

Assessment Criteria for Physical Proficiency Test, 2023

Category	TEST No.	Test Item no. / Test item	Key assessment Concepts	Split Scoring	Score Attained	Remarks
FUNDAMENTAL MOVEMENT SKILLS	One	Walking (less than 1 to 2 Mins.)	<ol style="list-style-type: none"> 1. Leg Movement (Good drive of the rear leg, Heel-ball-toe offfoot, Soft foot plant, Flat leg action, no jumping) 2. Arm action (Shoulder relaxed, Elbows carried at about 90 degrees, Naturalswing of the arms) 3. Hip action(Good flexibility in the hip joints, Walk on almost a straightline, Walk with rotary movement of hip) 	3x5 = 15%		
		Jogging (1 to 2 Mins.)	<ol style="list-style-type: none"> 1. Recovery phase (Leg is doubled up) 2. Forward swing phase (Knee is raised forwards and upwards) 3. Forward support phase (Land on the ball of the foot at the beginning) 4. Drive phase (Ankle, knees and hip joints extend fully during the drive phase) 5. Arms are coordinated. Alternates with the opposite leg. Arms are swining froward not side ways. Rotates with hip. Elbows in and bent. 	5 x.3=15%		
		Agility (1 to 2 Mins.)	<ol style="list-style-type: none"> 1. Maintain body position 2. Quick changes of direction 3. Flexibility 	3x5=15%		
TOTAL: 45%						
NET AND WALL BARRIER GAMES	Two	Badminton (1 to 2 Mins.)	<ol style="list-style-type: none"> 1. Smash 2. Short serve 3. Long serve 4. Forehand clear 5. Backhand clear 	5x3=15%		
		Table tennis (1 to 2 Mins.)	<ol style="list-style-type: none"> 1. Fore hand stroke 2. Backhand stroke 3. Forehand top spin 4. Backhand top spin 5. Serve 	5x3=15%		
		Volleyball (1 to 2 Mins.)	<ol style="list-style-type: none"> 1. Serving (Tee up the ball, Lift the ball, Make firm contact, Finish towards the top of the net) 2. Passing (Fore arm play, Calling, Support, Open up) 3. Set up (Medium body posture, Feet to the ball, Flat plate from, Belly to the target, Call) 4. Spike (Feet, jump and hand swing) 5. Play (Move as a system, Low posture, Dig to the center of the court) 	5x3=15%		
TOTAL: 45%						

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INVASION GAMES	Three	Soccer (1 to 2 Mins.)	1. Shot(Balance, elbow & eye) 2. Coordination and follow through 3. Pass(Target, balance, hands behind the ball, follow through) 4. Dribble (Head, foot work, control) 5. Dribble: Crossover dribble, Back hand dribble, Between the leg dribble)	5x3=15		
		Basketball (1 to 2 Mins.)	1. On the ball skill- (Passing, Receiving, Dribbling) 2. Off the ball movement- (Supporting the ball carrier, Deciding when to pass, Transitioning from defense to offense) 3. Game Play(Game Proficiency) 1-very poor, 2-poor, 3-average, 4-good, and 5-very good.	3x5=15		
	TOTAL: 30%					
	Grand Total Sore:120					

NOTE:

In case of self-financed candidates, the candidate has to undergo through similar entry requirements of the Physical Proficiency Test. The test is valid for two years in case there are candidates who are opting for the programme in the subsequent years.