## **Skills Matrix**

## Women's Artistic 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 typeÂ** You need to use at least three participants within your practical video submission.

This Skills Matrix is valid for any assessments linked to courses starting after 1st January 2024. If your course started before 1st January 2024 please use the Skills Matrix available in your academy.

Box 1	Box 2
Warm-up (5 minutes)	Warm-up (5 minutes)
Vault: Squat through (10 minutes)	Vault: Handspring to flatback (10 minutes)
Bars: Cast to backward hip circle (10 minutes)	Bars: Swing ½ turn (10 minutes)
Beam: Four different balances from the syllabus (10 minutes)	Beam: A selection of turns from the syllabus (10 minutes)
<b>Floor: Handstand forward roll (10 minutes)</b> Floor: Bridge (10 minutes)	<b>Floor: Forward Walkover (10 minutes)</b> Floor: Handstand (10 minutes)
Cool-down (5 minutes)	Cool-down (5 minutes)
Box 3	Box 4
Box 3 Warm-up (5 minutes)	Box 4 Warm-up (5 minutes)
Warm-up (5 minutes)	Warm-up (5 minutes)
Warm-up (5 minutes) Vault: Handspring to flatback (10 minutes)	Warm-up (5 minutes) Vault: Squat on, stretch jump off (10 minutes)
<ul> <li>Warm-up (5 minutes)</li> <li>Vault: Handspring to flatback (10 minutes)</li> <li>Bars: Cast towards handstand (10 minutes)</li> <li>Beam: Four jumps and leaps from the syllabus (10 minutes)</li> <li>Floor: Handstand to Bridge (10 minutes)</li> </ul>	Warm-up (5 minutes) Vault: Squat on, stretch jump off (10 minutes) Bars: Swinging on high bar (10 minutes)
Warm-up (5 minutes) Vault: Handspring to flatback (10 minutes) Bars: Cast towards handstand (10 minutes) Beam: Four jumps and leaps from the syllabus (10 minutes)	Warm-up (5 minutes) Vault: Squat on, stretch jump off (10 minutes) Bars: Swinging on high bar (10 minutes) Beam: Split leap (10 minutes)