes								\checkmark		\checkmark
 Step-hop pattern is 									\checkmark		Х
 Arms extended to h 	nelp maintain	balance wl	hile shiftir	ng weight fr	om one fe	pot to ano	other		\checkmark		\checkmark
Jumping and land	ing								Term-	I T	erm-ll
 Arms swing back b 	ehind the boo	dy and crou	ich positio	on is deepe	r in prepa	aration			Х		Х
 Body leans forward hips. 	l at landing a	nd shock is	absorbe	d through th	ne giving	action of a	ankles, kn	lees and	х		1
 Arms swing forward fully 	d with force d	luring take-	off, reach	ing up high	, with Anl	des, knee	es and fee	t extending	х		х
									х		1
 Landing is controlle 	d, balanced	and safe							X		
0		and safe							~		
 Landing is controlle Manipulative Ski Over arm throw 		and safe							Term-	і т	erm-ll

 Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction 	х	Х
 Definite turning of the body through legs, hips and shoulders 	х	1
• Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	х	х
 Follow through with the throwing arm - in the direction of the target 	х	1
 Swing through - long arm at release 	х	1
Striking drop & hit forward	Term-I	Term-II
• During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	1	х
 Stance is side-on the hitting direction with body weight on the back foot 	1	1
 Ball held in fingers of opposite hand with fingers pointing to the ground 	1	х
 The arm is outstretched perpendicular to the direction of hitting 	\checkmark	\checkmark
 The arm is outstretched perpendicular to the direction of hitting Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target. 	√ √	J

1

1

Name	KRISHN	IA					Period	Weight	Height	BMI
Class	II-A				Cu	urrent	10/1/2019	22 kg	120 cm	(15.28)
Age	7 yrs				Pr	evious	4/1/2019	20 kg	113 cm	(15.66)
School	KENDRI	IYA VIDYALAYA	JV JAMMAI							
User ID	2321001	22321118000268	8							
Gender	Male									
Coordination										
Plate Tapping (2	5 cycles)							Term-l	1	Term-II
								Х	2	26 secs
Balance										
Flamingo Balanc	e Test (60 se	ecs)						Term-l	1	Term-II
								х		4 falls
My BMI										
	UW	N OW	OB	Weight	Height	My BM	l Under Weight	Normal	OverWeight	t Obese
Body Mass Current		_		22kg	120cm	(15.28)	<=13.80	<15.40	<17.40	>19.20
Previous				20kg	113cm	(15.66)	1			
Medical Profile	•									
Blood group	Left Eye	Right Ey	e	Flatfoot	:	Scoliosis		Kyphosis	lo	ordosis
Divyang Profile	;									
In Seeing	In Hearing	In Speech	In Movement	Mental	Retardation	Men	tal Illness	Multiple Disab	ility A	Anyother
N/A	N/A	N/A	N/A		N/A		N/A	N/A		N/A
Locomotor Ski	lls									
Skipping								Term-l	1	Ferm-II
Arms extended to	o help maintain	balance while shil	fting weight fro	om one foo	ot to anoth	er		Х		х
 Step-hop pattern 	is smooth and o	coordinated						Х		\checkmark
 Children land on 	their toes							Х		х
 Force applied up 	wards for the ho	op action to allow	the opposite le	eg to swing	g forward f	freely		Х		1
Jumping and lan	ding							Term-l	1	Term-II
 Arms swing back 	behind the bod	y and crouch pos	ition is deeper	in prepara	ation			\checkmark		х
 Arms swing forward fully 	ard with force du	uring take-off, rea	ching up high,	with Ankle	es, knees	and fee	t extending	\checkmark		1
 Body leans forwa hips. 	rd at landing an	nd shock is absorb	ped through th	e giving a	ction of an	kles, kn	ees and	\checkmark		х

• Landing is controlled, balanced and safe

Manipulative Skills

Over arm throw	Term-I	Term-II
 Swing through - long arm at release 	\checkmark	х
 Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction 	\checkmark	\checkmark
• Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	\checkmark	х
 Definite turning of the body through legs, hips and shoulders 	\checkmark	\checkmark
 Follow through with the throwing arm - in the direction of the target 	\checkmark	\checkmark
Striking drop & hit forward	Term-I	Term-II
 Stance is side-on the hitting direction with body weight on the back foot 	\checkmark	х
 The arm is outstretched perpendicular to the direction of hitting 	\checkmark	\checkmark
 Ball held in fingers of opposite hand with fingers pointing to the ground 	\checkmark	Х
 Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target. 	\checkmark	\checkmark
• During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	\checkmark	\checkmark
 TT bat held in preferred hand, shake hand grip 	\checkmark	\checkmark

News		_ VISHWAKARM					Period	W/aight	Lloight	BMI
Name Class	II-A		IA			Current	10/1/2019	Weight 19 kg	Height 119 cm	(13.42)
Age	7 yrs					Previous	4/1/2019	16 kg	110 cm	(13.22)
School	-	VIDYALAYA JV	/ JAMMAI					. o ng		()
User ID		321118000269	-							
Gender	Male									
Coordination										
Plate Tapping (25								Term	-1 7	Term-II
Flate Tapping (23	cyclesj							Х		30 secs
Balance										
Flamingo Balance	Test (60 secs)						Term	-l 1	Term-II
								Х		5 falls
My BMI	UW N	ow	ОВ	Weight	Height	My BN		Normal	OverWeigh	t Obese
Body Mass Current				19kg	119cm	(13.42	Weight 2) <=13.80	<15.40	<17.40	>19.20
Index Previous				16kg	110cm	(13.22				
Medical Profile										
Blood group Divyang Profile	Left Eye	Right Eye		Flatfoot		Scoliosis	5	Kyphosis	lo	ordosis
	In Hearing	In Speech	In Moveme	ent Menta	al Retardati	on Me	ntal Illness	Multiple Disa	bility	Anyother
N/A	N/A	N/A	N/A		N/A		N/A	N/A	Sinty 7	N/A
Manipulative Sk	ills									
Over arm throw								Term		Term-II
Swing through - lo	0							Х		Х
Definite turning of								х		1
Throwing arm is sw for balance/direction	vung far back in p on	preparation for to	orward swi	inging action	n, with op	oposite ar	m is raised	х		1
Weight transfers fr					e foot to t	he throwi	ng arm	Х		\checkmark
Follow through with	h the throwing ar	m - in the direction	on of the ta	arget				_ ×		×
Striking drop & hi								Term	·I 1	Term-II
Ball held in fingers			-	-				х		Х
The arm is outstret				-			and allow a Const	Х		1
During swing, weig Stance is side-on t					ders rotat	e in forwa	ard direction	X		5
TT bat held in prefe	-		grit on the	DACK IOUL				x x		×
Ball is hit on the re		0.1	ahtly bent.	Bat follows	the dire	ction towa	ards the	x		~
target.			,,							
_ocomotor Skill	S							Terre		Torm !!
Skipping	anda fa di l	and and the second			(Term	ч I	Term-II
Force applied upw				-	-					X ✓
Arms extended to	•	ance while shifti	ig weight	nom one to	out to and	uner		v ./		5
Children land on their toes Step-hop pattern is smooth and coordinated							* _		<i>s</i>	
								Term	-1 7	· Term-ll
Jumping and land		aafa						/	- '	
 Landing is controlle Body leans forward 			d through	the giving a	action of	ankles k	nees and	* _		X ✓
hips.	a at landing and s		a mough	are giving a		unitico, N		·		÷
Arms swing back b								1		\checkmark
Arms swing forwar	d with force durin	ig take-off, reach	ing up hig	gh, with Ank	les, knee	es and fee	et extending	\checkmark		\checkmark

 Arms swing forward with force during take-off, reaching up high, with Ankles, knees and feet extending fully

