

Skills Matrix

General Gymnastics 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>Warm up and class organisation</p> <p>ROM exercise for Y balance Strength exercises for handspring on floor</p> <p>Skills:</p> <p>Vault: Handspring to back lie on safety mats Floor: Preparation for backflic Partners: Counterbalance from syllabus Bars: Swinging on high bar</p> <p>Cool down and class organisation</p> <p>Tension exercises for handstand ROM exercises for backward walkover</p>	<p>Box 2</p> <p>Warm up and class organisation</p> <p>ROM exercise for backward walkover Strength exercises for handstand</p> <p>Skills:</p> <p>Vault: Run up and take off Floor: Handspring preparations Beam: Cartwheel ¼ turn off Bars: Undershoot from the ground</p> <p>Cool down and class organisation</p> <p>Conditioning exercises for upwards circle Tension exercises for Y balance</p>	<p>Box 3</p> <p>Warm up and class organisation</p> <p>ROM exercise for forward splits Strength exercises for straddle ½ lever</p> <p>Skills:</p> <p>Vault: Handspring from a platform Floor: Handstand forwards roll Trampoline: Stretched and straddle jumps Bars: Preparation for cast to squat on to bar</p> <p>Cool down and class organisation</p> <p>Conditioning exercises for back flic ROM exercises for forward walkover</p>
<p>Box 4</p> <p>Warm up and class organisation</p> <p>ROM exercise for arabesque Strength exercises for front support in pair work</p> <p>Skills:</p> <p>Vault: Handspring to back lie on safety mats Floor: One-handed cartwheel Beam: Forwards roll Bars: Upwards circle</p> <p>Cool down and class organisation</p> <p>Tension exercises for handstand Conditioning exercises for the round off</p>	<p>Box 5</p> <p>Warm up and class organisation</p> <p>ROM exercise for handstand bridge to stand Strength exercises for upwards circle</p> <p>Skills:</p> <p>Vault: Preparations for handspring Floor: Handstand Beam: Cartwheel Bars: Preparation for undershoot from straddle</p> <p>Cool down and class organisation</p> <p>Shaping exercises for forwards and backwards walkover Strength exercises for backwards hip circle</p>	<p>Box 6</p> <p>Warm up and class organisation</p> <p>ROM exercise for straddle on undershoot Strength exercises for backflic</p> <p>Skills:</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> <p>Cool down and class organisation</p> <p>Tension exercises for counter balance partner work Conditioning exercises for handspring on the floor</p>