### **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 -  $\frac{1}{2}$  turn cossack jump to split Group A - V support

### Choreography (15 minutes):

 $4 \times 8$  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

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

### Choreography (15 minutes):

 $4 \times 8$  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):

 $4 \times 8$  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):

 $4 \times 8$  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):

 $4 \times 8$  count and 1 transition air, surface, floor, FIG group 1