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 ½ lever

Skills (15 minutes each):

Floor: Round off back flic Pommel: Forward shear Rings: Muscle up to ½ lever Vault: Handspring vault

Box 2

Physical Preparation (5 minutes each):

ROM exercises for forward splits Conditioning exercises for Russian 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: 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