Skills Matrix

TeamGym Level 2

The Skills Matrix boxes below contain the skills which are to be demonstrated by at least one participant during the practical assessment. Learners should plan for the full Skills Matrix box and assessors will assign the physical preparation activity and choose two skills to be delivered on the day of the assessment.

The assessment process is a total of 90 minutes and will follow this format:

- 5 minutes: Warm-up including a pulse raiser and mobilisation.
- 5 minutes: A physical preparation activity from Category 1.
- 15 minutes: Skill 1 delivery from Category 2.
- 15 minutes: Skill 2 delivery from Category 2.
- 5 minutes: Cool-down including stretching and session conclusion.
- 45 minutes: Self-reflection, questioning, logbook and practical result, feedback and action plan.

Box 1

Category 1 (5 minutes each):

ROM for japana Strength for heel lift on vault Tension for handstand

Category 2 (15 minutes each):

Vault: ½ on 1/1 off

Tumble: Round off back flip straight

backwards somersault

Trampette: Forwards somersault straight

180°

Floor: Short choreography to include a split

leap and split leap 90° turn in series

Box 2

Category 1 (5 minutes each):

ROM for splits Strength for jumping Tension for legs for balance skills Category 2 (15 minutes each):

Vault: Handspring

Tumble: Forwards somersault tucked

walkout into cartwheel

Trampette: Forwards somersault

straight 180°

Floor: Short choreography to include bridge position with one leg lifted and

split leap

Box 3

Category 1 (5 minutes each):

ROM for arabesque Strength for back flip Tension for handstand

Category 2 (15 minutes each):

Vault: Handspring ½ turn off in

second flight

 $\boldsymbol{Tumble} {:} \ Handspring \ forwards$

somersault tucked

Trampette: Forwards somersault

straight

Floor: Short choreography to include a 360° spin and a tuck jump with 360°

turn

Box 4

Category 1 (5 minutes each):

ROM for split leap Strength for flyspring Tension for straight somersaults Category 2 (15 minutes each):

Vault: 1/2 on 1/2 off

Tumble: Round off back flip tuck backwards

somersault

Trampette: Forwards somersault tucked **Floor**: Short choreography to include a held handstand (2 seconds) and a straight jump

with 360° turn

Box 5

Category 1 (5 minutes each):

ROM for backwards walkover Strength for jumping Tension for legs for balance skills Category 2 (15 minutes each):

Vault: 1/2 on 1/2 off

Tumble: Handspring flyspring

combination

Trampette: Forwards somersault

straight 180°

Floor: Short choreography to include a split leap and cat leap 360° turn in a

series

Box 6

Category 1 (5 minutes each):

ROM for Y balance Strength for heel lift on vault Tension for straight somersaults Category 2 (15 minutes each):

Vault: Handspring ½ turn in second

flight

Tumble: Round off back flip straight backwards somersault with 180° twist **Trampette**: Forwards somersault

tucked

Floor: Short choreography to include a straddle hold (2 seconds) and a

straddle jump