

Skills Matrix

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 type**

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

Warm-up (5 minutes)

Front landing ½ twist to feet (10 minutes)

Roller (10 minutes)

Back landing to front landing, to feet (10 minutes)

¾ 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

Pike jump

Cool-down (5 minutes)

Box 2

Warm-up (5 minutes)

Back landing ½ twist to feet (10 minutes)

½ twist to back landing, to feet (10 minutes)

Seat landing, full twist to feet (10 minutes)

¾ Forward Turnover to Back (10 minutes)

Routine (10 minutes):

½ twist to front landing

to feet

Straddle jump

Seat landing

to feet

Tuck jump

Cool-down (5 minutes)

Box 3

Warm-up (5 minutes)

½ twist to front landing, to feet (10 minutes)

Front landing to seat landing, to feet (10 minutes)

Back landing full twist to feet (10 minutes)

¾ Forward Turnover to Back (10 minutes)

Routine (10 minutes)

½ twist jump

Straddle jump

Seat landing

½ twist to Seat

½ twist to feet

Pike jump

Cool-down (5 minutes)

Box 4

Warm-up (5 minutes)

Seat landing to front landing, to feet (10 minutes)

Hands and knees forward turnover to seat landing with tuck extension (10 minutes)

Front landing full twist to feet (10 minutes)

¾ Forward Turnover to Back (10 minutes)

Routine (10 minutes):

½ twist jump

Pike jump

Back landing

½ twist to feet

Tuck jump

Full twist

Cool-down (5 minutes)