Name	ISHANSH VISHWAKARM	4			Period	Weight	Height	BMI
Class	II-A			Current	10/1/2019	22 kg	117 cm	(16.07)
Age	7 yrs			Previous	4/1/2019	24 kg	121 cm	(16.39)
School	KENDRIYA VIDYALAYA J	V JAMMAI						
User ID	232100122321118000274							
Gender	Male							
Coordination								
Plate Tapping (25 cy	cles)					Term-		Term-II
Balance						Х		19 secs
Flamingo Balance Te	est (60 secs)					Term-	1	Ferm-II
						х		11 falls
My BMI								
	UW N OW	OB V	Weight Heigh	nt MyBN	/I Under Weight	Normal	OverWeigh	t Obese
Body Mass Current			22kg 117cr	n (16.07	•	<15.40	<17.40	>19.20
Previous			24kg 121cr	n (16.39))			
Medical Profile								
Blood group	Left Eye Right Eye	F	latfoot	Scoliosis	5	Kyphosis	lo	ordosis
Divyang Profile								
-	learing In Speech N/A N/A	In Movement N/A	Mental Retard N/A	ation Mei	ntal Illness N/A	Multiple Disat N/A	bility	Anyother N/A
Locomotor Skills								
Jumping and landing	g					Term-	1 1	Ferm-II
 Arms swing forward w fully 	vith force during take-off, reac	hing up high, v	with Ankles, kn	ees and fee	et extending	\checkmark		1
-	ind the body and crouch posit	ion is deeper i	in preparation			\checkmark		х
• Landing is controlled,						1		Х
 Body leans forward at hips. 	landing and shock is absorbe	ed through the	giving action c	of ankles, kr	nees and	\checkmark		\checkmark
Skipping						Term-		Ferm-II
 Children land on their 	toes					Х		\checkmark
a second to second second	s for the hop action to allow the		5	,		Х		х
	p maintain balance while shift	ing weight fror	m one foot to a	nother		Х		Х
 Step-hop pattern is sn Manipulative Skills 	nooth and coordinated					Х		<i>,</i>
Over arm throw	,					Term-	1	Ferm-II
 Swing through - long a 	arm at release					\checkmark		1
0 0 0	body through legs, hips and s	shoulders				\checkmark		x
•	e throwing arm - in the directi		et			\checkmark		х
 Throwing arm is swun for balance/direction 	ng far back in preparation for f	orward swingir	ng action, with	opposite ar	m is raised	1		1
Weight transfers from	back foot to front foot, with a	step with the o	opposite foot to	the throwin	ng arm	1		\checkmark
Striking drop & hit fo						Term-	1 1	Term-II
	ed hand, shake hand grip					\checkmark		\checkmark
•	opposite hand with fingers po					\checkmark		х
 Ball is hit on the rebout target. 	und, level with waist, elbow sli	ightly bent. Ba	t follows the dir	ection towa	ards the	1		х
-	ed perpendicular to the directi	on of hitting				\checkmark		\checkmark
	hitting direction with body wei	-				\checkmark		1
During swing, weight i	is transferred onto the front fo	ot, and hip and	d shoulders rot	ate in forwa	ard direction	\checkmark		\checkmark

Name	TANAY CHOUHAN
Class	II-A
Age	8 yrs
School	KENDRIYA VIDYALAYA JV JAMMAI
User ID	232100122321118000278
Gender	Male

	Period	Weight	Height	BMI
Current	10/1/2019	21 kg	128 cm	(12.82)
Previous	4/1/2019	20 kg	124 cm	(13.01)

Coordination

Plate Tapping (2	5 cycles)								Term-I	Te	erm-ll
									х	38	3 secs
Balance											
Flamingo Balano	ce Test (60 s	ecs)							Term-I	T T	erm-ll
									х	5	5 falls
Му ВМІ											
	UW	Ν	ow	OB	Weight	Height	My BMI	Under Weight	Normal	OverWeight	Obese
Body Mass Current					21kg	128cm	(12.82)	<=13.80	<15.80	<18.00	>20.00
Previous					20kg	124cm	(13.01)				
Medical Profile	÷										
Blood group	Left Eye		Right Eye	•	Flatfoot		Scoliosis		Kyphosis	lore	dosis
Divyang Profile	е										
In Seeing	In Hearing	In	Speech	In Movemer	nt Ment	al Retardation	Mental	Illness	Multiple Disab	ility Ar	nyother
N/A	N/A		N/A	N/A		N/A	N/	A	N/A		N/A
_ocomotor Ski	ills										
Skipping									Term-I	Te	ərm-ll
Arms extended to	o help maintair	balanc	ce while shift	ing weight f	rom one fo	oot to anoth	er		1		\checkmark
Children land on	their toes								1		\checkmark
Force applied up	wards for the h	nop acti	on to allow th	he opposite	leg to swi	ng forward t	freely		\checkmark		1
Step-hop pattern	is smooth and	coordi	nated						\checkmark		х
Jumping and lar	nding								Term-I	Te Te	erm-ll
Arms swing back	k behind the bo	dy and	crouch posit	tion is deepe	er in prepa	ration			1		\checkmark
Body leans forwa	ard at landing a	ind sho	ck is absorbe	ed through t	the giving a	action of an	kles, knee	s and	1		1
Landing is contro	olled, balanced	and sa	fe						\checkmark		1
Arms swing forw	ard with force of	during ta	ake-off, reac	hing up high	h, with Ank	des, knees	and feet e	xtending	\checkmark		х

Arms swing forward with force during take-off, reaching up high, with Ankles, knees and feet extending fully • 1

Manipulative Skills

Over arm throw	Term-I	Term-II
 Swing through - long arm at release 	х	\checkmark
Definite turning of the body through legs, hips and shoulders	х	\checkmark
 Follow through with the throwing arm - in the direction of the target 	х	\checkmark
• Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction	х	х
• Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	х	\checkmark
Striking drop & hit forward	Term-I	Term-II
• TT bat held in preferred hand, shake hand grip	\checkmark	\checkmark
 The arm is outstretched perpendicular to the direction of hitting 	\checkmark	\checkmark
 Ball held in fingers of opposite hand with fingers pointing to the ground 	\checkmark	\checkmark
 Stance is side-on the hitting direction with body weight on the back foot 	\checkmark	х
• Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target.	1	\checkmark
• During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	\checkmark	\checkmark

Name		ISHU SAHU					Period	Weight	Height	BMI
Class	II-A					Current	10/1/2019	20 kg	128 cm	(12.21)
	8 yrs					Previous	4/1/2019	20 kg	120 cm	(12.21)
chool		IYA VIDYALAYA J	V.IAMMAI			TTEVIEUS	4/1/2010	21 Kg	120 011	(14.00)
lser ID		122321118000282								
Gender	Male	122021110000202								
	Male									
Coordination								-		
Plate Tapping (25	cycles)							Term- ×		erm-II 24 secs
Balance								~	2	14 5605
Flamingo Balance	e Test (60 se	ecs)						Term-	1	Ferm-II
U	,	,						х		3 falls
ly BMI										
	UW .	N OW	OB	Weight	Height	My BN	Weight	Normal	OverWeight	
Body Mass Current Index Previous		_		20kg 21kg	128cm 120cm	(12.21 (14.58		<15.80	<18.00	>20.00
ledical Profile	Ι									
Blood group	Left Eye	Right Eye	9	Flatfoot		Scoliosis	i	Kyphosis	lo	rdosis
Divyang Profile										
In Seeing N/A	In Hearing N/A	In Speech N/A	In Movemen N/A	t Ment	al Retardat N/A	ion Mei	ntal Illness N/A	Multiple Disal N/A	oility A	Anyother N/A
Manipulative Sk	tills									
striking drop & hi	it forward							Term-	I 1	Ferm-II
Ball held in fingers	s of opposite ha	and with fingers po	inting to the	ground				\checkmark		х
Stance is side-on	•		-					\checkmark		\checkmark
Ball is hit on the re target.	ebound, level w	vith waist, elbow sl	ightly bent. E	Bat follows	s the dire	ction towa	ards the	\checkmark		Х
TT bat held in pref	ferred hand, sh	hake hand grip						\checkmark		1
The arm is outstre			ion of hitting					1		х
During swing, weig	ght is transferre	ed onto the front fo	oot, and hip a	and should	ders rota	te in forwa	ard direction	1		х
Over arm throw								Term-	I T	erm-II
Definite turning of	the body throu	igh legs, hips and	shoulders					1		х
Swing through - lo								\checkmark		\checkmark
Follow through wit	h the throwing	arm - in the direct	ion of the tar	rget				\checkmark		х
Throwing arm is sy for balance/direction		in preparation for f	orward swin	ging actio	on, with o	pposite ar	m is raised	\checkmark		1
Weight transfers fr		to front foot, with a	step with the	e opposite	e foot to t	he throwin	ng arm	\checkmark		х
_ocomotor Skill	s									
Skipping								Term-	1 7	Ferm-II
Children land on the								Х		Х
Arms extended to								Х		1
Force applied upw		•	he opposite	leg to swi	ng forwa	rd freely		Х		Х
Step-hop pattern i	s smooth and o	coordinated						Х		1
umping and land								Term-	I T	Ferm-II
Body leans forwar hips.	d at landing an	nd shock is absorb	ed through tl	he giving	action of	ankles, kr	nees and	х		х
	rd with force du	uring take off room	hina un hiab	with And	dee koo	an and for	toutonding	v		/

Arms swing forward with force during take-off, reaching up high, with Ankles, knees and feet extending fully ٠ х

1

Х

1

•	Arms swing back behind the body and crouch position is deeper in preparation	х
•	Landing is controlled, balanced and safe	х

