

Skills Matrix

Rhythmic Gymnastics Level 1

You will be assessed on your ability to:

Plan a session for **all** skills within your allocated skills box, issued four weeks prior to the assessment

Deliver the warm up, two of the skills and the cool down from your planned session

You need to bring at least three participants to the practical assessment

This skills matrix is valid for courses starting from 04/06/2016

<p>Box 1</p> <p>Body preparation: Exercises to increase flexibility in legs and hips Ballet: Ports de bras in centre using first, second and fourth arm positions Body movement skills: Leap and/or balance (from current level 1 syllabus) Swing: Repetition swing with ball in door plane with change of hand overhead Apparatus: Hoop ? floor roll, perform rhythmic step pattern alongside</p>	<p>Box 2</p> <p>Body preparation: Exercises to improve increase shoulders and spine flexibility Ballet: Small and large sautes in first and fifth positions Body movement skills: Jump and/or balance (from current level 1 syllabus) Swing: Repetition swing with hoop in table plane with 360° degree turn and change of hands behind body Apparatus: Rope ? release (behind back) and catch</p>	<p>Box 3</p> <p>Body preparation: Exercises to build up to and improve front splits Ballet: Relevé two feet and one foot, repetition exercise with counts Body movement skills: Forwards body wave and/or 360° degree pivot (from current level 1 syllabus) Swing: Repetition swing with hoop in wheel plane on both sides of the body with change of hands Apparatus: Ball – assisted and free roll on arms & chest</p>
<p>Box 4</p> <p>Body preparation: Exercises to improve middle body strength Ballet: Demi and grand plié in first and second positions Body movement skills: Back flexion on knees and/or 360° pivot (from current level 1 syllabus) Swing: Repetition swing with rope in door plane into 360° degrees turn Apparatus: Ball - throw and one hand catch from swing in wheel plane</p>	<p>Box 5</p> <p>Body preparation: Exercises to improve leg strength Ballet: Battement tendu to second and third positions Body movement skills: Standing back flexion and /or 360° degree pivot (from current level 1 syllabus) Swing: Repetition swing with rope in wheel plane on both sides of the body Apparatus: Hoop ? figure of 8 in table plane with one chaîné turn</p>	<p>Box 6</p> <p>Body preparation: Exercises to build up to and improve bridge position Ballet: Retiré two feet and one foot repetition exercise with counts Body movement skills: Leap and/or balance (from current level 1 syllabus) Swing: Repetition swing with ball in table plane with 360° degrees turn and change of hands behind body Apparatus: Rope – throw and catch two-fold rope circling rope backwards in wheel plane</p>