

Skills Matrix

Tumbling 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 type**

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.

Box 1 Warm-up (5 minutes) Tumbling: Round off flic (10 minutes) Rebound: Backward somersault tucked (10 minutes) Rebound: Whip (10 minutes) Tumbling: Handspring (10 minutes) Physical Preparation: Courbette action (10 minutes) Cool-down (5 minutes)	Box 2 Warm-up (5 minutes) Tumbling: Round off flic (10 minutes) Rebound: Forward somersault tucked (10 minutes) Rebound: Whip (10 minutes) Tumbling: Handstand (10 minutes) Conditioning: Landing Drills (10 minutes) Cool-down (5 minutes)
Box 3 Warm-up (5 minutes) Tumbling: Round off flic (10 minutes) Rebound: Backward somersault tucked (10 minutes) Rebound: Forward somersault tucked (10 minutes) Tumbling: Cartwheel (10 minutes) Conditioning: Take-off drills (10 minutes) Cool-down (5 minutes)	Box 4 Warm-up (5 minutes) Tumbling: Round off flic (10 minutes) Rebound: Whip (10 minutes) Rebound: Backward somersault tucked (10 minutes) Tumbling: Round off, jump half turn walkout, cartwheel (10 minutes) Flexibility: Bridge (10 minutes) Cool-down (5 minutes)