

# Skills Matrix

## Aerobic Gymnastics Level 2

The below skills boxes contain the skills which are to be demonstrated by at least one of the participants during the learner's practical assessment.

The learner will be required to:

deliver both activities within either the warm up or cool down (including pulse raiser/lower); the assessor will allocate this at the beginning of the assessment.

deliver one activity from each category listed: conditioning/flexibility, skills progressions and choreography. The assessor will allocate these at the beginning of the assessment.

The learner will be allocated one of the following skills boxes for their practical assessment.

**This skills matrix is valid for courses starting from 01/01/2019**

<p><b>Box 1</b></p> <p><b>Warm up or cool down and class organisation</b></p> <p><b>Flexibility and/or conditioning</b> (as applicable) Group A - Headspring Group D - 1/1 turn to vertical splits</p> <p><b>Skills progressions</b> Group C - ½ turn cossack jump to split Group B - V support</p> <p><b>Choreography</b> - 4 x 8 count and 1 transition air, surface, floor, FIG group 1</p>	<p><b>Box 2</b></p> <p><b>Warm up or cool down and class organisation</b></p> <p><b>Flexibility and/or conditioning</b> (as applicable) Group B - L support 1/1 turn Group A - Flairs</p> <p><b>Skills progressions</b> Group C - 1/1 turn pike jump Group D - Illusion to vertical split</p> <p><b>Choreography</b> - 4 x 8 count and 1 transition air, surface, floor, FIG group 1</p>	<p><b>Box 3</b></p> <p><b>Warm up or cool down and class organisation</b></p> <p><b>Flexibility and/or conditioning</b> (as applicable) Group B - Straddle/L support 1/1 turn Group D - Balance 1/1 turn to vertical split</p> <p><b>Skills progressions</b> Group C - Split jump to split Group A - Helicopter to wenson</p> <p><b>Choreography</b> - 4 x 8 count and 1 transition air, surface, floor, FIG group 1</p>
<p><b>Box 4</b></p> <p><b>Warm up or cool down and class organisation</b></p> <p><b>Flexibility and/or conditioning</b> (as applicable) Group B - Straddle support 1/1 turn Group A - High V to frontal splits</p> <p><b>Skills progressions</b> Group C - Flic flac Group D - Free illusion</p> <p><b>Choreography</b> - 4 x 8 count and 1 transition air, surface, floor, FIG group 1</p>	<p><b>Box 5</b></p> <p><b>Warm up or cool down and class organisation</b></p> <p><b>Flexibility and/or conditioning</b> (as applicable) Group A - Straddle cut to L support Group C - Scissor leap</p> <p><b>Skills progressions</b> Handspring Group C - Illusion to vertical split</p> <p><b>Choreography</b> - 4 x 8 count and 1 transition air, surface, floor, FIG group 1</p>	<p><b>Box 6</b></p> <p><b>Warm up or cool down and class organisation</b></p> <p><b>Flexibility and/or conditioning</b> (as applicable) Group B - 1/1 turn straddle V support Group A - Explosive A frame to wenson</p> <p><b>Skills Progressions</b> Group C - Straddle jump to push up Group D - 1/1 turn to free vertical</p> <p><b>Choreography</b> - 4 x 8 count and 1 transition air, surface, floor, FIG group 1</p>