



# Individual Fitness Testing & Assessment

School Name: Eklavya School Ahmedabad		Class : 6A	
Name :	Aarna Jobaliya	Gender: Girl	
Height:	143.2 cms	Weight: 33.95 kgs	
Fitness Score:	28/36	Data as recorded on: 14. 11. 2024	

## STRENGTH

1	Limb	Criteria	Measure (No.)	Class Average	80th percentile	Best Measure of your Class	Your Score (out of 5)
1.1	Lower	Maximum "chair squats" in 60 seconds	70.00	46.00	52.60	70.00	5
1.2	Upper	Maximum Medicine Ball Press in 60 seconds	24.00	28.00	30.40	50.00	2

*\*Strength is the ability to produce force against resistance. It is also the foundation for increasing power*

## POWER

2	Limb	Criteria	Measure (meters)	Class Average	80th percentile	Best Measure of your Class	Your Score (out of 5)
2.1	Lower	Standing Broad Jump Distance	1.76	1.35	1.44	1.76	5
2.2	Upper	Seated Medicine Ball Throw Distance (2 kg)	2.84	2.68	2.82	3.58	3

*\*Power is strength applied at speed. It is used to check explosive power of leg and upper body. Power tests are important benchmark of an athlete's progression*

## SPEED & AGILITY

3	Test	Criteria	Measure (seconds)	Class Average	80th percentile	Best Measure of your Class	Your Score (out of 5)
3.1	20 meter Sprint	Maximum running speed	3.72	4.47	4.87	3.68	5
3.2	Pro Agility	Accelerate 5 yards; change direction; accelerate 10 yards; change direction again and accelerate 5 yards to start point	8.05	8.64	8.17	6.28	3

*\*20 meter sprint determines the acceleration and speed. Pro Agility is an assessment of change of direction speed. Both tests are a fair indicator of athleticism*

## FLEXIBILITY

4	Limb	Criteria	Measure	Class Average	80th percentile	Best Score of your Class	Your Score (out of 3)
4.1	Lower	<b>Active Straight Leg Raise (SLR):</b> In a lying down position, raise one leg higher keeping knees straight, and the other leg pressed	2.00	2.18	<div></div>	3	2
4.2	Upper	<b>Shoulder Mobility:</b> Make fist with both hands, and move in one smooth motion behind the neck and back; aiming for least gap between two.	3.00	2.27		3	3

*\* Flexibility tests are based on the Functional Movement Screen (FMS). Active SLR gives an indication of hamstring tightness, which is most prone to injury amongst youth. Flexibility of shoulder joint is required to aid in injury prevention.*

Fitness Score (Total):		28/36
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5	Criteria		Eyes Closed (Seconds)	Eyes Open (Seconds)
5.1	Balancing by standing on one Leg for 30 seconds with eyes closed & eyes open	Right	5.90	30.00
5.2		Left	7.10	30.00

*\*To stand and maintain balance on one leg for a maximum 30 seconds. Children with better balance are less likely to experience injuries related to falls or awkward movements.*

PS:Due to an injury, some tests were not performed.
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