# Skills Matrix

## Rhythmic 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.

**ThisÂ Skills Matrix is valid for anyÂ 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.

### Box 1

**Warm-up (5 minutes)**

**Ballet: Demi-plié & relevé in 1st & 2nd position at the barre** (10 minutes)**

Body skill: Forward Body Wave (10 minutes)

Rope: Forward figure of 8 with the rope in the wheel plane whilst performing a chasse, then pass through the open rope with a Leap (own choice) selected from syllabus. (10 minutes)

Acrobatic: Forward roll with progressions & variations (10 minutes)

**Choreography – Link four Ball apparatus skills together (selected from the syllabus) with correct and logical connections, demonstrating effective use of planes and transitions, to include the body skill - Forward Body Wave as detailed above.** (10 minutes)**

**Cool-down (5 minutes)**

### Box 2

**Warm-up (5 minutes)**

Ballet: Battement tendu jeté from 1st position at the barre, forward, side & back positions (10 minutes)

Body Preparation: Stretching for legs & hips with progressions & variations. (10 minutes)

**Body Skill: Leap Cabriole with chasse preparation.** (10 minutes)**

**Ribbon: Coils with the ribbon in the table plane whilst performing a pivot (own choice) selected from the syllabus.** (10 minutes)**

Choreography: Link four Hoop apparatus skills together (selected from the syllabus) with correct and logical connections, demonstrating effective use of planes and transitions, to include the body skill – Pivot (own choice) as above (10 minutes)

**Cool-down (5 minutes)**

### Box 3

**Warm-up (5 minutes)**

**Ballet: Battement tendu from 1st position at the barre, forward, side & back ** (10 minutes)**

Body skill: Passé Balance (10 minutes)

**Hoop: Throw & catch in the wheel plane with preparation swing. Throw the hoop whilst performing a leap (own choice) with preparation swing of hoop on a chasse.** (10 minutes)**

Acrobatic: Cartwheel with progressions & variations. (10 minutes)

Choreography: Link four Ribbon apparatus skills together (selected from the syllabus) with correct and logical connections, demonstrating effective use of planes and transitions, to include a body skill – Leap (own choice) as above (10 minutes)

**Cool-down (5 minutes)**

### Box 4

**Warm-up (5 minutes)**

Ballet: Demi plié & relevé in 1st, 2nd & 4th position at the barre (10 minutes)

**Body skill: Pivot low leg to the back ** (10 minutes**)

Clubs: Asymmetric movement (Large circle one club & Small circles with the other club) whilst performing a Balance Free leg to horizontal front or side to 90 degrees (10 minutes)

Body Preparation: Dish & Arch shape with progressions & variations (10 minutes)

**Choreography: Link four Rope apparatus skills together (selected from the syllabus) with correct and logical connections, demonstrating effective use of planes and transitions, to include a body skill – Balance (own choice) selected from syllabus ** (10 minutes)**

**Cool-down (5 minutes)**

### Guidance

Due to the nature of this discipline, manual support cannot be shown for some identified skills, although spotting/alignment may occur. This is shown with ? **' next to the skill.