

Skills Matrix

TeamGym 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 two activities from the skills listed in category 1; the assessor will allocate these at the beginning of the assessment
deliver two activities from the skills listed in category 2; the assessor will allocate these at the beginning of the assessment.

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

<p>Box 1</p> <p>Category 1</p> <p>ROM for japana Strength for heel lift on vault Tension for handstand</p> <p>Category 2</p> <p>Vault: ½ on 1/1 off Tumble: Round off flic straight backwards somersault Trampette: Forwards somersault straight 180° Floor: Short choreography to include a split leap, split leap 90° turn in series</p>	<p>Box 2</p> <p>Category 1</p> <p>ROM for splits Strength for jumping Tension for legs for balance skills</p> <p>Category 2</p> <p>Vault: Handspring Tumble: Forwards somersault tucked walkout into cartwheel Trampette: Forwards somersault straight 180° Floor: Short Choreography to include Bridge position with one leg lifted and split leap.</p>	<p>Box 3</p> <p>Category 1</p> <p>ROM for arabesque Strength for back flic Tension for handstand</p> <p>Category 2</p> <p>Vault: Handspring ½ turn off in second flight Tumble: Handspring forwards somersault tucked Trampette: Forwards somersault straight Floor: Short choreography to include a 360° spin and a tuck jump with 360° turn</p>
<p>Box 4</p> <p>Category 1</p> <p>ROM for split leap Strength for flyspring Tension for straight somersault</p> <p>Category 2</p> <p>Vault: ½ on ½ off Tumble: Round off flip tuck backwards somersault Trampette: Forwards somersault tucked Floor: Short choreography to include a held handstand (2 seconds) and a straight jump with 360° turn</p>	<p>Box 5</p> <p>Category 1</p> <p>ROM for backwards walkover Strength for jumping Tension for legs for balance skills</p> <p>Category 2</p> <p>Vault: ½ on ½ off Tumble: Handspring - flyspring combination Trampette: Forwards somersault straight 180° Floor: Short choreography to include a split leap and cat leap 360° turn in a series</p>	<p>Box 6</p> <p>Category 1</p> <p>ROM for Y balance Strength for heel lift on vault Tension for straight somersault</p> <p>Category 1</p> <p>Vault: Handspring ½ turn in second flight Tumble: Round off flic straight backwards somersault with 180° twist Trampette: Forwards somersault tucked Floor: Short choreography to include a straddle hold (2 second) and a straddle jump</p>