

Skills Matrix

TeamGym 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: A physical preparation activity from Category 1.
- 15 minutes: Skill 1 delivery from Category 2.
- 15 minutes: Skill 2 delivery from Category 2.
- 5 minutes: Cool-down including stretching and session conclusion.
- 45 minutes: Self-reflection, questioning, logbook and practical result, feedback and action plan.

<p>Box 1</p> <p>Category 1 (5 minutes each):</p> <p>ROM for japana Strength for heel lift on vault Tension for handstand</p> <p>Category 2 (15 minutes each):</p> <p>Vault: ½ on 1/1 off Tumble: Round off back flip straight backwards somersault Trampette: Forwards somersault straight 180° Floor: Short choreography to include a split leap and split leap 90° turn in series</p>	<p>Box 2</p> <p>Category 1 (5 minutes each):</p> <p>ROM for splits Strength for jumping Tension for legs for balance skills</p> <p>Category 2 (15 minutes each):</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 (5 minutes each):</p> <p>ROM for arabesque Strength for back flip Tension for handstand</p> <p>Category 2 (15 minutes each):</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 (5 minutes each):</p> <p>ROM for split leap Strength for flyspring Tension for straight somersaults</p> <p>Category 2 (15 minutes each):</p> <p>Vault: ½ on ½ off Tumble: Round off back 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 (5 minutes each):</p> <p>ROM for backwards walkover Strength for jumping Tension for legs for balance skills</p> <p>Category 2 (15 minutes each):</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 (5 minutes each):</p> <p>ROM for Y balance Strength for heel lift on vault Tension for straight somersaults</p> <p>Category 2 (15 minutes each):</p> <p>Vault: Handspring ½ turn in second flight Tumble: Round off back flip straight backwards somersault with 180° twist Trampette: Forwards somersault tucked Floor: Short choreography to include a straddle hold (2 seconds) and a straddle jump</p>