

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 six weeks prior to the assessment

Deliver the activities and skills presented in **bold type**

You need to use at least three participants within your practical video submission.

This skills matrix is valid for virtual courses & assessments starting from April 2021.

Box 1

Warm-up (5 minutes)

Conditioning: Shoulder Stand (10 minutes)

Floor: Handstand (10 minutes)

Vault: Straddle on, close feet, jump off (10 minutes)

Beam: Jump to front support, circle one leg $\frac{1}{4}$ turn to straddle sit (10 minutes)

Bars: Circle upwards (10 minutes)

Partner work: Counterbalance activity (10 minutes)

Cool-down (5 minutes)

Box 2

Warm-up (5 minutes)

Flexibility: Straddle fold (10 minutes)

Floor: Handstand forward roll (10 minutes)

Vault: Run, hurdle step, take off to land (10 minutes)

Beam: Variation of jump dismounts (10 minutes)

Bars: Backwards hip circle (10 minutes)

Partner work: Weight balance activity (10 minutes)

Cool-down (5 minutes)

Box 3

Warm-up (5 minutes)

Flexibility: Bridge (10 minutes)

Floor: Backward roll (10 minutes)

Vault: Straddle over (10 minutes)

Beam: Swing to squat on beam (10 minutes)

Bars: Backwards hip circle (10 minutes)

Partner work: Counterbalance activity (10 minutes)

Cool-down (5 minutes)

Box 4

Warm-up (5 minutes)

Conditioning: Arm pushing strength (10 minutes)

Floor: Cartwheel (10 minutes)

Vault: Squat on long box, straddle off (10 minutes)

Beam: Jump to front support, circle on leg $\frac{1}{4}$ turn to straddle sit (10 minutes)

Bars: Cast from support to land (10 minutes)

Partner work: Weight balance activity (10 minutes)

Cool-down (5 minutes)