

Skills Matrix

Aerobic Gymnastics Level 2

The Skills Matrix boxes below contain the skills which are to be demonstrated by at least one participant during the practical assessment. Learners should plan for the full Skills Matrix box and assessors will assign the conditioning, flexibility, skills and choreography to be delivered on the day of the assessment.

The assessment process is a total of 90 minutes and is set out in the following format:

- 5 minutes: Warm-up including a pulse raiser and mobilisation.
- 5 minutes: Flexibility and/or conditioning activity.
- 15 minutes: Skill delivery.
- 15 minutes: Choreography delivery.
- 5 minutes: Cool-down including stretching and session conclusion.
- 45 minutes: Self-reflection, questioning, logbook and practical result, feedback and action plan.

Box 1

Flexibility and/or conditioning as applicable (5 minutes each):

Acrobatic - Headspring
Group C - 1/1 balance turn

Skills progressions (15 minutes each):

Group B - ½ turn cossack jump to split
Group A - V support

Choreography (15 minutes):

4 x 8 count and 1 transition air, surface, floor, FIG group 1

Box 2

Flexibility and/or conditioning as applicable (5 minutes each):

Group A - L support 1/1 turn
Group A - Helicopter full turn to push up

Skills progressions (15 minutes each):

Group B - 1/1 turn pike jump
Group C - Double illusion

Choreography (15 minutes):

4 x 8 count and 1 transition air, surface, floor, FIG group 1

Box 3

Flexibility and/or conditioning as applicable (5 minutes each):

Group A - Straddle or L support 1/1 turn
Group C - 1/1 turn with leg at horizontal

Skills progressions (15 minutes each):

Group C - Split jump to splits
Group A - Helicopter to wenson

Choreography (15 minutes):

4 x 8 count and 1 transition air, surface, floor, FIG group 1

Box 4

Flexibility and/or conditioning as applicable (5 minutes each):

Group A - Straddle support 1/1 turn
Group A - High V to frontal splits

Skills progressions (15 minutes each):

Acrobatic - Flic flac
Group D - Free illusion

Choreography (15 minutes):

4 x 8 count and 1 transition air, surface, floor, FIG group 1

Box 5

Flexibility and/or conditioning as applicable (5 minutes each):

Group A - Straddle cut to L support
Group B - Scissor leap

Skills progressions (15 minutes each):

Acrobatic - Handspring
Group C - 3/1 spin

Choreography (15 minutes):

4 x 8 count and 1 transition air, surface, floor, FIG group 1

Box 6

Flexibility and/or conditioning as applicable (5 minutes each):

Group A - 1/1 turn V support
Group A - Explosive A frame to wenson

Skills progressions (15 minutes each):

Group B - Straddle jump to push up
Group C - 1/1 spin with leg at horizontal

Choreography (15 minutes):

4 x 8 count and 1 transition air, surface, floor, FIG group 1