	ADITYA	A DHURVEY					Period	Weight	Height	BMI
Class	II-A				С	urrent	10/1/2019	23 kg	134 cm	(12.81)
Age	7 yrs				Pi	revious	4/1/2019	21 kg	123 cm	(13.88)
School	KENDR	RIYA VIDYALAYA J	V JAMMAI							
Jser ID	232100	122321118000258								
Gender	Male									
Coordination										
Plate Tapping (2	5 cycles)							Term-l	I T€	erm-ll
								х	30) secs
Balance								Term-l		erm-ll
Flamingo Balano	ce Test (60 so	ecs)						x		falls
My BMI								A		lane
-	UW	N OW	ОВ	Weight	Height	My BM	I Under Weight	Normal	OverWeight	Obese
Body Mass Current Index Previous	Π			23kg 21kg	134cm 123cm	(12.81) (13.88)	<=13.80	<15.40	<17.40	>19.20
Medical Profile) }									
Blood group	Left Eye	Right Eye	I.	Flatfoot		Scoliosis		Kyphosis	lord	losis
Divyang Profile	9									
In Seeing N/A	In Hearing N/A	In Speech N/A	In Movemen N/A	nt Menta	N/A	n Men	tal Illness N/A	Multiple Disab N/A	oility An	iyother N/A
_ocomotor Ski	ills									
								Term-l	l Te	erm-ll
Jumping and lar	nding	luring take-off, reac	hing up high	n, with Ank	les, knees	and fee	t extending	Term-l √	I Te	erm-ll ×
Jumping and lar Arms swing forward	nding ard with force d	luring take-off, reac dy and crouch posit				and fee	t extending		l Te	
Jumping and lar Arms swing forw fully Arms swing back	nding ard with force d		tion is deepe	er in prepa	ration			1	I Te	х
Jumping and lar Arms swing forw fully Arms swing back Body leans forwa	nding ard with force d behind the boo ard at landing a	dy and crouch posit nd shock is absorbe	tion is deepe	er in prepa	ration			J J J		x x x x
Jumping and lar Arms swing forwa fully Arms swing back Body leans forwa hips. Landing is contro Skipping	nding ard with force d behind the boo ard at landing a olled, balanced	dy and crouch posit nd shock is absorbe and safe	tion is deepe ed through t	er in prepa he giving a	ration action of ar	nkles, kn		J J J		x x x
Jumping and lar Arms swing forwa fully Arms swing back Body leans forwa hips. Landing is contro Skipping Force applied up	nding ard with force d behind the boo ard at landing a billed, balanced wards for the h	dy and crouch posit nd shock is absorbe and safe op action to allow th	tion is deepe ed through t he opposite	er in prepa he giving a leg to swir	ration action of ar ng forward	nkles, kn freely		ب ب Term-I ۲		x x x x erm-ll x
Jumping and lar Arms swing forwa fully Arms swing back Body leans forwa hips. Landing is contro Skipping Force applied up Arms extended to	nding ard with force d ard at landing a olled, balanced wards for the h o help maintain	dy and crouch posit nd shock is absorbe and safe	tion is deepe ed through t he opposite	er in prepa he giving a leg to swir	ration action of ar ng forward	nkles, kn freely		ب ب Term-I × ×		x x x erm-ll x x
Jumping and lar Arms swing forwa fully Arms swing back Body leans forwa hips. Landing is contro Skipping Force applied up Arms extended to Children land on	nding ard with force d ard at landing a olled, balanced wards for the h o help maintain their toes	dy and crouch posit nd shock is absorbe and safe op action to allow th balance while shift	tion is deepe ed through t he opposite	er in prepa he giving a leg to swir	ration action of ar ng forward	nkles, kn freely		۲ ۲ ۲ ۲ ۲ ۳ ۳ ۲ ۲ ۲		x x x erm-ll x x x
Jumping and lar Arms swing forwa fully Arms swing back Body leans forwa hips. Landing is contro Skipping Force applied up Arms extended to Children land on Step-hop pattern	ard with force d ard with force d behind the boo ard at landing a blled, balanced wards for the h o help maintain their toes i is smooth and	dy and crouch posit nd shock is absorbe and safe op action to allow th balance while shift	tion is deepe ed through t he opposite	er in prepa he giving a leg to swir	ration action of ar ng forward	nkles, kn freely		ب ب Term-I × ×		x x x erm-ll x x
Jumping and lar Arms swing forwa fully Arms swing back Body leans forwa hips. Landing is contro Skipping Force applied up Arms extended to Children land on Step-hop patterm Manipulative S	nding ard with force d behind the boo ard at landing a olled, balanced wards for the h o help maintain their toes i is smooth and ckills	dy and crouch posit nd shock is absorbe and safe op action to allow th balance while shift	tion is deepe ed through t he opposite	er in prepa he giving a leg to swir	ration action of ar ng forward	nkles, kn freely		۲ ۲ ۲ ۲ ۲ ۳ ۳ ۲ ۲ ۲	I Te	x x x erm-ll x x x
fully Arms swing back Body leans forwa hips. Landing is contro Skipping Force applied up Arms extended to Children land on Step-hop pattern Manipulative S Striking drop & I	nding ard with force d behind the boo ard at landing a olled, balanced wards for the h o help maintain their toes i is smooth and kills	dy and crouch posit nd shock is absorbe and safe op action to allow th balance while shift	tion is deepe ed through t he opposite ting weight fi	er in prepa he giving a leg to swir rom one fo	ration action of ar ng forward ot to anoth	nkles, kn freely ner	ees and	✓ ✓ ✓ Term-I × × × × ×	I Te	x x x x x x x x x x x x

- Stance is side-on the hitting direction with body weight on the back foot
- The arm is outstretched perpendicular to the direction of hitting 1 Х • During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction 1 Х Ball held in fingers of opposite hand with fingers pointing to the ground • 1 1 • TT bat held in preferred hand, shake hand grip 1 Х Term-I Term-II Over arm throw ٠ Swing through - long arm at release х х • Definite turning of the body through legs, hips and shoulders Х х Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction . х х • Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm х х • Follow through with the throwing arm - in the direction of the target 1 х

Name	CHANC	LESH SATANKAR					Period	Weight	Height	BMI
Class	II-A				(Current	10/1/2019	21 kg	121 cm	(14.34)
Age	8 yrs				1	Previous	4/1/2019	19 kg	119 cm	(13.42)
School	KENDR	RIYA VIDYALAYA J	V JAMMAI							
User ID	232100	122321118000290								
Gender	Male									
Coordination										
Plate Tapping (25	ō cycles)							Term-		erm-ll
Balance								Х	1	7 secs
Flamingo Balanc	e Test (60 se	ecs)						Term-	I T	erm-ll
- annige Dalarie	0.001 (00.00							х		8 falls
My BMI										
	UW	N OW	ОВ	Weight	Height	My BM	ll Under Weight	Normal	OverWeight	Obese
Body Mass Current Index Previous		_		21kg 19kg	121cm 119cm	(14.34 (13.42	-	<15.80	<18.00	>20.00
Medical Profile							,			
Blood group	Left Eye	Right Eye	•	Flatfoot		Scoliosis		Kyphosis	lor	dosis
Divyang Profile)									
In Seeing N/A	In Hearing N/A	In Speech N/A	In Movemen N/A	t Ment	al Retardati N/A	on Mer	ntal IIIness N/A	Multiple Disal N/A	bility A	nyother N/A
Locomotor Skil	lls									
Skipping								Term-	I T	erm-ll
Children land on t	their toes							\checkmark		\checkmark
 Step-hop pattern 								\checkmark		\checkmark
		op action to allow t		-	-			1		1
 Arms extended to 	help maintain	balance while shift	ing weight fr	om one fo	pot to ano	other				✓
Jumping and lan	-							Term-	I T	erm-ll
 Landing is control 								1		1
-		dy and crouch posit						1		1
 Body leans forwal hips. 	rd at landing ar	nd shock is absorb	ed through the	ne giving	action of a	ankles, kr	iees and	\checkmark		1
 Arms swing forwa fully 	ard with force d	uring take-off, reac	hing up high	, with Anl	kles, knee	es and fee	t extending	\checkmark		1
Manipulative SI	kills									
Over arm throw								Term-	I T	erm-ll
 Swing through - Id 	ong arm at rele	ase						\checkmark		\checkmark

	Definite turning of the body through legs, hips and shoulders	V	~
•	Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction	\checkmark	1
٠	Follow through with the throwing arm - in the direction of the target	1	1
٠	Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	1	1
S	triking drop & hit forward	Term-I	Term-II
•	Ball held in fingers of opposite hand with fingers pointing to the ground	х	1
•	TT bat held in preferred hand, shake hand grip	х	1
٠	During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	х	1
•	Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target.	х	1
•	Stance is side-on the hitting direction with body weight on the back foot	х	1
•	The arm is outstretched perpendicular to the direction of hitting	х	\checkmark

