

Skills Matrix

Acrobatic Gymnastics Senior Club Coach

Learners to select **one skill from each of the categories** below and create a plan which develops **all selected skills** (15-20 minutes per skill). The plan must give details of the prerequisites of the skill, carefully selected progressions, and the specific physical training and preparation which would be needed by the gymnasts to perform the skill. The appropriate use of support and apparatus during the learning phases should also be indicated.

On the assessment day the learner must bring **a minimum of 1 x pair and 1 x group** to the assessment, and their planning for all pre-selected skills. The learner and assessor will have a Professional Discussion prior to the assessment to establish which **three skills** from the plans will be delivered in the assessment. Assessors will pick skills from the learner's plan based on the partnerships brought to assessment. The learner must ensure the gymnasts/partnerships are physically prepared to demonstrate the skills selected and planned for, and a copy of the session plans must be handed to the assessor at the start of the assessment.

In the assessment the learner must:

Carry out a specific warm up with all gymnasts (10 minutes maximum)

Coach the three skills agreed through the Professional Discussion, in accordance to the pre-prepared session plans (45-50 minutes maximum)

Carry out an appropriate cool down for all the gymnasts (5 minutes maximum)

Dismiss the gymnasts in an appropriate manner

The assessment debrief and outcome will be conducted after the practical assessment.

<p>Individuals</p> <p>360° twisting straight somersault to knee</p> <p>Backward walkover ½ turn forward walkover</p> <p>One hand flick</p> <p>Side somersault</p> <p>Free cartwheel to a variety of finish positions or another skill</p> <p>360° twisting straight somersault to split</p> <p>Flick to a variety of finish positions (incl. chest roll)</p> <p>Headspring to straddle sit</p>	<p>Pairs – Balance</p> <p>Two on one handstand on long one arm support of base</p> <p>One arm handstand on long one arm, or head support of base</p> <p>One foot supports in long arm</p> <p>One arm Flag handstand on one long arm or head support</p>	<p>Pairs – Dynamic</p> <p>360° twisting straight somersault dismount from stand in hands</p> <p>Foot pitch 2/4 somersault with 180° turn to catch in handstand</p> <p>5/4 straight somersault to wrap from stand in hands</p> <p>Double pike somersault from pitch or stand in hands</p>	
<p>Women's Group – Balance</p> <p>Bridge on bridge ? Long arm support</p> <p>Dead ant: Base lying supporting middle, top balancing on feet of middle</p>	<p>Women's Group – Dynamic</p> <p>4/4 somersault to catch in splits on shoulders of bases</p> <p>Double somersault dismount</p>	<p>Men's Group – Balance</p> <p>Support with bases in splits, middle on shoulders of bases and top in short arm handstand</p> <p>Bases standing, middle on shoulders of bases and top in any position on either long arm handstand, or one arm short arm, or 1 arm on head</p>	<p>Men's Group – Dynamic</p> <p>Three-man pitched dismount from platform to 8/4 tuck somersault and to re-catch on platform</p> <p>Two-man platform with 3rd base standing and top in hands of 3rd base, pitch to dismount and to re-catch</p>