

Skills Matrix

Acrobatic 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.

deliver one activity from each category listed: individual, pair and group. The assessor will allocate these at the beginning 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 learner will be allocated one of the following skills boxes for their practical assessment.

<p>Box 1</p> <p>Warm up or cool down and class organisation</p> <p>Physical preparation for your:</p> <p>Selected individual skill and Selected pair or group work</p> <p>Skills:</p> <p>Individual:</p> <ol style="list-style-type: none">1. Backwards walkover2. Flic to knee3. Round off flic4. Straddle 1/2 lever <p>Pair:</p> <ol style="list-style-type: none">1. Handstand on Knee (Base in lunge)2. Pitch stretch jump <p>Group:</p> <ol style="list-style-type: none">1. Half column2. Back somersault from standing on platform to floor	<p>Box 2</p> <p>Warm up or cool down and class organisation</p> <p>Physical preparation for your:</p> <p>Selected individual skill and Selected pair or group work</p> <p>Skills:</p> <p>Individual:</p> <ol style="list-style-type: none">1. Change leg walkover2. Dive forward roll3. Round off flic4. Handstand with 360° turn <p>Pair:</p> <ol style="list-style-type: none">1. Angel on hands, motion down to splits2. Pitch stretch jump to catch in bases hands <p>Group:</p> <ol style="list-style-type: none">1. Saucepan2. Pitch or Platform, 1/4 somersault to catch in cradle	<p>Box 3</p> <p>Warm up or cool down and class organisation</p> <p>Physical preparation for your:</p> <p>Selected individual skill and Selected pair or group work</p> <p>Skills:</p> <p>Individual:</p> <ol style="list-style-type: none">1. Valdez2. Handspring3. Round off flic4. 1/2 lever - legs together <p>Pair:</p> <ol style="list-style-type: none">1. Top standing on shoulders, base motion down to split2. Pitch stretch jump to catch in bases hands <p>Group:</p> <ol style="list-style-type: none">1. Base (1) supine with legs raised supporting bases 2 & 3 in stand on knees, top standing in hands of base 12. Back somersault from standing on platform to floor
<p>Box 4</p> <p>Warm up or cool down and class organisation</p> <p>Physical preparation for your:</p> <p>Selected individual skill and Selected pair or group work</p> <p>Skills:</p> <p>Individual:</p> <ol style="list-style-type: none">1. Healey turn2. Handspring3. Round off flic4. Tucked top planche	<p>Box 5</p> <p>Warm up or cool down and class organisation</p> <p>Physical preparation for your:</p> <p>Selected individual skill and Selected pair or group work</p> <p>Skills:</p> <p>Individual:</p> <ol style="list-style-type: none">1. Forward elbow walkover to splits2. Free cartwheel3. Round off flic4. Handstand with 360° turn <p>Pair:</p> <ol style="list-style-type: none">1. Top standing on shoulders, base motion	<p>Box 6</p> <p>Warm up or cool down and class organisation</p> <p>Physical preparation for your:</p> <p>Selected individual skill and Selected pair or group work</p> <p>Skills:</p> <p>Individual:</p> <ol style="list-style-type: none">1. Forward elbow walkover to splits2. Flic walkout3. Two handsprings4. Free Cartwheel <p>Pair:</p> <ol style="list-style-type: none">1. Top standing on shoulders, base motion down to splits

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

- 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. 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