Name	ARYAN	I ATULKAR					Period	Weight	Height	BMI
Class	II-A				(Current	10/1/2019	23 kg	120 cm	(15.97)
Age	7 yrs				I	Previous	4/1/2019	17 kg	115 cm	(12.85)
School	KENDF	RIYA VIDYALAYA	JV JAMMAI							
User ID	232100	12232111800029	1							
Gender	Male									
Coordinatio	n									
Plate Tapping	(25 cycles)							Term-	I Te	erm-ll
								х	2	7 secs
Balance										
Flamingo Bala	ance Test (60 s	ecs)						Term-	I Te	erm-ll
_	-	-						х	6	6 falls
My BMI										
-	UW	N OW	ОВ	Weight	Height	My BN	II Under Weight	Normal	OverWeight	Obese
Body Mass Curr	ent			23kg	120cm	(15.97	-	<15.40	<17.40	>19.20
Index Previ	ous			17kg	115cm	(12.85)			
Medical Prof	file									
Blood group	Left Eye	Right Ey	/e	Flatfoot		Scoliosis	i	Kyphosis	lor	dosis
Divyang Pro	file									
In Seeing	In Hearing	In Speech	In Movemen	t Ment	al Retardatio	on Mer	ntal Illness	Multiple Disat	oility A	nyother
N/A	N/A	N/A	N/A		N/A		N/A	N/A		N/A
Manipulative	e Skills									
Over arm thro	w							Term-	I To	erm-ll
Swing through	h - long arm at rele	ease						1		х
 Throwing arm for balance/di 		k in preparation for	forward swin	ging actio	n, with op	posite ar	m is raised	1		\checkmark
		to front foot, with	a step with the	e opposite	e foot to th	ne throwir	ng arm	1		х
-		ugh legs, hips and					0	1		1
 Follow throug 	h with the throwing	g arm - in the direc	tion of the tar	get				\checkmark		\checkmark
Striking drop	& hit forward							Term-	I Te	erm-ll
		nand with fingers p	ointing to the	ground				1		х
• The arm is ou	itstretched perpen	dicular to the direc	tion of hitting	0				1		\checkmark
• Stance is side	e-on the hitting dire	ection with body w	eight on the b	ack foot				1		х
	-	red onto the front	-		ders rotat	e in forwa	ard direction	\checkmark		1
TT bat held in	n preferred hand, s	hake hand grip						\checkmark		\checkmark
 Ball is hit on t target. 	he rebound, level	with waist, elbow s	slightly bent. E	Bat follows	s the dired	ction towa	ards the	\checkmark		\checkmark
Locomotor S	Skills									

Skipping	Term-I	Term-II
 Arms extended to help maintain balance while shifting weight from one foot to another 	х	х
Children land on their toes	х	\checkmark
 Force applied upwards for the hop action to allow the opposite leg to swing forward freely 	х	х
 Step-hop pattern is smooth and coordinated 	Х	\checkmark
Jumping and landing	Term-I	Term-II
 Landing is controlled, balanced and safe 	1	х
 Arms swing forward with force during take-off, reaching up high, with Ankles, knees and feet extend fully 	ding 🗸	\checkmark
 Arms swing back behind the body and crouch position is deeper in preparation 	1	х
 Body leans forward at landing and shock is absorbed through the giving action of ankles, knees and hips. 	d 🗸	1

Name	MO. YUSUF
Class	II-A
Age	7 yrs
School	KENDRIYA VIDYALAYA JV JAMMAI
User ID	232100122321118000295
Gender	Male

Weight Period Height BMI Current 10/1/2019 20 kg 117 cm (14.61) Previous 4/1/2019 20 kg 118 cm (14.36)

1

/

Coordination

Plate Tapping (25 cycles)							Term-	l le	rm-II
							Х	20	secs
Balance									
Flamingo Balance Test (60	secs)						Term-	l Te	rm-II
							х	7	falls
My BMI									
UW	N OW	OB N	Veight	Height	My BMI	Under Weight	Normal	OverWeight	Obes
Body Mass Current Index			20kg	117cm	(14.61)	<=13.80	<15.40	<17.40	>19.2
Previous			20kg	118cm	(14.36)				
Medical Profile	I								
Blood group Left Ey	ve Right E	ye F	latfoot	5	Scoliosis		Kyphosis	lord	osis
Divyang Profile									
In Seeing In Hearing	In Speech	In Movement	Menta	al Retardation	Mental	Illness	Multiple Disab	oility An	yother
N/A N/A	N/A	N/A		N/A	N/	A	N/A		N/A
Manipulative Skills									
Over arm throw							Term-	I Te	rm-II
 Swing through - long arm at r 	elease						\checkmark		1
 Throwing arm is swung far ba for balance/direction 	ack in preparation for	r forward swingi	ng actio	n, with oppo	osite arm i	s raised	\checkmark		\checkmark
 Weight transfers from back for 	pot to front foot, with	a step with the	opposite	e foot to the	throwing a	arm	\checkmark		1

• Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm

• Definite turning of the body through legs, hips and shoulders • Follow through with the throwing arm - in the direction of the target

Striking drop 8 bit forward

S	Striking drop & hit forward	Term-I	Term-II
•	TT bat held in preferred hand, shake hand grip	1	\checkmark
•	Ball held in fingers of opposite hand with fingers pointing to the ground	1	\checkmark
٠	During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	1	\checkmark
٠	The arm is outstretched perpendicular to the direction of hitting	1	\checkmark
•	Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target.	\checkmark	\checkmark
•	Stance is side-on the hitting direction with body weight on the back foot	1	\checkmark

Locomotor Skills

Jumping and landing	Term-I	Term-II
 Arms swing back behind the body and crouch position is deeper in preparation 	\checkmark	\checkmark
 Landing is controlled, balanced and safe 	\checkmark	\checkmark
 Arms swing forward with force during take-off, reaching up high, with Ankles, knees and feet extending fully 	\checkmark	\checkmark
 Body leans forward at landing and shock is absorbed through the giving action of ankles, knees and hips. 	\checkmark	\checkmark
Skipping	Term-I	Term-II
 Step-hop pattern is smooth and coordinated 	1	\checkmark
Children land on their toes	\checkmark	\checkmark
 Force applied upwards for the hop action to allow the opposite leg to swing forward freely 	1	\checkmark
 Arms extended to help maintain balance while shifting weight from one foot to another 	1	\checkmark

Name	SARVAG	SYA SHA	RMA					Period	Weight	Height	BMI
Class	II-A						Current	10/1/2019	23 kg	125 cm	(14.72)
Age	7 yrs						Previous	4/1/2019	22 kg	120 cm	(15.28
School	KENDRI	YA VIDY	ALAYA J\	/ JAMMAI							
User ID	2321001	2232111	8000304								
Gender	Male										
Coordination											
Plate Tapping (25	cycles)								Term		Ferm-II
Balance									Х	2	26 secs
Flamingo Balance	e Test (60 se	(2)							Term	·I 1	Ferm-II
r lannige Balanet		,							х		2 falls
My BMI											
	UW	Ν	ow	OB	Weight	Height	My Bl	MI Under Weight	Normal	OverWeight	t Obese
Body Mass Current Index Previous					23kg 22kg	125cm 120cm	(14.72 (15.28		<15.40	<17.40	>19.20
Medical Profile					Ling	120011	(10.20	,			
Blood group	Left Eye		Right Eye		Flatfoot		Scoliosis	5	Kyphosis	lo	rdosis
Divyang Profile					. ianoot			-			
In Seeing	In Hearing	In Spe	ech	In Movemer	nt Ment	al Retardat	ion Me	ntal Illness	Multiple Disa	bility A	Anyother
N/A	N/A	N/A	N	N/A		N/A		N/A	N/A		N/A
Manipulative Sk	kills										
Over arm throw									Term	·I 7	Ferm-II
 Throwing arm is sy for balance/direction 	wung far back i on	n prepara	ation for fo	orward swir	nging actio	on, with o	pposite a	rm is raised	1		\checkmark
 Weight transfers fr 		o front fo	ot, with a s	step with th	e opposite	e foot to t	he throwi	ng arm	1		\checkmark
 Follow through wit 	th the throwing	arm - in t	the direction	on of the ta	rget				1		\checkmark
 Definite turning of 			nips and s	houlders					\checkmark		\checkmark
 Swing through - lo 	ng arm at relea	ise							\checkmark		1
Striking drop & hi	it forward								Term	- 1	Ferm-II
 TT bat held in pref 	ferred hand, sha	ake hanc	l grip						\checkmark		\checkmark
 During swing, weight 	ght is transferre	ed onto th	ne front foo	ot, and hip	and should	ders rota	te in forwa	ard direction	\checkmark		\checkmark
 Ball is hit on the re target. 	ebound, level w	ith waist,	elbow slig	ghtly bent.	Bat follows	s the dire	ction towa	ards the	\checkmark		\checkmark
 Stance is side-on 	the hitting direc	tion with	body weig	ght on the b	oack foot				\checkmark		\checkmark
 The arm is outstre 	tched perpendi	cular to t	he direction	on of hitting	J				1		\checkmark
 Ball held in fingers 	s of opposite ha	nd with f	ingers poi	nting to the	ground				\checkmark		\checkmark
Locomotor Skill	s										
Skipping									Term	-1 1	Ferm-II
• Children land on th									1		\checkmark
Force applied upw				e opposite	leg to swi	ng forwa	rd freely		1		1
 Step-hop pattern i 	s smooth and c								1		<i>.</i>
urme ovtonded to											

