

Skills Matrix

Men's Artistic Level 2

The Skills Matrix boxes below contain the skills which are to be demonstrated by at least one participant during the practical assessment. Learners should plan for the full Skills Matrix box and assessors will assign the physical preparation activity and choose two skills to be delivered on the day of the assessment.

The assessment process is a total of 90 minutes and will follow this format:

- 5 minutes: Warm-up including a pulse raiser and mobilisation.
- 5 minutes: Physical preparation activity (delivered either before the skill delivery section or after as part of the cool-down).
- 15 minutes: Skill 1 delivery.
- 15 minutes: Skill 2 delivery.
- 5 minutes: Cool-down including stretching and session conclusion.
- 45 minutes: Self-reflection, questioning, logbook and practical result, feedback and action plan.

Box 1

Physical Preparation (5 minutes each):

ROM exercises for japana
Conditioning exercises for top planche
Conditioning exercises for the upstart action
Conditioning exercises for straddle $\frac{1}{2}$ lever

Skills (15 minutes each):

Floor: Round off back flic
Pommel: Forward shear
Rings: Muscle up to $\frac{1}{2}$ lever
Vault: Handspring vault

Box 2

Physical Preparation (5 minutes each):

ROM exercises for forward splits
Conditioning exercises for Russian lever
Conditioning exercises for handstand
Conditioning exercises for basic swings on rings

Skills (15 minutes each):

Parallel Bars: Swing in hang with bent legs
High Bar: Backwards giants in loops and gloves
Floor: Running forwards somersault tucked
Pommel: Backwards shear

Box 3

Physical Preparation (5 minutes each):

ROM exercises for side splits
Conditioning exercises for straddle lift to handstand
Conditioning exercises for manna
Conditioning exercises for single leg pendulum swings on pommels

Skills (15 minutes each):

Rings: Bent arm body press to handstand
Vault: $\frac{3}{4}$ straight front to back lie onto a safe platform
Parallel Bars: Static forwards pirouette
High Bar: Forwards giants in loops and gloves

Box 4

Physical Preparation (5 minutes each):

ROM exercises for Y balance
Conditioning exercises for back planche on rings
Conditioning exercises for front planche on rings
Conditioning exercises for handstand

Skills (15 minutes each):

Floor: Handspring to one foot, handspring to two feet
Pommel: Double leg circle on mushroom
Rings: Backwards somersault tucked dismount
Vault: Handspring to back lie on safety modules

Box 5

Physical Preparation (5 minutes each):

Conditioning exercises for cast to handstand
Conditioning exercises for forwards shear
Conditioning exercises for handstand on rings

Skills (15 minutes each):

Parallel Bars: Drop upstart
High Bar: Straddle sole circle
Floor: Round off flic backwards somersault tucked
Pommel: Double leg circle on flat low horse

Box 6

Physical Preparation (5 minutes each):

ROM exercises for arabesque
Conditioning exercises for bent arm strength
Conditioning exercises for mid-body tension
Conditioning exercises for top planche

Skills (15 minutes each):

Rings: Cast from inverted hang into basic swing
Vault: Handspring
Parallel Bars: Forwards uprise to straddle support
High Bar: Backwards giants in loops and gloves

