

Skills Matrix

TeamGym 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

<p>Box 1</p> <p>Floor: Two exercises to improve a bridge</p> <p>Vault: Handspring to back on stack of mats</p> <p>Trampoline: Front somersault (rebound only)</p> <p>Tumble: Round off</p> <p>Floor: Handstand forwards roll</p> <p>A 20-30 second choreographed floor exercise: Including a jump, spin, and one acrobatic element from the syllabus</p>	<p>Box 2</p> <p>Floor: Two exercises to improve forward splits</p> <p>Vault: Squat on, jump off</p> <p>Trampoline: $\frac{3}{4}$ forwards somersault to lie on back on stack of mats</p> <p>Tumble: Flic</p> <p>Floor: Forwards walkover</p> <p>A 20-30 second choreographed floor exercise: Including a jump, spin, and one acrobatic element from the syllabus</p>	
<p>Assessment process</p> <p>Briefing and set up - 10 mins</p> <p>Warm up - 5 mins</p> <p>1st Skill delivery - 10 mins</p> <p>2nd Skill delivery - 10 mins</p> <p>Cool down - 5 mins</p> <p>Self-reflection - 5 mins</p> <p>De-brief - 15 mins</p>	<p>Box 3</p> <p>Floor: Two exercises to improve arm strength</p> <p>Vault: Squat through</p> <p>Trampoline: $\frac{3}{4}$ forward somersault to lie on back on stack of mats</p> <p>Tumble: Handspring</p> <p>Floor: Two linked cartwheels</p> <p>A 20-30 second choreographed floor exercise: Including a jump, spin, and single leg balance from the syllabus</p>	<p>Box 4</p> <p>Floor: Two exercises to improve leg strength for jumping</p> <p>Vault: Handspring to back on stack of mats</p> <p>Trampoline: Forwards somersault (rebound only)</p> <p>Tumble: Handspring</p> <p>Floor: Backwards walkover</p> <p>A 20-30 second choreographed floor exercise: Including a jump, spin, and single leg balance from the syllabus</p>