

# Skills Matrix

## Rhythmic 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.

the warm up must include aerobic activity and flexibility activities relating to a body skill being taught

the cool down must include a strength circuit related to a body skill that has been taught followed by a cool down and dismissal

deliver either: a section of a pre-prepared sequence (including dance steps and a body skill) **or** body skill linked with an apparatus skill from the fundamental groups of the apparatus; the assessor will allocate this at the beginning of the assessment.

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

<p><b>Box 1</b></p> <p><b>Warm up and class organisation</b></p> <p>Show the relevant coaching techniques (through breakdown &amp; build up) for the body &amp; apparatus skills below:</p> <p>Apparatus - <b>ROPE</b> 1 x Leap - level 2 resource pack and rope fundamental 1 x Rope fundamental (different to the above) without body difficulty 1 x Small throw of rope 1 x Series of dance steps with a fundamental <u>Coach 30 sec (max) linked sequence ?</u> ROPE To include all the skills listed above, sequence must include linking elements and dance steps</p> <p><b>Cool down to assist box 2</b></p>	<p><b>Box 2</b></p> <p><b>Warm up to assist box 1</b></p> <p>Show the relevant coaching techniques (through breakdown and build up) for the body and apparatus skills below:</p> <p>Apparatus - <b>HOOP</b> 1 x Rotation- level 2 resource pack and hoop fundamental 1 x Hoop fundamental (different to the above) without body difficulty 1 x Small throw of hoop 1 x Series of dance steps with a fundamental <u>Coach 30 sec (max) linked sequence -</u> HOOP To include all the skills listed above, sequence must include linking elements and dance steps</p> <p><b>Cool down and class organisation</b></p>	<p><b>Box 3</b></p> <p><b>Warm up and class organisation</b></p> <p>Show the relevant coaching techniques (through breakdown and build up) for the body and apparatus skills below:</p> <p>Apparatus - <b>BALL</b> 1 x Balance- level 2 resource pack and ball fundamental 1 x Ball fundamental (different to the above) without body difficulty 1 x Small throw of ball 1 x Series of dance steps with a fundamental <u>Coach 30 sec (max) linked sequence -</u> BALL To include all the skills listed above, sequence must include linking elements and dance steps</p> <p><b>Cool down assist box 4</b></p>
<p><b>Box 4</b></p> <p><b>Warm up to assist box 3</b></p> <p>Show the relevant coaching techniques (through breakdown and build up) for the body and apparatus skills below:</p> <p>Apparatus ? <b>CLUBS</b> 1 x Leap - level 2 resource pack and clubs fundamental 1 x Clubs fundamental (different to the above) without body difficulty 1 x Small throw of 2 clubs 1 x Series of dance steps with a fundamental <u>Coach 30 sec (max) linked sequence -</u> CLUBS To include all the skills listed above, sequence must include linking elements and dance steps</p> <p><b>Cool down and class organisation</b></p>	<p><b>Box 5</b></p> <p><b>Warm up and class organisation</b></p> <p>Show the relevant coaching techniques (through breakdown and build up) for the body and apparatus skills below:</p> <p>Apparatus - <b>RIBBON</b> 1x Rotation level 2 resource pack and ribbon fundamental 1 x Ribbon fundamental (different to the above) without body difficulty 1 x Small toss of ribbon 1 x Series of dance steps with a fundamental <u>Coach 30 sec (max) linked sequence -</u> RIBBON To include all the skills listed above, sequence must include linking elements and dance steps</p> <p><b>Cool down to assist box 6</b></p>	<p><b>Box 6</b></p> <p><b>Warm up to assist box 5</b></p> <p>Show the relevant coaching techniques (through breakdown and build up) for the body and apparatus skills below:</p> <p>Apparatus - <b>ROPE</b> 1 x Balance - level 2 resource pack and rope fundamental 1 x Rope fundamental (different to the above) without body difficulty 1 x Small throw of rope 1 x Series of dance steps with a fundamental <u>Coach 30 sec (max) linked sequence -</u> ROPE To include all the skills listed above, sequence must include linking elements dance steps</p> <p><b>Cool down and class organisation</b></p>

