

Skills Matrix

Men's Artistic Level 2

The below skills boxes contain the skills which are to be demonstrated by at least one of the participants during the learner's practical assessment.

The learner will be required to:

deliver both activities within either the warm up or cool down (including pulse raiser/lower); the assessor will allocate this at the beginning of the assessment.

deliver two activities from the skills listed; the assessor will allocate these at the beginning of the assessment.

The learner will be allocated one of the following skills boxes for their practical assessment.

<p>Box 1</p> <p>Warm up and class organisation</p> <p>ROM exercises for japana Conditioning exercises for top planche</p> <p>Skills:</p> <p>Floor: Round off back flic Pommel: Forward shear Rings: Muscle up to ½ lever Vault: Handspring vault</p> <p>Cool down and class organisation</p> <p>Conditioning exercises for upstart action Conditioning exercises for the straddle ½ lever</p>	<p>Box 2</p> <p>Warm up and class organisation</p> <p>ROM exercises for forward splits Conditioning exercises for Russian lever</p> <p>Skills:</p> <p>Parallel Bars: Swing in hang with bent legs High Bar: Backwards giant in loops and gloves Floor: Running forwards somersault tucked Pommel: Backwards shear</p> <p>Cool down and class organisation</p> <p>Conditioning exercises for handstand Conditioning exercises for basic swing on rings</p>	<p>Box 3</p> <p>Warm up and class organisation</p> <p>ROM exercises for side splits Conditioning exercises for the straddle lift to handstand</p> <p>Skills:</p> <p>Rings: Bent arm body press to handstand Vault: ¾ straight front to back lie onto safe platform Parallel Bars: Static forwards pirouette High Bar: Forwards giants in loops and gloves</p> <p>Cool down and class organisation</p> <p>Conditioning exercises for manna Conditioning exercises for single leg pendulum swings on pommels</p>
<p>Box 4</p> <p>Warm up and class organisation</p> <p>ROM exercises for Y balance Conditioning exercises for back planche on rings</p> <p>Skills:</p> <p>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</p> <p>Cool down and class organisation</p> <p>Conditioning exercises for front planche on rings Conditioning exercises for handstand</p>	<p>Box 5</p> <p>Warm up and class organisation</p> <p>Conditioning exercises for cast to handstand Conditioning exercises for the forwards shear</p> <p>Skills:</p> <p>Parallel Bars: Drop upstart High Bar: Straddle sole circle Floor: Round off flick backwards somersault tucked Pommel: Double leg circle on flat low horse</p> <p>Cool down and class organisation</p> <p>Conditioning exercises for handstand on rings</p>	<p>Box 6</p> <p>Warm up and class organisation</p> <p>ROM exercises for arabesque Conditioning exercises for bent arm strength</p> <p>Skills:</p> <p>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</p> <p>Cool down and class organisation</p> <p>Conditioning exercises for mid-body tension Conditioning exercises for top planche</p>