

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 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 Vault: Squat on, jump off Bars: Cast to backwards hip circle Beam: Four different balances from the syllabus Floor: Forwards roll to straddle sit and stand Floor: Headstand Floor: Bridge	Box 2 Vault: Squat through Bars: Turning swings Beam: A selection of turns from the syllabus Floor: Forwards walkover Floor: Handstand Floor: Jump 1/1 turn	
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 Vault: Handspring to flatback Bars: Cast towards handstand Beam: Four jumps and leaps from the syllabus Floor: Backwards walkover Floor: Cartwheel Landing: For apparatus of your choice	Box 4 Vault: Using the trampette for a range of skills from the syllabus Bars: Upwards circle Beam: Split leap Floor: Handstand to bridge Flexibility: Circuit of your choice Rebound: Jumping