

Skills Matrix

Acrobatic 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) Group: Platform Preps (10 minutes) Supported Handstand (10 minutes) Pairs: Stand on knees (10 minutes) Supported Front Angel (10 minutes) Individual: Forward roll to straddle stand (10 minutes) Cool-down (5 minutes)	Box 2 Warm-up (5 minutes) Group: Jump to cradle catch (10 minutes) Bases in lunge, stand on knees (10 minutes) Pairs: Leap frog (10 minutes) Stand on hands of base lying - bent arms (10 minutes) Individual: Pike lever (10 minutes) Cool-down (5 minutes)
Box 3 Warm-up (5 minutes) Group: 2 x Supported jumps (10 minutes) Stand on bases shoulders - bases standing (10 minutes) Pairs: Jump to cradle catch (10 minutes) Counterbalance on knees (10 minutes) Individual: Cartwheel (10 minutes) Cool-down (5 minutes)	Box 4 Warm-up (5 minutes) Group: Platform preps (10 minutes) Supported Handstand (10 minutes) Pairs: Supported Back Angel (10 minutes) Cartwheel over dish (10 minutes) Individual: Japana (10 minutes) Cool-down (5 minutes)