

General Gymnastics

Assessment Skills Matrix - UKCC Level 1

- All candidates must prepare all elements in their specific allocated assessment skills box.
- On the day of the assessment, the assessor will select 1 task from each category in this box, for the candidate to coach in their practical assessment.

<p>Box 1</p> <p>Cat 1: Flexibility: Wrists and ankles Conditioning: Shoulder Stand</p> <p>Cat 2: Floor: Roll forward Vault: Straddle on, close feet, jump off. Beam: Jump to front support, circle one leg ¼ turn to straddle sit. Bars: Circle upwards</p> <p>Cat 3: Partner work: Counter balance activity Hand Apparatus: Roll ball</p>	<p>Box 2</p> <p>Cat 1: Flexibility: Back Hang Conditioning: Front / Rear Support</p> <p>Cat 2: Floor: Roll sideways Vault: Squat on, jump off. Beam: ½ turn in stand and squat Bars: ½ forward circle dismount</p> <p>Cat 3: Partner work: Counter balance activity Hand Apparatus: Roll hoop</p>
<p>Box 3</p> <p>Cat 1: Flexibility: Straddle fold Conditioning: Arm pulling strength</p> <p>Cat 2: Floor: Handstand roll forwards Vault: Run, hurdle, take off, land Beam: Variation of jump dismounts Bars: Back hip circle</p> <p>Cat 3: Partner work: Weight balance activity Hand Apparatus: Skipping on spot with rope.</p>	<p>Box 4</p> <p>Cat 1: Flexibility: Bridge Conditioning: Dish and arch</p> <p>Cat 2: Floor: Roll backwards Vault: Straddle vault Beam: Swing to squat on beam Bars: Back hip circle</p> <p>Cat 3: Partner work: Counter balance activity Hand Apparatus: Catch ball</p>
<p>Box 5</p> <p>Cat 1: Flexibility: Straddle fold Conditioning: Half lever between two benches</p> <p>Cat 2: Floor: Step into handstand Vault: Squat vault Beam: Stretch jump on beam Bars: Swing in hang with re-grasp</p> <p>Cat 3: Partner work: Counter balance activity Hand Apparatus: Bounce ball</p>	<p>Box 6</p> <p>Cat 1: Flexibility: Pike fold Conditioning: Arm pushing strength</p> <p>Cat 2: Floor: Cartwheel Vault: Squat on long box, straddle off Beam: Jump to front support, circle one leg ¼ turn to straddle sit. Bars: Cast from support to land.</p> <p>Cat 3: Partner work: Weight balance activity Hand Apparatus: Roll ball</p>

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Practical Assessment Timetable - UKCC Level 1

- The preferred procedure is that assessments are conducted with 2 assessors, each assessing one candidate.
- Times are a guide only but the programme should remain constant.

<p>9.00</p>	<p>Introduction: Assessor welcomes candidate and talks through the assessment procedure.</p>
<p>9.10</p>	<p>Candidate begins their practical assessment coaching 3 gymnasts in the tasks chosen by the assessor from the candidates' allocated box.</p>
<p>9.40</p>	<p>Assessor concludes the practical assessment - coach dismisses the gymnasts. Candidate and assessor reflect on the session independently.</p>
<p>9.45</p>	<p>Assessor debriefs the candidate on the practical session. Assessor and candidate agree the outcome and agree the action plan.</p>
<p>9.55</p>	<p>Assessor concludes assessment and prepares for next candidate.</p>