• Arms extended to help maintain balance while shifting weight from one foot to another

Term-I Jumping and landing • Body leans forward at landing and shock is absorbed through the giving action of ankles, knees and ✓ hips. ٠ Arms swing forward with force during take-off, reaching up high, with Ankles, knees and feet extending 1 fully 1

Arms swing back behind the body and crouch position is deeper in preparation

• Landing is controlled, balanced and safe

You can check your comprehensive FitKVian Dashboard by logging into the following link with your UserID and Password : http://FitKVian.in

1

1

1

Term-II

1

1

1

1

Name	SN RI	YANSH F	BARSKAR					Period	Weight	Height	BMI
Class	II-A	.,					Current	10/1/2019	26 kg	134 cm	(14.48)
Age	7 yrs						Previous	4/1/2019	22 kg	129 cm	(13.22)
School	-		YALAYA JV	/ JAMMAI							()
Jser ID			18000305								
Gender	Male										
Coordination											
									Term-	. т	erm-ll
Plate Tapping (2	5 cycles)								x		0 secs
Balance											
Flamingo Balanc	e Test (60 se	ecs)							Term-	T I	erm-ll
									х		4 falls
My BMI	UW	N	ow	OB	Weight	Height	My BN	II Under	Normal	OverWeight	Obese
Body Mass Current					26kg	134cm	(14.48	Weight	<15.40	<17.40	>19.20
Index Previous					20kg 22kg	129cm	(14.40	,	<15.40	<17.40	>19.20
Medical Profile											
Blood group	Left Eye		Right Eye		Flatfoot		Scoliosis	i	Kyphosis	lo	rdosis
Divyang Profile	<u>;</u>										
In Seeing N/A	In Hearing N/A	In Sp N		In Movement N/A	Ment	al Retardati N/A	ion Mei	ntal Illness N/A	Multiple Disab N/A	oility A	nyother N/A
_ocomotor Skil	lls										
Jumping and lan	dina								Term-	т і	erm-II
Arms swing forwa	•	uring tak	e-off, reach	ing up high	, with Ank	des, knee	es and fee	et extending	\checkmark		\checkmark
Body leans forwa hips.	rd at landing ar	nd shock	is absorbe	d through th	ne giving a	action of	ankles, kr	nees and	1		х
	0										
Landing is contro	_	and safe							\checkmark		\checkmark
Landing is contro Arms swing back	lled, balanced a			on is deepe	r in prepa	ration			\ \		5 5
Arms swing back	lled, balanced a			on is deepe	r in prepa	ration				іт	
Arms swing back	lled, balanced a behind the boo	dy and cr	ouch positio	·			d freely		\checkmark	I T	1
Arms swing back Skipping Force applied up Children land on	lled, balanced a behind the boo wards for the ho their toes	dy and cr	ouch position	·			d freely		√ Term-	іт	√ erm-ll
 Arms swing back Skipping Force applied upv Children land on Step-hop pattern 	lled, balanced a behind the boo wards for the ho their toes is smooth and	dy and cr op action coordina	ouch position to allow the ted	e opposite l	eg to swi	ng forwar	·		√ Term-	I T	√ erm-ll √
Arms swing back Skipping Force applied up Children land on Step-hop pattern Arms extended to	lled, balanced a behind the boo wards for the ho their toes is smooth and b help maintain	dy and cr op action coordina	ouch position to allow the ted	e opposite l	eg to swi	ng forwar	·		√ Term-	іт	√ erm-ll √
Arms swing back Skipping Force applied up Children land on Step-hop pattern Arms extended to Manipulative S	lled, balanced a behind the boo wards for the ho their toes is smooth and b help maintain	dy and cr op action coordina	ouch position to allow the ted	e opposite l	eg to swi	ng forwar	·		√ Term-		√ erm-ll √
Arms swing back Skipping Force applied up Children land on Step-hop pattern Arms extended to Manipulative Si	lled, balanced a behind the boo wards for the ho their toes is smooth and b help maintain kills	dy and cr op action coordina balance	ouch position to allow the ted	e opposite l	eg to swi	ng forwar	·		イ Term- イ イ イ		✓ [✓] erm-II ✓ × ✓ ✓
Arms swing back Skipping Force applied up Children land on Step-hop pattern Arms extended to Manipulative S	lled, balanced a behind the boo wards for the ho their toes is smooth and b help maintain kills ong arm at rele	dy and cr op action coordina balance ase	ouch position to allow the ted while shiftir	e opposite l	eg to swi	ng forwar	·		لا Term- ب ب ب Term-		√ Ferm-II ✓ ✓ ✓ ✓
Arms swing back Skipping Force applied up Children land on Step-hop pattern Arms extended to Manipulative Sl Over arm throw Swing through - la	illed, balanced a behind the boo wards for the ho their toes is smooth and b help maintain kills ong arm at rele f the body throu	dy and cr op action coordina balance ase ugh legs,	ouch position to allow the ted while shiftin	e opposite ling weight fro	eg to swin	ng forwar	·		✓ Term- ✓ ✓ ✓ ✓ ✓ Term- ✓		√ erm-II √ × √ √ ✓
Arms swing back Skipping Force applied up Children land on the Step-hop pattern Arms extended to Manipulative Sl Over arm throw Swing through - le Definite turning of	illed, balanced a behind the boo wards for the he their toes is smooth and b help maintain kills ong arm at rele f the body throu ith the throwing swung far back	dy and cr op action coordina balance ase ugh legs, g arm - in	ouch position to allow the ted while shiftin hips and sl the directic	e opposite ling weight fro	eg to swin	ng forwar	other	m is raised	✓ Term- ✓ ✓ ✓ ✓ Term- ✓ ✓		✓ * * * * * * * * * * * * *
Arms swing back Skipping Force applied up Children land on the Step-hop pattern Arms extended to Manipulative Sl Over arm throw Swing through - le Definite turning of Follow through with Throwing arm is s	Illed, balanced a behind the boo wards for the ho their toes is smooth and o help maintain kills ong arm at rele f the body throu ith the throwing swung far back tion	dy and cr op action coordina balance ase ugh legs, g arm - in in prepa	ouch position to allow the ted while shiftin hips and sl the direction ration for fo	e opposite leng weight fro houlders on of the targ	eg to swin om one fo get ging actio	ng forwar bot to and	other		✓ Term- ✓ ✓ ✓ ✓ ✓ × × ×	I T	✓ erm-II ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
Arms swing back Skipping Force applied up Children land on Step-hop pattern Arms extended to Manipulative SI Over arm throw Swing through - la Definite turning of Follow through wi Throwing arm is so for balance/direct Weight transfers	alled, balanced a behind the boo wards for the ho their toes is smooth and b help maintain kills ong arm at rele f the body throu ith the throwing swung far back tion from back foot	dy and cr op action coordina balance ase ugh legs, g arm - in in prepa	ouch position to allow the ted while shiftin hips and sl the direction ration for fo	e opposite leng weight fro houlders on of the targ	eg to swin om one fo get ging actio	ng forwar bot to and	other		✓ Term- ✓ ✓ ✓ ✓ ✓ ✓ × × ×	I T	✓ 'erm-II ✓ ✓ ✓ 'erm-II ✓ × ✓ ✓
Arms swing back Skipping Force applied upy Children land on a Step-hop pattern Arms extended to Manipulative Sl Over arm throw Swing through - le Definite turning of Follow through with Throwing arm is a for balance/direct Weight transfers Striking drop & h Ball held in finger	illed, balanced a behind the bod wards for the he their toes is smooth and o help maintain kills ong arm at rele f the body throu ith the throwing swung far back tion from back foot hit forward rs of opposite h	dy and cr op action coordina balance ase ugh legs, g arm - in in prepa to front fo and with	ouch position to allow the ted while shiftin hips and sl the direction ration for fo pot, with a s fingers poin	e opposite ling weight from houlders on of the targer ward swing step with the	eg to swin om one fo get ging actio e opposite ground	ng forwar pot to and n, with op e foot to t	other oposite ar he throwir	ng arm	✓ Term- ✓ ✓ ✓ ✓ ✓ × × ×	I T	✓ erm-II ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
Arms swing back Skipping Force applied up Children land on the Step-hop pattern Arms extended to Manipulative Sl Over arm throw Swing through - le Definite turning of Follow through with Throwing arm is so for balance/direct Weight transfers Striking drop & h	illed, balanced a behind the bod wards for the he their toes is smooth and o help maintain kills ong arm at rele f the body throu ith the throwing swung far back tion from back foot hit forward rs of opposite h	dy and cr op action coordina balance ase ugh legs, g arm - in in prepa to front fo and with	ouch position to allow the ted while shiftin hips and sl the direction ration for fo pot, with a s fingers poin	e opposite ling weight from houlders on of the targer ward swing step with the	eg to swin om one fo get ging actio e opposite ground	ng forwar pot to and n, with op e foot to t	other oposite ar he throwir	ng arm	✓ Term- ✓ ✓ ✓ ✓ ✓ × × × × ×	I T	√ erm-II √ × √ √ · · · · · · · · · · · · ·
Arms swing back Skipping Force applied up Children land on a Step-hop pattern Arms extended to Manipulative Sl Over arm throw Swing through - la Definite turning of Follow through with Throwing arm is set for balance/direct Weight transfers Striking drop & h Ball held in finger Ball is hit on the r target. The arm is outstra	Illed, balanced a behind the boo wards for the ho their toes is smooth and o help maintain kills ong arm at rele f the body throu ith the throwing swung far back tion from back foot hit forward rs of opposite h rebound, level w	dy and cr op action coordina balance ase ugh legs, g arm - in in prepa to front fo and with vith wais dicular to	ouch position to allow the ted while shiftin hips and sl the direction ration for for pot, with a s fingers poin t, elbow slig the direction	e opposite lang weight fro houlders on of the targ orward swing step with the hting to the s	eg to swin om one fo get ging actio e opposite ground	ng forwar pot to and n, with op e foot to t	other oposite ar he throwir	ng arm	✓ Term- ✓ ✓ ✓ ✓ ✓ × × × × × ×	I T	✓ erm-II ✓ × ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
Arms swing back Skipping Force applied up Children land on a Step-hop pattern Arms extended to Manipulative Sl Over arm throw Swing through - la Definite turning of Follow through wi Throwing arm is s for balance/direct Weight transfers Striking drop & h Ball held in finger Ball is hit on the r target. The arm is outstra TT bat held in pre	Iled, balanced a behind the boo wards for the he their toes is smooth and o help maintain kills ong arm at rele f the body throu ith the throwing swung far back tion from back foot hit forward rs of opposite h rebound, level w etched perpend	dy and cr op action coordina balance ase ugh legs, g arm - in in prepa to front fo and with vith wais dicular to nake han	ouch position to allow the ted while shiftin hips and sl the direction ration for for pot, with a s fingers poin t, elbow slig the direction d grip	e opposite lang weight fro houlders on of the targ orward swing step with the hting to the a hting to the a hting to the a	eg to swin om one fo get ging actio e opposite ground sat follows	ng forwar bot to and n, with op e foot to t s the dire	opposite ar he throwin	ng arm ards the	✓ Term- ✓ ✓ ✓ ✓ ✓ × × × × × × ×	I T	✓ erm-II ✓ × ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
Arms swing back Skipping Force applied upy Children land on f Step-hop pattern Arms extended to Manipulative Si Over arm throw Swing through - le Definite turning of Follow through with Throwing arm is set for balance/direct Weight transfers Striking drop & h Ball held in finger Ball is hit on the r target.	Illed, balanced a behind the boo wards for the he their toes is smooth and o help maintain kills ong arm at rele f the body throu ith the throwing swung far back tion from back foot hit forward rs of opposite h rebound, level w etched perpend eferred hand, sh ight is transferr	dy and cr op action coordina balance ase ugh legs, g arm - in in prepa to front fo and with with wais dicular to nake han ed onto f	ouch position to allow the ted while shiftin hips and sl the direction ration for for pot, with a s fingers poin t, elbow slig the direction d grip the front foot	e opposite lang weight fro houlders on of the targ orward swing step with the hting to the s phtly bent. B on of hitting ot, and hip a	eg to swin om one fo get ging actio e opposite ground eat follows	ng forwar bot to and n, with op e foot to t s the dire	opposite ar he throwin	ng arm ards the	✓ Term- ✓ ✓ ✓ ✓ × × × × × × × × × × ×	I T	✓ erm-II ✓ × ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓

