

# Rhythmic 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.

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| <p><b>Box 1</b></p> <p><b>Body preparation:</b><br/>Exercises to increase flexibility in legs and hips.</p> <p><b>Ballet:</b><br/>Ports de Bras in centre using 1st, 2nd and 4<sup>th</sup> arm positions.</p> <p><b>Body movement skills:</b> Leap <u>and/or</u> balance (from current L1 syllabus)</p> <p><b>Swing:</b><br/>Repetition swing with Ball in door plane with change of hand overhead.</p> <p><b>Apparatus:</b> Hoop – Floor Roll, perform rhythmic step pattern alongside.</p>                         | <p><b>Box 2</b></p> <p><b>Body preparation:</b><br/>Exercises to increase shoulders &amp; spine flexibility.</p> <p><b>Ballet:</b><br/>Small &amp; Large sautés in 1st &amp; 5th position.</p> <p><b>Body movement skills:</b> Jump <u>and/or</u> Balance (From current L1 Syllabus)</p> <p><b>Swing:</b><br/>Repetition swing with Hoop in table plane with 360 degrees turn and change of hands behind body.</p> <p><b>Apparatus:</b> Rope - Release (behind back) &amp; Catch.</p> |
| <p><b>Box 3</b></p> <p><b>Body preparation:</b><br/>Exercises to build up to and improve front splits.</p> <p><b>Ballet:</b><br/>Relevé 2 feet &amp; 1 foot, repetition exercise with counts.</p> <p><b>Body movement skills:</b> Forward body wave <u>and / or</u> 360 degree Pivot (From current L1 Syllabus).</p> <p><b>Swing:</b><br/>Repetition swing with Hoop in wheel plane on both sides of the body with change of hands.</p> <p><b>Apparatus:</b> Ball – Assisted &amp; free roll on arms &amp; chest.</p> | <p><b>Box 4</b></p> <p><b>Body preparation:</b><br/>Exercises to improve middle body strength.</p> <p><b>Ballet:</b><br/>Demi &amp; Grand plié in 1st &amp; 2nd positions.</p> <p><b>Body movement skills:</b> Back Flexion on knees and/or 360° Pivot (From current L1 Syllabus).</p> <p><b>Swing:</b><br/>Repetition swing with Rope in door plane into 360 degrees turn.</p> <p><b>Apparatus:</b> Ball - Throw &amp; one hand Catch from swing in wheel plane.</p>                 |

## Box 5

### Body preparation:

Exercises to improve leg strength.

### Ballet:

Battement tendu to 2nd & 3rd positions.

### Body movement skills:

Standing Back Flexion and /or 360 degree Pivot (From current L1 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.

## Box 6

### Body preparation:

Exercises to build up to and improve Bridge position.

### Ballet:

Retiré 2 feet & 1 foot repetition exercise with counts.

**Body movement skills:** Leap and / or Balance (From current L1 Syllabus)

### Swing:

Repetition swing with Ball in table plane with 360 degrees turn and change of hands behind body.

**Apparatus:** Rope –Throw & Catch two-fold rope circling rope backwards in wheel plane.

# Rhythmic Gymnastics

## 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.

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