

# Skills Matrix

## Tumbling High Performance Coach Module 2 Practical

Learners are to select **one skill from each of the groups** below and create a plan which develops **all selected skills** (15 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. You will be required to practically demonstrate the development of three of your selected skills.

On the assessment day the learner must bring **“a minimum of one gymnast”** to the assessment and their planning for **all four** pre-selected skills. The assessor and learner will discuss prior to the practical assessment which skills will be demonstrated in the session. To establish competency learners must be able to demonstrate the following:

Practical development of ONE skill (from one ‘group’ *e.g., group 1*) to competition landing with appropriate matting for gymnasts’ wellbeing.  
AND

Practical development of TWO skills (from different ‘groups’ than that used above, and different to each other *e.g., group 2 & group 3*) from rebound to pit (minimum) and discussion of performing final skill to competition landing.

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 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.

<b>Group 1</b> Triple back tucked Triple back piked Triple back stretched	<b>Group 2</b> Half in Triple (Arabian) tucked Half in Triple (Arabian) pike
<b>Group 3</b> Full in Double tucked out Full in Double piked out	<b>Group 4</b> Full full full out pucked Quadruple back tucked