Skills Matrix

Pike jump

Cool-down (5 minutes)

Trampoline Gymnastics 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) |
| Front landing $\frac{1}{2}$ twist to feet (10 minutes) | Back landing ¹ / ₂ twist to feet (10 minutes) |
| Roller (10 minutes) | $\frac{1}{2}$ twist to back landing, to feet (10 minutes) |
| Back landing to front landing, to feet (10 minutes) | Seat landing, full twist to feet (10 minutes) |
| ³ ⁄ ₄ Forward Turnover to Back (10 minutes) | ³ / ₄ Forward Turnover to Back (10 minutes) |
| Routine (10 minutes) Full twist Straddle jump ½ twist to seat landing ½ twist to feet ½ twist jump | Routine (10 minutes): ½ twist to front landing |
| | to feet Straddle jump |
| | Seat landing to feet |
| Pike jump Cool-down (5 minutes) | Tuck jump Cool-down (5 minutes) |
| Box 3 | Box 4 |
| Warm-up (5 minutes) | Warm-up (5 minutes) |
| $\frac{1}{2}$ twist to front landing, to feet (10 minutes) | Seat landing to front landing, to feet (10 minutes) |
| Front landing to seat landing, to feet (10 minutes) | Hands and knees forward turnover to seat landing with tuck extension (10 minutes) |
| Back landing full twist to feet (10 minutes) 3/4 Forward Turnover to Back (10 minutes) | Front landing full twist to feet (10 minutes) |
| Routine (10 minutes) | ³ ⁄ ₄ Forward Turnover to Back (10 minutes) |
| ½ twist jump | Routine (10 minutes): ½ twist jump |
| Straddle jump Seat landing | Pike jump |
| ¹ / ₂ twist to Seat | Back landing |
| | ½ twist to feet |

Tuck jump

Full twist

Cool-down (5 minutes)