

# Skills Matrix

## General Gymnastics 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.

<p><b>Box 1</b></p> <p><b>Physical Preparation (5 minutes each):</b></p> <p>ROM exercises for Y balance Strength exercises for handspring on floor Tension exercises for handstand ROM exercises for backward walkovers</p> <p><b>Skills (15 minutes each):</b></p> <p>Vault: Handspring to back lie on safety mats Floor: Preparation for back flip Partners: Counterbalance from syllabus Bars: Swinging on high bar</p>	<p><b>Box 2</b></p> <p><b>Physical Preparation (5 minutes each):</b></p> <p>ROM exercises for backwards walkover Strength exercises for handstand Conditioning exercises for upwards circle Tension exercises for Y balance</p> <p><b>Skills (15 minutes each):</b></p> <p>Vault: Run up and take off Floor: Handspring preparations Beam: Cartwheel ¼ turn off Bars: Undershoot from the ground</p>	<p><b>Box 3</b></p> <p><b>Physical Preparation (5 minutes each):</b></p> <p>ROM exercises for forward splits Strength exercises for straddle ½ lever Conditioning exercises for back flip ROM exercises for forward walkover</p> <p><b>Skills (15 minutes each):</b></p> <p>Vault: Handspring from a platform Floor: Handstand forwards roll Trampette: Stretched and straddle jumps Bars: Preparation for cast to squat on to bar</p>
<p><b>Box 4</b></p> <p><b>Physical Preparation (5 minutes each):</b></p> <p>ROM exercises for arabesque Strength exercises for front support in pair work Tension exercises for handstand Conditioning exercises for round offs</p> <p><b>Skills (15 minutes each):</b></p> <p>Vault: Handspring to back lie on safety mats Floor: One-handed cartwheel Beam: Forwards roll Bars: Upwards circle</p>	<p><b>Box 5</b></p> <p><b>Physical Preparation (5 minutes each):</b></p> <p>ROM exercises for handstand to bridge Strength exercises for upwards circle Shaping exercises for forwards and backwards walkover Strength exercises for backwards hip circle</p> <p><b>Skills (15 minutes each):</b></p> <p>Vault: Preparations for handspring Floor: Handstand Beam: Cartwheel quarter turn off dismount Bars: Preparation for undershoot from straddle</p>	<p><b>Box 6</b></p> <p><b>Physical Preparation (5 minutes each):</b></p> <p>ROM exercises for straddle undershoot Strength exercises for back flip Tension exercises for counter balance partner work Conditioning exercises for handspring on the floor</p> <p><b>Skills (15 minutes each):</b></p> <p>Vault: Second flight for handspring Floor: Preparations for walkovers Partners: Front support balance on partner Bars: Swing with ½ turn to mixed grip on high bar</p>