

# 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 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 04/06/2017**

<b>Box 1</b>  3 x 8 Count AMP, 1 x 8 Count transition  Wenson push up  Cossack jump  Straddle V-support  Split through (pancake)  Helicopter	<b>Box 2</b>  3 x 8 Count AMP, 1 x 8 Count transition  Wenson support  Split jump  Free vertical split  Plio push up  Free fall ½ twist airborne	
<b>Assessment process</b>  <b>Briefing and set up</b> - 10 mins  <b>Warm up</b> - 5 mins  <b>1st Skill delivery</b> - 10 mins  <b>2nd Skill delivery</b> - 10 mins  <b>Cool down</b> - 5 mins  <b>Self-reflection</b> - 5 mins  <b>De-brief</b> - 15 mins	<b>Box 3</b>  3 x 8 Count AMP, 1 x 8 Count transition  Lateral 1 leg push up  Back walkover  1 ½ turn  Straddle jump  ½ turn tuck jump to split	<b>Box 4</b>  3 x 8 Count AMP, 1 x 8 Count transition  1 leg hinge push up  1/1 air turn  1/1 turn to vertical split  1/1 turn L-support  Round off