

Team Gymnastics

Assessment Skills Matrix - UKCC Level 1

- All candidates must prepare a lesson plan for all elements in all 3 categories in their specific allocated assessment skill box.
- On the day of the assessment, the assessor will select Cat 1 or 3; plus 2 elements from Cat 2; for the candidate to coach in their practical assessment.
- Candidates must provide their own gymnasts for the tasks to be coached (min 3)

<p>Candidate A</p> <p>Cat 1: Preparation 2 exercises to improve handstands.</p> <p>Cat 2: Trampette: Run up stretched jump to stack of 3 mats Vault: Squat on jump off to plié finish. Tumble: Handspring</p> <p>Cat 3: Choreography Dance: Partner work on simple sequence to include supported hand stand</p>	<p>Candidate B</p> <p>Cat 1: Preparation 2 exercises to improve shoulder flexibility.</p> <p>Cat 2: Trampette: Fwd salto – tucked (rebound only) Vault: Squat through Tumble: Fly spring</p> <p>Cat 3: Choreography Dance: Partner work on simple sequence to include supported cartwheel</p>
<p>Candidate C</p> <p>Cat 1: Preparation 2 exercises to improve heel lift.</p> <p>Cat 2: Trampette: 3/4 straight front salto to back on stack of 3 mats. Vault: Jump to hand stand flat back on stack of 3 mats. Tumble: Back flip</p> <p>Cat 3: Choreography Dance: Partner work on simple sequence to include supported a leap frog.</p>	<p>Candidate D</p> <p>Cat 1: Preparation 2 plyo exercises to improve shoulder strength.</p> <p>Cat 2: Trampette: Bwd salto – tucked (rebound only) Vault: Squat through. Tumble: Fly spring</p> <p>Cat 3: Choreography Dance: Partner work on simple sequence to include supported headstand.</p>
<p>Candidate E</p> <p>Cat 1: Preparation 2 plyo exercises to improve leg strength.</p> <p>Cat 2: Trampette: Run up stretched jump to stack of 3 mats. Vault: Handspring. Tumble: Fwd salto – tucked (rebound only).</p> <p>Cat 3: Choreography Dance: Partner work on simple sequence to include supported cartwheel.</p>	<p>Candidate F</p> <p>Cat 1: Preparation 2 exercises to improve hip flexibility.</p> <p>Cat 2: Trampette: Fwd salto – tucked (rebound only). Vault: Straddle over. Tumble: Handspring.</p> <p>Cat 3: Choreography Dance: Partner work on simple sequence to include supported handstand.</p>

Candidate G

Cat 1: Preparation

2 cardio exercises to improve stamina.

Cat 2:

Trampette: 3/4 straight front salto to back on stack of 3 mats.

Vault: Handspring.

Tumble: Flyspring.

Cat 3: Choreography

Dance: Partner work on simple sequence to include supported handstand.

Candidate H

Cat 1: Preparation

2 flexibility exercises to improve cartwheel.

Cat 2:

Trampette: Bwd salto – tucked (rebound only).

Vault: Handspring.

Tumble: Flyspring.

Cat 3: Choreography

Dance: Partner work on simple sequence to include supported cartwheel.

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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>