Name Class	NAVEEN II-A
Age	7 yrs
School	KENDRIYA VIDYALAYA JV JAMMAI
User ID	232100122321118000308
Gender	Male

 Period
 Weight
 Height
 BMI

 Current
 10/1/2019
 21 kg
 124 cm
 (13.66)

 Previous
 4/1/2019
 20 kg
 117 cm
 (14.61)

Coordination

Plate Tapping (25	ate Tapping (25 cycles)								Term-	I Te	Term-II	
									х	2	21 secs	
Balance												
Flamingo Balanc	e Test (60 s	ecs)							Term-	ΙΤ	erm-ll	
									х	3	3 falls	
My BMI												
	UW	Ν	ow	ОВ	Weight	Height	My BMI	Under Weight	Normal	OverWeight	Obese	
Body Mass Current					21kg	124cm	(13.66)	<=13.80	<15.40	<17.40	>19.20	
Previous					20kg	117cm	(14.61)					
Medical Profile	1											
Blood group	Left Eye		Right Eye	9	Flatfoot		Scoliosis		Kyphosis	lor	dosis	
Divyang Profile	•											
In Seeing	In Hearing	In S	Speech	In Movem	ent Menta	al Retardatior	n Mental	Illness	Multiple Disab	oility A	nyother	
N/A	N/A		N/A	N/A		N/A	N/	A	N/A		N/A	
Locomotor Skil	ls											
Skipping									Term-	I To	erm-ll	
Force applied up	wards for the h	nop actic	on to allow t	he opposit	te leg to swir	ng forward	freely		\checkmark		1	
Children land on t	their toes								\checkmark		\checkmark	
Step-hop pattern	is smooth and	l coordir	nated						\checkmark		х	
Arms extended to	help maintair	n balanc	e while shift	ting weight	t from one fo	oot to anoth	ner		\checkmark		1	
Jumping and lan	ding								Term-	I To	erm-ll	
Landing is control	-	and saf	e						\checkmark		\checkmark	
Body leans forwa	rd at landing a	and shoo	ck is absorb	ed through	n the giving a	action of ar	nkles, knee	s and	\checkmark		1	
Arms swing back	behind the bo	ody and (crouch posi	tion is dee	per in prepa	ration			\checkmark		х	
Arms swing forwa	ard with force of	during ta	ake-off, read	hing up hi	gh, with Ank	les, knees	and feet e	xtending	\checkmark		1	

Arms swing forward with force during take-off, reaching up high, with Ankles, knees and feet extending fully

Manipulative Skills

Over arm throw	Term-I	Term-II
 Swing through - long arm at release 	х	1
Definite turning of the body through legs, hips and shoulders	х	\checkmark
 Follow through with the throwing arm - in the direction of the target 	х	х
 Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction 	х	\checkmark
• Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	х	х
Striking drop & hit forward	Term-I	Term-II
 Ball held in fingers of opposite hand with fingers pointing to the ground 	\checkmark	\checkmark
 TT bat held in preferred hand, shake hand grip 	\checkmark	\checkmark
 The arm is outstretched perpendicular to the direction of hitting 	\checkmark	х
 Stance is side-on the hitting direction with body weight on the back foot 	\checkmark	\checkmark
 Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target. 	1	х
• During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	\checkmark	\checkmark

Name	PRIYANSI	H SINGH MOURY	A				Period	Weight	Height	BMI	
Class	II-A					Current	10/1/2019	20 kg	119 cm	(14.12)	
\ge	7 yrs					Previous	4/1/2019	18 kg	112 cm	(14.35)	
School	KENDRIY	A VIDYALAYA JV	JAMMAI								
Jser ID	23210012	2321118000309									
Gender	Male										
Coordination											
Plate Tapping (25 c	ycles)							Term	I T	erm-ll	
								Х	1	9 secs	
Balance								Term-	<u>і т</u>	erm-ll	
Flamingo Balance	Test (60 secs	s)						x	1 falls		
My BMI								~		1 14115	
	UW N	wo w	ОВ	Weight	Height	My BN	II Under Weight	Normal	OverWeight	Obese	
Body Mass Current				20kg	119cm	(14.12	•	<15.40	<17.40	>19.20	
Index Previous				18kg	112cm	(14.35)				
Medical Profile	·										
Blood group	Left Eye	Right Eye		Flatfoot		Scoliosis	i	Kyphosis	lor	dosis	
Divyang Profile											
In Seeing Ir N/A	n Hearing N/A	In Speech N/A	In Movemer N/A	nt Ment	al Retardat N/A	ion Mei	ntal Illness N/A	Multiple Disa N/A	bility A	nyother N/A	
_ocomotor Skills			WA .		N/A		IN PA	1975		N/A	
Skipping								Term-	I T	erm-ll	
Children land on the	eir toes							х		1	
Arms extended to he	elp maintain ba	alance while shiftin	g weight f	rom one fo	oot to and	other		х		х	
Step-hop pattern is	smooth and co	ordinated						Х		х	
Force applied upwa	rds for the hop	action to allow the	e opposite	leg to swi	ng forwa	rd freely		Х		Х	
umping and landi	ng							Term-	I T	erm-ll	
Body leans forward hips.	at landing and	shock is absorbed	through t	he giving a	action of	ankles, kr	nees and	\checkmark		\checkmark	
Landing is controlled	d, balanced and	d safe						1		х	
Arms swing back be	hind the body	and crouch positio	n is deepe	er in prepa	ration			\checkmark		х	
Arms swing forward fully	with force duri	ng take-off, reachi	ng up higł	n, with Ank	des, kne	es and fee	et extending	1		х	
Manipulative Skil	ls										
Over arm throw								Term-	1 T	erm-ll	
Swing through - long	-							\checkmark		\checkmark	
Throwing arm is swu for balance/direction	ung far back in	preparation for for	rward swir	nging actio	n, with o	pposite ar	m is raised	\checkmark		х	
Weight transfers from		front foot, with a st	tep with th	e opposite	e foot to t	he throwin	ng arm	\checkmark		х	
Follow through with			•				-	1		х	
Definite turning of th	e body through	n legs, hips and sh	oulders					1		1	
Striking drop & hit	forward							Term-	I T	erm-ll	

