

Skills Matrix

Trampoline 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 choose two skills to be delivered on the day of the assessment. The manual support of at least one somersault must be demonstrated.

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

Box 1

- A.** Conditioning exercises on floor or bed to strengthen the legs - drill - front landing, to back landing, x3
- B.** Forwards somersault P - backwards somersault to seat tucked, to feet
- C.** Backwards somersault T, forwards somersault P (linked)
- D.** Routine 2.5 ? 3.5 difficulty - backwards somersault tucked, piked jump x3

Box 2

- A.** Conditioning exercises for stomach muscles - back pullover to front landing, to feet
- B.** Barani tucked - backwards somersault straight
- C.** Barani P, backwards somersault tucked (linked)
- D.** Routine 2.5 ? 3.5 difficulty - $\frac{3}{4}$ forwards somersault (s), $\frac{1}{2}$ twist to feet tuck jump x 3

Box 3

- A.** Flexibility exercises to improve hamstring flexibility - pike somersault
- B.** $\frac{3}{4}$ forwards somersault - backwards somersault piked
- C.** Backwards somersault P, barani T (linked)
- D.** Routine 2.5 ? 3.5 tariff - barani T, $\frac{1}{2}$ twist jump, straddle jump x 3

Box 4

- A.** Conditioning exercises to strengthen back muscles - front landing, full twist to feet
- B.** Barani piked - backwards somersault tucked with line out
- C.** Backwards somersault T, backwards somersault to seat T to feet (linked).
- D.** Routine 2.5 ? 3.5 difficulty - backwards somersault piked, tuck jump x 3

Box 5

- A.** Conditioning exercises to stretch shoulders - back landing, $1\frac{1}{2}$ twist to feet
- B.** Barani piked - backwards somersault piked
- C.** Forwards somersault P, forwards somersault tucked (linked)
- D.** Routine 2.5 ? 3.5 difficulty - barani piked, piked jump, x 3

Box 6

- A.** Flexibility exercises for ankles and toes - 3 consecutive swivel hips
- B.** Forwards somersault tucked with line out - $\frac{3}{4}$ backwards somersault straight, to feet
- C.** Backwards somersault T, $\frac{3}{4}$ forwards somersault straight to feet (linked)
- D.** Routine 2.5 - 3.5 difficulty - straight backwards somersault, straddle jump x 3