

# Skills Matrix

## Acrobatic 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 the three skills and physical preparation activities to be delivered on the day of the assessment. The group composition does not have to adhere to competition gender requirements, e.g. a trio or four can be a mixture of male and female participants.

The assessment process is a total of 90 minutes and will follow this format:

- 5 minutes: Warm-up including pulse raiser and mobilisation.
- 5 minutes: Physical preparation activities for your selected individual skill and *either* your selected pair *or* group work.
- 10 minutes: Skill from the individual section.
- 10 minutes: Skill from the pair section.
- 10 minutes: Skill from the group section.
- 5 minutes: Cool-down including stretching and session conclusion.
- 45 minutes: Self-reflection, questioning, logbook and practical result, feedback and action plan.

<p><b>Box 1</b></p> <p><b>Physical preparation (5 minutes each) for your:</b></p> <p>selected individual skills, pair and group work</p> <p><b>Skills (10 minutes each):</b></p> <p>Individual:</p> <ol style="list-style-type: none"><li>1. Backwards walkover</li><li>2. Flic to knee</li><li>3. Round off flic</li><li>4. Straddle 1/2 lever</li></ol> <p>Pair:</p> <ol style="list-style-type: none"><li>1. Handstand on knee (base in lunge)</li><li>2. Pitch stretch jump</li></ol> <p>Group:</p> <ol style="list-style-type: none"><li>1. Half column</li><li>2. Back somersault from standing on platform to floor</li></ol>	<p><b>Box 2</b></p> <p><b>Physical preparation (5 minutes each) for your:</b></p> <p>selected individual skills, pair and group work</p> <p><b>Skills (10 minutes each):</b></p> <p>Individual:</p> <ol style="list-style-type: none"><li>1. Change leg walkover</li><li>2. Dive forward roll</li><li>3. Round off flic</li><li>4. Handstand with 360° turn</li></ol> <p>Pair:</p> <ol style="list-style-type: none"><li>1. Angel on hands, motion down to splits</li><li>2. Pitch stretch jump to catch in bases hands</li></ol> <p>Group:</p> <ol style="list-style-type: none"><li>1. Saucepan</li><li>2. Pitch or platform, 1/4 somersault to catch in cradle</li></ol>	<p><b>Box 3</b></p> <p><b>Physical preparation (5 minutes each) for your:</b></p> <p>selected individual skills, pair and group work</p> <p><b>Skills (10 minutes each):</b></p> <p>Individual:</p> <ol style="list-style-type: none"><li>1. Valdez</li><li>2. Handspring</li><li>3. Round off flic</li><li>4. 1/2 lever - legs together</li></ol> <p>Pair:</p> <ol style="list-style-type: none"><li>1. Top standing on shoulders, base motion down to split</li><li>2. Pitch stretch jump to catch in bases hands</li></ol> <p>Group:</p> <ol style="list-style-type: none"><li>1. Base (1) supine with legs raised supporting bases 2 and 3 in stand on knees, top standing in hands of base 1</li><li>2. Back somersault from standing on platform to floor</li></ol>
<p><b>Box 4</b></p> <p><b>Physical preparation (5 minutes each) for your:</b></p> <p>selected individual skills, pair and group work</p> <p><b>Skills (10 minutes each):</b></p>	<p><b>Box 5</b></p> <p><b>Physical preparation (5 minutes each) for your:</b></p> <p>selected individual skills, pair and group work</p> <p><b>Skills (10 minutes each):</b></p> <p>Individual:</p>	<p><b>Box 6</b></p> <p><b>Physical preparation (5 minutes each) for your:</b></p> <p>selected individual skills, pair and group work</p> <p><b>Skills (10 minutes each):</b></p> <p>Individual:</p> <ol style="list-style-type: none"><li>1. Forward elbow walkover to splits</li></ol>

Individual:

1. Healey turn
2. Handspring
3. Round off flic
4. Tucked top planche

Pair:

1. Straddle 1/2 lever, base supine
2. Pitch stretch jump to catch in bases hands

Group:

1. Half column
2. Back somersault from sitting on platform to floor

1. Forward elbow walkover to splits
2. Free cartwheel
3. Round off flic
4. Handstand with 360° turn

Pair:

1. Top standing on shoulders, base motion down to straddle sit
2. Pitch stretch jump to floor

Group:

1. Base in lunge, middle straddle lever on back of leg and top standing on shoulders (spaghetti)
2. Pitch or platform, 1/4 somersault to land in cradle

2. Flic walkout
3. Two handsprings
4. Free cartwheel

Pair:

1. Top standing on shoulders, base motion down to splits
2. Pitch stretch jump to catch in bases hands

Group:

1. Two bases standing, third base standing on shoulders, top in supported handstand on floor
2. Back somersault from sitting on platform to floor