Striking drop & hit forward

_			
•	TT bat held in preferred hand, shake hand grip	\checkmark	1
•	Ball held in fingers of opposite hand with fingers pointing to the ground	\checkmark	х
٠	During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	\checkmark	х
٠	The arm is outstretched perpendicular to the direction of hitting	\checkmark	х
٠	Stance is side-on the hitting direction with body weight on the back foot	\checkmark	1
•	Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target.	1	\checkmark

Name	DHAIRY	A PAWAR					Period	Weight	Height	BMI
Class	II-A				(Current	10/1/2019	22 kg	124 cm	(14.31)
Age	7 yrs				I	Previous	4/1/2019	18 kg	118 cm	(12.93)
School	KENDR	IYA VIDYALAYA J	V JAMMAI							
User ID	2321001	122321118000267								
Gender	Male									
Coordination										
Plate Tapping (25	cycles)							Term-l	ιт	erm-ll
								х	2	2 secs
Balance										
Flamingo Balance	e Test (60 se	ecs)						Term-l	ד ו	erm-ll
								х		8 falls
My BMI										
	UW	N OW	OB	Weight	Height	My BM	I Under Weight	Normal	OverWeight	Obese
Body Mass Current		_		22kg	124cm	(14.31		<15.40	<17.40	>19.20
Previous				18kg	118cm	(12.93))			
Medical Profile										
Blood group	Left Eye	Right Eye	•	Flatfoot		Scoliosis		Kyphosis	lo	rdosis
Divyang Profile										
In Seeing	In Hearing	In Speech	In Movement	Ment	al Retardatio	on Men	tal Illness	Multiple Disab	oility A	nyother
N/A	N/A	N/A	N/A		N/A		N/A	N/A		N/A
Locomotor Skill	S							Tarra		
Skipping								Term-l		erm-ll
 Arms extended to 			ting weight fro	om one fo	pot to ano	ther		Х		х
• Other Is an a stress !		coordinated						х		X V
 Step-hop pattern is Children land on the 								Х		
Children land on the second seco	heir toes	on action to allow t	ha annacita l	oa to cwi	na forwor	d frooly				
Children land on theForce applied upw	heir toes /ards for the ho	op action to allow t	he opposite l	eg to swi	ng forwar	d freely		х		1
 Children land on th Force applied upw Jumping and land 	heir toes /ards for the ho ling			-	-			x Term-l	г	√ erm-ll
Children land on theForce applied upw	heir toes /ards for the ho ling			-	-		lees and	х	т	1
 Children land on th Force applied upw Jumping and lance Body leans forwar 	heir toes vards for the ho ling d at landing an	nd shock is absorb	ed through th	e giving	action of a		ees and	x Term-l	Т	√ erm-ll
 Children land on the Force applied upweight Jumping and lance Body leans forwart hips. 	heir toes vards for the ho ling d at landing ar behind the bod	nd shock is absorb ly and crouch posi	ed through th	e giving	action of a		ees and	× Term-l √	іт	v rerm-ll x

Manipulative Skills

Over arm throw	Term-I	Term-II
 Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction 	1	х
• Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm	\checkmark	х
 Definite turning of the body through legs, hips and shoulders 	\checkmark	1
 Follow through with the throwing arm - in the direction of the target 	\checkmark	\checkmark
 Swing through - long arm at release 	\checkmark	х
Striking drop & hit forward	Term-I	Term-II
 The arm is outstretched perpendicular to the direction of hitting 	х	х
• During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	х	х
 Stance is side-on the hitting direction with body weight on the back foot 	х	\checkmark
 TT bat held in preferred hand, shake hand grip 	х	\checkmark
 Ball held in fingers of opposite hand with fingers pointing to the ground 	х	х
 Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target. 	х	Х

Name	MADH	VI NAGV	VANSHI					Period	Weight	Height	BMI
Class	II-A						Current	10/1/2019	21 kg	120 cm	(14.58)
ge	7 yrs						Previous	4/1/2019	17 kg	114 cm	(13.08)
School	KENDF	RIYA VIE	OYALAYA J	V JAMMAI							
Jser ID	232100	122321	119000358								
Gender	Female)									
Coordination											
Plate Tapping (25	cycles)								Term-	4 7	Ferm-II
	y								Х	2	25 secs
Balance											
Flamingo Balance	Test (60 s	ecs)							Term-	- I	Ferm-II
									Х		1 falls
Му ВМІ											
	UW	N	ow	OB	Weight	Height	My BN	/II Under Weight	Normal	OverWeight	t Obese
Body Mass Current Index					21kg	120cm	(14.58	,	<15.40	<17.60	>19.60
Previous					17kg	114cm	(13.08	5)			
Blood group	Left Eye		Right Eye		Flatfoot		Scoliosis		Kyphosis	la	rdosis
Divyang Profile			5								
In Seeing N/A	In Hearing N/A		Speech N/A	In Movemen N/A	nt Ment	al Retardat N/A	ion Me	ntal Illness N/A	Multiple Disal N/A	bility A	Anyother N/A
Locomotor Skill	S										
Jumping and land	ling								Term-	I I	Ferm-II
Arms swing back b				ion is deepe	er in prepa	aration			\checkmark		\checkmark
Landing is controlle									\checkmark		1
Arms swing forward fully	d with force of	during ta	ke-off, reacl	hing up high	n, with Anł	kles, kne	es and fee	et extending	\checkmark		\checkmark
Body leans forward hips.	d at landing a	ind shoc	k is absorbe	ed through t	he giving	action of	ankles, kı	nees and	\checkmark		\checkmark
Skipping									Term-	. 1	Ferm-II
Step-hop pattern is	smooth and	coordin	ated						\checkmark		\checkmark
Children land on th	eir toes								\checkmark		\checkmark
Arms extended to I									\checkmark		\checkmark
Force applied upwa		op actic	on to allow th	ne opposite	leg to swi	ng forwa	rd freely		\checkmark		1
Manipulative Ski									Term-		erm-II
Striking drop & hi TT bat held in prefe		hake ha	und arin						√ ×		/
The arm is outstret				on of hitting					v √		- /
During swing, weig				-		ders rota	te in forwa	ard direction	✓		1
Ball is hit on the rel									\checkmark		\checkmark
target. Stance is side-on t	he hittina dire	ection w	ith body wei	ght on the b	back foot				1		1
Ball held in fingers	-			-					1		1
Over arm throw	-			-					Term-	4 7	erm-II
Throwing arm is sv	vung far back	in prep	aration for fo	orward swin	nging actio	on, with o	pposite ar	m is raised	1		1
	0					-					

Throwing arm is swung far back in preparation for forward swinging action, with opposite arm is raised for balance/direction
 Weight transfers from back foot to front foot, with a step with the opposite foot to the throwing arm
 Definite turning of the body through legs, hips and shoulders
 Follow through with the throwing arm - in the direction of the target
 Swing through - long arm at release
 ✓

