

Skills Matrix

Rhythmic Gymnastics 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 01/02/2017

<p>Box 1</p> <p>Ballet: Demi Plie. In 1st, 2nd and 5th position, at the Barre. Body skill: Bodywave forwards, Standing. Rope: Split Leap passing through the rope. Rope turning forwards. Ball: Spiral outwards of the ball, kneeling on the floor with movement of the body. Hoop: Throw and catch, in Wheel plane whilst standing. Acrobatic: Forward roll to finish stand.</p>	<p>Box 2</p> <p>Ballet: Battement tendu from 1st position at the barre Body skill: Passe pivot (en dehor). Rope: Half Lasso, in table plane. Ball: Arabesque balance with bounces of the ball. Choreography: Link 4 hoop movements with logical connections, demonstrating good transition between the planes. Acrobatic: Handstand starting and finishing in a standing position.</p>	<p>Assessment Process</p> <p>Warm up - 5 mins</p> <p>1st Skill delivery - 10 mins</p> <p>2nd Skill delivery - 10 mins</p> <p>Cool down and conclusion - 5 mins</p>
<p>Box 3</p> <p>Ballet: Battement jete from 1st position at the barre. Body skill: Front Horizontal (90 degree) pivot Ribbon: Attitude balance with Snakes of the ribbon. Acrobatic: Cartwheel, starting and finishing in a standing position. Rope: Echappe from rotations with the rope, in one hand. Choreography: Link four movements of the hoop with correct logical connections, demonstrating good planes and transitions</p>	<p>Box 4</p> <p>Ballet: Rond de jambe par terre at the barre. Body skill: Split leap Ribbon: Grip of the ribbon stick, with toss and catch (echappe) (choice of plane). Hoop: Rotations of the hoop around the hand with a balance with leg held at the Side 90° . Clubs: Grip of the clubs and large circles in wheel plane. Using both clubs. Choreography: Link a series of at least 4 rope skills with logical linking and moving between planes.</p>	