# **Skills Matrix**

# **General Gymnastics Level 1**

You will be assessed on your ability to:

Plan a session for all skills within your allocated skills box, issued six weeks prior to the assessment

Deliver the activities and skills presented in bold typeÂ

You need to use at least three participants within your practical video submission.

This Skills Matrix is valid for any assessments linked to courses starting after 1st January 2024. If your course started before 1st January 2024 please use the Skills Matrix available in your academy.

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Warm-up (5 minutes)

Floor: Handstand (10 minutes)

Vault: Straddle on, close feet, jump off (10 minutes)

Beam: Jump to front support, circle one leg 1/4 turn to

straddle sit (10 minutes)

Bars: Upward circle (10 minutes)

Partner work: Counterbalance activity (10 minutes)

Cool-down (5 minutes)

## Box 2

Warm-up (5 minutes)

Flexibility: Straddle fold (10 minutes)

Floor: Handstand forward roll (10 minutes)

Vault: Squat on, stretch jump off (10 minutes)

Beam: Variation of jump dismounts (10 minutes)

Bars: Backwards hip circle (10 minutes)

Cool-down (5 minutes)

### Box 3

Warm-up (5 minutes)

Conditioning: Arm pushing strength (10 minutes)

Floor: Backward roll (10 minutes)

Vault: Straddle (over) vault (10 minutes)

Beam: From straddle sit, swing to squat on beam and stand

(10 minutes)

Bars: Swings (10 minutes)

Cool-down (5 minutes)

#### Box 4

Warm-up (5 minutes)

Floor: Cartwheel (10 minutes)

Vault: Squat (through) vault (10 minutes)

Beam: Jump to front support, circle on leg  $\frac{1}{4}$  turn to straddle sit (10 minutes)

Bars: Cast from support to land (10 minutes)

Partner work: Weight balance activity (10 minutes)

**Cool-down (5 minutes)**