Name		KUSHWA	АНА					Period	Weight	Height	BMI
Class	II-A						Current	10/1/2019	22 kg	125 cm	(14.08)
Age	7 yrs						Previous	4/1/2019	20 kg	124 cm	(13.01)
School		IYA VIDY	ALAYA J	JAMMAI					0		,
User ID	232100	12232111	9000359								
Gender	Female										
Coordination											
Plate Tapping (25	cycles)								Term-	і т	erm-ll
									х	1	8 secs
Balance									Tarma	. 7	
Flamingo Balance	e Test (60 se	ecs)									erm-ll 4 falls
My BMI									Х		4 10115
,	UW	N	ow	ОВ	Weight	Height	My BN	II Under Weight	Normal	OverWeight	Obese
Body Mass Current Index Previous					22kg 20kg	125cm 124cm	(14.08 (13.01) <=13.40	<15.40	<17.60	>19.60
Medical Profile					ZUNG	124011	(13.01	,			
Blood group	Left Eye		Right Eye		Flatfoot		Scoliosis		Kyphosis	loi	dosis
Divyang Profile											
In Seeing N/A	In Hearing N/A	In Spe N//		In Movemer N/A	nt Ment	al Retardati N/A	ion Mer	ntal IIIness N/A	Multiple Disab N/A	ility A	nyother N/A
Manipulative Sk	kills										
Over arm throw									Term-	і т	erm-ll
 Swing through - lo 	ong arm at rele	ase							1		х
 Throwing arm is sy for balance/direction 		in prepar	ation for fo	orward swir	nging actio	n, with op	oposite ar	m is raised	1		х
 Weight transfers fr 				•		e foot to t	he throwir	ng arm	\checkmark		х
Follow through wit					rget				\checkmark		1
Definite turning of	the body throu	ugh legs,	hips and s	houlders					1		х
Striking drop & hi	it forward								Term-	i T	erm-ll
 Ball held in fingers 	s of opposite h	and with	fingers poi	nting to the	e ground				\checkmark		х
 Ball is hit on the re target. 	ebound, level v	vith waist	, elbow slig	ghtly bent.	Bat follows	s the dire	ction towa	ards the	\checkmark		х
 TT bat held in pref 	ferred hand, sł	nake hano	d arip						1		х
Stance is side-on			•	ght on the b	back foot				\checkmark		1
The arm is outstre									1		х
 During swing, weight 						ders rotat	e in forwa	ard direction	\checkmark		\checkmark
Locomotor Skill	ls										
Jumping and land	ding								Term-	I T	erm-ll
 Arms swing forwar fully 	rd with force d	uring take	e-off, reach	ning up higł	h, with Anł	des, knee	es and fee	et extending	х		х

	fully		
•	Arms swing back behind the body and crouch position is deeper in preparation	х	х
•	Landing is controlled, balanced and safe	х	х
•	Body leans forward at landing and shock is absorbed through the giving action of ankles, knees and hips.	Х	1
S	skipping	Term-I	Term-II
•	Step-hop pattern is smooth and coordinated	Х	Х
•	Step-hop pattern is smooth and coordinated Children land on their toes	x x	x x
•			
•	Children land on their toes	x	x

Name	HETAL S	SUNIL UIKEY					Period	Weight	Height	BMI
Class	II-A				(Current	10/1/2019	21 kg	120 cm	(14.58)
Age	7 yrs				I	Previous	4/1/2019	20 kg	123 cm	(13.22
School	KENDRI	YA VIDYALAYA J'	V JAMMAI							
User ID	2321001	22321119000365								
Gender	Female									
Coordination										
Plate Tapping (25	cycles)							Term-	ד ו	erm-ll
								Х	1	8 secs
Balance										
Flamingo Balance	Test (60 se	cs)						Term-	ד ו	erm-ll
								Х		3 falls
My BMI										
	UW	N OW	OB	Weight	Height	My BN	II Under Weight	Normal	OverWeight	Obese
Body Mass Current		-		21kg	120cm	(14.58) <=13.40	<15.40	<17.60	>19.60
Previous				20kg	123cm	(13.22)			
Medical Profile										
Blood group	Left Eye	Right Eye		Flatfoot		Scoliosis		Kyphosis	lo	rdosis
Divyang Profile										
In Seeing N/A	In Hearing N/A	In Speech N/A	In Moveme N/A	nt Ment	al Retardati N/A	on Mer	ntal IIIness N/A	Multiple Disal N/A	oility A	N/A
Locomotor Skills										
Skipping								Term-	I 1	erm-ll
 Force applied upware 	ards for the ho	p action to allow th	ne opposite	leg to swi	ng forwar	d freely		х		х
 Arms extended to h 				-	-			х		х
Children land on the	eir toes							Х		х
 Step-hop pattern is 	smooth and o	coordinated						Х		\checkmark
Jumping and land	ing							Term-	Г 1	erm-ll
 Arms swing back be 								Х		х
 Arms swing forward fully 	d with force du	uring take-off, reac	hing up higl	h, with Ank	des, knee	es and fee	et extending	Х		х
 Body leans forward hips. 	l at landing an	d shock is absorbe	ed through t	the giving a	action of a	ankles, kr	nees and	х		х
Landing is controlle	ed, balanced a	ind safe						х		\checkmark
Manipulative Ski	lls									
Over arm throw								Term-	ר ו	erm-ll
 Throwing arm is sw for balance/directio 		in preparation for f	orward swir	nging actio	n, with op	oposite ar	m is raised	Х		х
 Definite turning of t 	-							Х		Х
 Weight transfers from 			step with th	ne opposite	e foot to th	ne throwir	ng arm	\checkmark		Х
Swing through - lor	•							1		\checkmark
Follow through with	the throwing	arm - in the directi	on of the ta	arget				-		х
Striking drop & hit	forward							Term-	1 I	erm-ll
TT bot bold in profe	wood band ab	alco hand arin								

-			
•	TT bat held in preferred hand, shake hand grip	х	х
•	Ball held in fingers of opposite hand with fingers pointing to the ground	х	х
•	The arm is outstretched perpendicular to the direction of hitting	х	х
•	Stance is side-on the hitting direction with body weight on the back foot	х	\checkmark
•	During swing, weight is transferred onto the front foot, and hip and shoulders rotate in forward direction	х	х
•	Ball is hit on the rebound, level with waist, elbow slightly bent. Bat follows the direction towards the target.	Х	1

Nama	CUUDU						Period	W/oight	Lloight	BMI
Name Class	II-A	SARWAN				Current	10/1/2019	Weight 19 kg	Height 117 cm	(13.88)
	7 yrs					Previous	4/1/2019	18 kg	112 cm	(14.35)
Age School	-	IYA VIDYALAYA J'				T TEVIOUS	4/1/2013	TO Kỹ		(14.55
User ID		22321119000373								
Gender	Male	122021110000010								
	Male									
Coordination										
Plate Tapping (25	cycles)							Term-		erm-II
Balance								Х	2	4 secs
Flamingo Balance	e Test (60 se	cs)						Term-	-I T	erm-ll
-	-	-						х		2 falls
My BMI									•	
Body Mass Current	UW	N OW	OB	Weight	Height 117cm	-	Weight	Normal <15.40	OverWeight	Obes
Index Previous				19kg 18kg	112cm	(13.88 (14.35	,	<15.40	<17.40	>19.2
Medical Profile	I									
Blood group	Left Eye	Right Eye		Flatfoot		Scoliosis		Kyphosis	lo	rdosis
Divyang Profile										
In Seeing N/A	In Hearing N/A	In Speech N/A	In Movemer N/A	nt Ment	al Retardat N/A	ion Mer	ntal Illness N/A	Multiple Disa N/A	bility A	nyother N/A
Manipulative Sk										
Over arm throw								Term-	-i T	erm-ll
 Swing through - lo 	ong arm at relea	ase						1		1
• •	-	arm - in the directi	on of the ta	rget				\checkmark		\checkmark
 Definite turning of 	the body throu	igh legs, hips and s	shoulders					\checkmark		\checkmark
 Throwing arm is si for balance/direction 		in preparation for f	orward swir	nging actio	n, with o	pposite ar	m is raised	\checkmark		\checkmark
• Weight transfers fi	rom back foot t	o front foot, with a	step with th	e opposite	e foot to t	he throwir	ng arm	\checkmark		1
Striking drop & hi	it forward							Term-	I T	erm-ll
 TT bat held in pref 		0 1						\checkmark		\checkmark
 Ball held in fingers of opposite hand with fingers pointing to the ground 							1		\checkmark	
 Ball is hit on the re target. 	bound, level w	vith waist, elbow sli	ghtly bent.	Bat follows	s the dire	ction towa	rds the	\checkmark		1
		licular to the directi	-					1		1
	-	ction with body wei	-					\checkmark		1
		ed onto the front fo	ot, and hip	and should	ders rota	te in forwa	ard direction	\checkmark		\checkmark
Locomotor Skill	S									
Jumping and land	-							Term-	I T	erm-ll
 Arms swing forward 	rd with force du	uring take-off, reac	hing up higł	n, with Anl	des, knee	es and fee	t extending	\checkmark		\checkmark

•	Arms swing forward with force during take-off, reaching up high, with Ankles, knees and feet extending fully	\checkmark	\checkmark
•	Arms swing back behind the body and crouch position is deeper in preparation	\checkmark	\checkmark
•	Body leans forward at landing and shock is absorbed through the giving action of ankles, knees and hips.	\checkmark	\checkmark
٠	Landing is controlled, balanced and safe	\checkmark	\checkmark
S	Skipping	Term-I	Term-II
	Skipping Step-hop pattern is smooth and coordinated	Term-I √	Term-II ✓
		Term-I ✓ ✓	Term-II ✓ ✓
	Step-hop pattern is smooth and coordinated	Term-I ✓ ✓ ✓	Term-II ✓ ✓ ✓