

# Skills Matrix

## Trampoline 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:

The assessor will choose one task from 3 different categories A-D in the candidate's designated box

The manual support of at least one somersault must be demonstrated.

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

<p><b>Box 1</b></p> <p><b>A.</b> Conditioning exercises on floor or bed to strengthen the legs - drill - front landing, to back landing, x3</p> <p><b>B.</b> Forwards somersault P - backwards somersault to seat tucked, to feet</p> <p><b>C.</b> Backwards somersault T, forwards somersault P (Linked)</p> <p><b>D.</b> Routine 2.5 - 3.5 difficulty - backwards somersault tucked, piked jump x3</p>	<p><b>Box 2</b></p> <p><b>A.</b> Conditioning exercises for stomach muscles - back pullover to front landing, to feet</p> <p><b>B.</b> Barani tucked, - backwards somersault straight</p> <p><b>C.</b> Barani P, backwards somersault tucked (linked)</p> <p><b>D.</b> Routine 2.5 - 3.5 difficulty - <math>\frac{3}{4}</math> forwards somersault (s), <math>\frac{1}{2}</math> twist to feet tuck jump x 3</p>	<p><b>Box 3</b></p> <p><b>A.</b> Flexibility exercises to improve hip flexibility - front landing, <math>\frac{1}{2}</math> twist to front landing (cruise)</p> <p><b>B.</b> <math>\frac{3}{4}</math> forwards somersault - backwards somersault piked</p> <p><b>C.</b> Backwards somersault P, barani T (linked)</p> <p><b>D.</b> Routine 2.5 - 3.5 tariff - barani T, <math>\frac{1}{2}</math> twist jump, straddle jump x 3</p>
<p><b>Box 4</b></p> <p><b>A.</b> Conditioning exercises to strengthen back muscles. - front landing, full twist to feet</p> <p><b>B.</b> Barani piked - backwards somersault tucked with line out</p> <p><b>C.</b> Backwards somersault T, backwards somersault to seat T to feet (Linked).</p> <p><b>D.</b> Routine 2.5 - 3.5 difficulty - backwards somersault piked, tuck jump x 3</p>	<p><b>Box 5</b></p> <p><b>A.</b> Conditioning exercises to stretch shoulders. Back landing, <math>1\frac{1}{2}</math> twist to feet</p> <p><b>B.</b> Barani piked, - backwards somersault piked</p> <p><b>C.</b> Forwards somersault P, forwards somersault tucked (linked)</p> <p><b>D.</b> Routine 2.5 - 3.5 difficulty - barani piked, piked jump, x 3</p>	<p><b>Box 6</b></p> <p><b>A.</b> Flexibility exercises for ankles and toes - 3 consecutive swivel hips</p> <p><b>B.</b> Forwards somersault tucked with line out - <math>\frac{3}{4}</math> backwards somersault straight, to feet</p> <p><b>C.</b> Backwards somersault T, <math>\frac{3}{4}</math> forwards somersault straight to feet (linked)</p> <p><b>D.</b> Routine 2.5 - 3.5 difficulty - straight backwards somersault, straddle jump x 3</p>