

Skills Matrix

General Gymnastics Level 1

You will be assessed on your ability to:

Plan a session for **all** skills within your allocated skills box, issued four weeks prior to the assessment

Deliver the warm up, two of the skills and the cool down from your planned session

You need to bring at least three participants to the practical assessment

This skills matrix is valid for courses starting from 04/06/2016

Box 1 Conditioning: Shoulder stand Floor: Handstand Vault: Straddle on, close feet, jump off Beam: Jump to front support, circle one leg ¼ turn to straddle sit Bars: Circle upwards Partner work: Counter balance activity	Box 2 Flexibility: Straddle fold Floor: Handstand forwards roll Vault: Run, hurdle step, take off to land Beam: Variations of jump dismounts Bars: Backwards hip circle Partner work: Weight balance activity	
Assessment process Briefing and set up - 10 mins Warm up - 5 mins 1st Skill delivery - 10 mins 2nd Skill delivery - 10 mins Cool down - 5 mins Self-reflection - 5 mins De-brief - 15 mins	Box 3 Flexibility: Bridge Floor: Backwards roll Vault: Straddle vault Beam: Swing to squat on beam Bars: Backwards hip circle Partner work: Counter balance activity	Box 4 Conditioning: Arm pushing strength Floor: Cartwheel Vault: Squat on long box, straddle off Beam: Jump to front support, circle on leg ¼ turn to straddle sit Bars: Cast from support to land Partner work: Weight balance activity