Team Gymnastics

Assessment and Skills - UKCC Level 2

For all disciplines except Pre School Rhythmic and Trampoline Gymnastics

Four weeks before the assessment, each candidate will receive a skills matrix. They will be allocated a specific skills box within the matrix.

- Each candidate must prepare a lesson plan which includes all tasks within their allocated skills box
- Each candidate will be expected to supply their own gymnasts for the tasks to be coached (minimum of three)
- As indicated by the assessor, all candidates will be required to conduct **either** a warm-up **or** a cool-down during which they will be expected to demonstrate **class organisation** skills, (see below)
- At the beginning of the assessment, the assessor will also select two tasks from the **skills** listed for the candidate to also deliver

Class organisation:

- **Two activities** are stated in each skills matrix box under **warm up** and **cool down**.
- During the warm up and cool down (depending on which section has been allocated) each coach will be required to manage two groups, with three gymnasts in each group.
- The coach is required to direct one of the groups to practise one activity and the second group the other activity.
- The coach will be expected to demonstrate appropriate control of **both groups** as well as development and fault correction within the activities.

Skills Matrix:

Box 1	Box 2
Warm up and class organisation. **Stretching:** exercise for Handspring **Strength**: exercise for salto take off **Trampette**: Fwd salto - straight **Vault**: ½ on ½ off **Tumble**: Round off straight back salto **Choreography:** a simple routine combining 2 "B" section elements. **Cool down and class organisation** **Shaping** exercise for Fwd walkover **Tension** exercise for handstand	**Warm up and class organisation.** **Stretching:** exercise for Back flip **Strength**: exercise for salto landing **Trampette**: Fwd salto – straight - 180° turn **Vault**: Handspring **Tumble**: Round off straight back salto **Choreography:** a simple routine combining 2 "B" and one "C" section element. **Cool down and class organisation** **Shaping** exercise for Bwd walkover **Tension** exercise for side cartwheel

Box 3

Warm up and class organisation.
Stretching: exercise for Straddle Jump
Strength: exercise for flyspring
Trampette: Fwd salto – straight - 180° turn
Vault: ½ on ½ off
Tumble: Round off tuck salto combination
Choreography: a simple routine combining 360° spin and change leg leap.
Cool down and class organisation
Shaping exercise for Back flip
Tension exercise for Straight salto

Box 4

Warm up and class organisation.
Stretching: exercise for Change leg split leap
Strength: exercise for Straight salto
Trampette: Fwd salto – straight
Vault: Hand spring and tumble to round off pike back salto combination.
Tumble: Round off tuck salto combination
Choreography: a simple routine combining 360° spin and change leg leap.
Cool down and class organisation
Shaping exercise for flyspring
Tension exercise for twisting salto

Box 5

Warm up and class organisation.
Stretching: exercise for pike front salto
Strength: exercise for rebound salto
Trampette: Fwd salto – straight
Vault: ½ on ½ off
Tumble: Round off straight back salto 180° turn
Choreography: a simple routine combining 2 "B" and one "C" section element.
Cool down and class organisation
Shaping exercise for round-off
Tension exercise for Fwd walkover

Box 6

Warm up and class organisation.
Stretching: exercise for Whip salto
Strength: exercise for salto landing
Trampette: Fwd salto – straight - 180° turn
Vault: ½ on ½ off
Tumble: Handspring straight front salto.
Choreography: a simple routine combining 2 "B" and one "C" section element.
Cool down and class organisation
Shaping exercise for Cat leap 360° turn
Tension exercise for Bwd walkover

Team Gymnastics

Practical Assessment Timetable - UKCC Level 2

- Timetable for L2 UKCC assessments including theory exam.

Time	Candidate A (own gymnasts)	Candidate B (own gymnasts)	Time
9 am 5mins	Assessor briefs candidate A		
9.05 15 mins	Warm up & class organisation With min 6 gymnasts	Assessor briefs candidate B	9.15 5 mins
9.20 40 mins	Coaching skills from matrix With min 3 gymnasts	Coaching skills from matrix With min 3 gymnasts	9.20 40 mins
10.00 10 mins	Self reflection candidate Evaluation assessor	Cool down & class organisation With min 6 gymnasts	10.00 15 mins
10.10 20 mins	Assessor debriefs candidate	Self reflection candidate Evaluation assessor	10.15 10 mins
10.30	**New Candidate** **Candidate C (own gymnasts)**	Assessor debriefs candidate	10.25 20 mins
10.30 5 mins	Assessor briefs candidate C	**New Candidate** **Candidate D (own gymnasts)**	10.45
10.35	Warm up & class organisation With min 6 gymnasts	Assessor briefs candidate D	10.45 5 mins

- Following this procedure, 1st 6 candidates (A.B.C.D.E & F) will be finished by 1.30 and 1.45.
- At 12 noon the 2nd group of candidates (G.H.I. & J) arrive and sit their theory exam at 12.15. This will be a maximum of 1 ½ hrs. The 1st group of candidates A.B.C.D.E & F would then sit their theory following on from this.