

# Skills Matrix

## Tumbling Gymnastics Level 2

The below skills boxes contain the skills which are to be demonstrated (in full) by at least one of the participants during the learner's practical assessment.

The learner will be required to:

deliver activities within either the warm up or cool down; the assessor will allocate this at the beginning of the assessment.

the warm up must be for a group of participants and focus on muscle activation and flexibility activities

the cool down must be for a group of participants and focus on post training conditioning aimed to increase the participants leg power for tumbling

deliver skills from groups 1 and 2, one of the skills from group 3, and the skill from group 4 from your allocated skills box; 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>Group 1:</b> Round off flics straight backwards somersault</p> <p><b>Group 2:</b> Eight element series including four flics, two whips, finishing with a tucked somersault</p> <p><b>Group 3:</b> Straight backwards somersault 180° Tucked arabian somersault</p> <p><b>Group 4:</b> Rebound double backwards somersault tucked</p>	<p><b>Box 2</b></p> <p><b>Group 1:</b> Round off flics straight backwards somersault</p> <p><b>Group 2:</b> Eight element series including four flics, two whips, finishing with a tucked somersault</p> <p><b>Group 3:</b> Straight backwards somersault 180° Tucked arabian somersault</p> <p><b>Group 4:</b> Rebound double backwards somersault tucked</p>	<p><b>Box 3</b></p> <p><b>Group 1:</b> Round off flics straight backwards somersault</p> <p><b>Group 2:</b> Eight element series including four flics, two whips, finishing with a tucked somersault</p> <p><b>Group 3:</b> Straight forwards somersault 180° Straight backwards somersault 180°</p> <p><b>Group 4:</b> Rebound backwards somersault 720°</p>
<p><b>Box 4</b></p> <p><b>Group 1:</b> Round off flics straight backwards somersault</p> <p><b>Group 2:</b> Eight element series including four flics, two whips, finishing with a tucked somersault</p> <p><b>Group 3:</b> Tuck forwards somersault in series Straight backwards somersault 180°</p> <p><b>Group 4:</b> Rebound double backwards somersault piked</p>	<p><b>Box 5</b></p> <p><b>Group 1:</b> Round off flics straight backwards somersault</p> <p><b>Group 2:</b> Eight element series including four flics, two whips, finishing with a tucked somersault</p> <p><b>Group 3:</b> Barani Tucked forward somersault in series</p> <p><b>Group 4:</b> Rebound backwards somersault 720°</p>	<p><b>Box 6</b></p> <p><b>Group 1:</b> Round off flics straight backwards somersault</p> <p><b>Group 2:</b> Eight element series including four flics, two whips, finishing with a tucked somersault</p> <p><b>Group 3:</b> Piked forward somersault in series Straight backwards somersault 180°</p> <p><b>Group 4:</b> Rebound backwards somersault with double twist</p>