

Aerobic 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>Flexibility / Conditioning: Group C - Sagittal scale to Push up Group B – Straddle V Support</p> <p>Progressions: Group C – Cossack Jump Group A – Wenson Push up</p> <p>Choreography: 3 x 8 count AMP 1 x 8 count transition</p>	<p>Box 2</p> <p>Flexibility / Conditioning: Group D – Split Through (Pancake) Group A – Double leg ½ circle</p> <p>Progressions: Group C – Split jump Group B – Wenson Support</p> <p>Choreography: 3 x 8 count AMP 1 x 8 count transition</p>
<p>Box 3</p> <p>Flexibility / Conditioning: Group A – Lateral Push up Group B - L support</p> <p>Progressions: Group C – 1 Air turn Group D – Free Vertical Split</p> <p>Choreography: 3 x 8 count AMP 1 x 8 count transition</p>	<p>Box 4</p> <p>Flexibility / Conditioning: Group B - Straddle support Group C - ½ turn Tuck jump</p> <p>Progressions: Group C – Hitch Kick Group A – Plio Push up</p> <p>Choreography: 3 x 8 count AMP 1 x 8 count transition</p>
<p>Box 5</p> <p>Flexibility / Conditioning: Group C – Split leap Group A – Hinge Push up</p> <p>Progressions: Group D – 1 ½ turn Group C – Tuck jump to Split</p> <p>Choreography: 3 x 8 count AMP 1 x 8 count transition</p>	<p>Box 6</p> <p>Flexibility / Conditioning: Group B - Full Support Straddle Lever Group C - ½ Air turn to Split</p> <p>Progressions: Group C – Straddle jump Group D – 1/1 turn to Vertical Split</p> <p>Choreography: 3 x 8 count AMP 1 x 8 count transition</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>