

Skills Matrix

Women'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>ROM exercises for Sissone Conditioning exercises for handspring vault</p> <p>Skills:</p> <p>Vault: Handspring to back lie on safety mats Bars: Progressions for the upstart Beam: Cartwheel for backwards somersault dismount Floor: Back flic</p> <p>Conditioning exercises for cast to handstand Tension exercises for the backward walkover</p>	<p>Box 2</p> <p>ROM exercises for backwards walkover Tension exercises for second flight handspring vault</p> <p>Skills:</p> <p>Vault: Run up and take off Bars: Clear hip circle preps Beam: Preparation for cartwheel backwards somersault dismount Floor: Handspring</p> <p>Strength exercises for backwards giant Conditioning exercises for the split leap</p>	<p>Box 3</p> <p>ROM straddle lever to handstand Conditioning exercises for the flyspring</p> <p>Skills:</p> <p>Vault: Second flight for handspring Bars: Undershoot from front support Beam: Four lengths of beam complex in preparation for leaps and jumps Floor: Forwards somersault</p> <p>Conditioning exercises for Russian lever Conditioning exercises for the backwards giant</p>
<p>Box 4</p> <p>ROM exercises for arabesque Conditioning exercises for the backwards somersault</p> <p>Skills:</p> <p>Vault: $\frac{3}{4}$ forwards somersault to back lie Bars: Progressions for upstart Beam: Split leap, sissone Floor: Round off in preparation for backflic</p> <p>Conditioning exercises for straddle lift to handstand Conditioning exercises for the clear undershoot dismount</p>	<p>Box 5</p> <p>Conditioning exercises for split leap Tension exercises for the forwards giant</p> <p>Skills:</p> <p>Vault: Handspring to back lie on raised platform Bars: From squat on low bar catch high bar to swing forwards Beam: Cartwheel Floor: Backwards roll to handstand with straight arms</p> <p>Strength exercises for cast to handstand Conditioning exercises for the round off</p>	<p>Box 6</p> <p>ROM for Russian lever Conditioning exercises for the backflip</p> <p>Skills:</p> <p>Vault: Second flight for handspring Bars: Progressions for the straddle/pike undershoot Beam: Four lengths of complex in preparation for basic acrobatic skills Floor: Backwards somersault</p> <p>Conditioning exercises for backwards somersault ROM and tension exercises for backwards walkover</p>