Skills Matrix

TeamGym 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.

Rox	1
DUA	- 4

Warm-up (5 minutes)

Floor: Two exercises to improve a bridge (10 minutes)

Floor: Handstand (10 minutes)

Vault: Jump to Handstand and Back Landing on Mats (10?

minutes)

Trampette: Front Salto from a Rebound Situation

(10minutes)

Tumble: Flic (10 minutes)

Cool-down (5 minutes)

Box 2

Warm-up (5 minutes)

Floor: Two exercises to improve forward splits (10 minutes)

Floor: Backward walkover (10 minutes)

Vault: Squat Through Vault (10 minutes)

Trampette: 3/4 Salto to back Lying on platform of mats (10

minutes)

Tumble: Flic (10 minutes)

Cool-down (5 minutes)

Box 3

Warm-up (5 minutes)

Floor: Two exercises to improve arm strength (10 minutes)

Floor: Cartwheel (10 minutes)

Vault: Squat Through vault (10 minutes)

Trampette: 3/4 Salto to back Lying on Platform of Mats (10

minutes)

Tumble: Handspring (10 minutes)

Cool-down (5 minutes)

Box 4

Warm-up (5 minutes)

Floor: Two exercises to improve leg strength for jumping (10 minutes)

Vault: Jump to Handstand and Back Landing on Mats (10 minutes)

Trampette: Front Salto from a Rebound Situation (10 minutes)

Tumble: Back salto from a rebound situation (10 minutes)

Tumble: Round off (10 minutes)

Cool-down (5 minutes)