## **Skills Matrix**

## **Aerobic 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<br>minutes)                        | Warm-up (5 minutes)   |
| Wenson push up (10 minutes)                   | 3 x 8 Count AMP, 1 x 8<br>Count transition (10<br>minutes) ** |
| Cossack jump (10 minutes)                     | Split jump (10 minutes)                                       |
| Straddle V-<br>support (10<br>minutes)        | Free vertical split (10 minutes)                              |
|   | Plio push up (10 minutes)                                     |
| Split through<br>(pancake) ** (10<br>minutes) | Free fall ½ twist airborne (10 minutes)                       |
| Helicopter ** (10 minutes)                    | Cool-down (5 minutes)   |
| Cool-down (5<br>minutes)                      |   |

| Box 3                                   | Box 4   |
|---|---|
| Warm-up (5 minutes)  Lateral 1 leg push | Warm-up (5 minutes)  3 x 8 Count AMP, 1 x 8  Count transition (10 |
| up (10 minutes)                         | minutes)  |
| Back walkover<br>(10 minutes)           | 1 leg hinge push up (10 minutes)                                  |
| 1 ½ turn (10 minutes)                   | 1/1 air turn (10 minutes)   |
| Straddle jump (10 minutes)              | 1/1 turn L-support**<br>(10 minutes)                              |
| ½ turn tuck                             | Round off (10 minutes)  |
| jump to split**<br>(10 minutes)         | Cool-down (5 minutes)   |
| Cool-down (5                            |   |

minutes)

## Guidance

Due to the nature of this discipline, manual support cannot be shown for some identified skills, although spotting/alignment may occur. This is shown with ?\*\*' next to the skill.