Skills Matrix

Men'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.

ThisÂ Skills Matrix is valid for anyÂ 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

Warm-up (5 minutes)?

Floor: Development of handstand (10 minutes)?

Pommels: Development of double leg circle (10 minutes)?

Rings: Basic swing (10 minutes)?

Parallel Bars: Flank vault dismount (10 minutes)?

Bar: Swing ½ turn (10 minutes)?

Cool-down (5 minutes)?

Box 2

Warm-up (5 minutes)?

Floor: Handstand Forward Roll (10 minutes)?

Pommels: Development of double leg circle (10 minutes)

Rings: Basic Swing (10 minutes)

Vault: Handspring to back (10 minutes)?

Parallel Bars: Swing in hang (10 minutes)?

Cool-down (5 minutes)?

Box 3

Warm-up (5 minutes)?

Floor: Cartwheel (10 minutes)?

Pommels: Half shear (10 minutes)?

Rings: Tuck Back Somersault Dismount (10 minutes)

Vault: Squat through vault (10 minutes)?

Bar: Basic Swing (10 minutes)

Cool-down (5 minutes)?

Box 4

Warm-up (5 minutes)?

Floor: Round-off (10 minutes)?

Rings: Basic swing (10 minutes)?

Vault: Run up and take-off from springboard (10 minutes)

Parallel Bars: Swing in Support (10 minutes)?

Bar: Basic swing (10 minutes)?

Cool-down (5 minutes)?