

Skills Matrix

Acrobatic Gymnastics Level 2

The below skills boxes contain the skills which are to be demonstrated by at least one of the participants during the learner's practical assessment.

The learner will be required to:

deliver both activities within either the warm up or cool down (including pulse raiser/lower); the assessor will allocate this at the beginning of the assessment. For group activities the learner may be required to deliver to their own and another learner's participants

deliver one activity from each category listed: individual, pair and group. The assessor will allocate these at the beginning of the assessment. The group composition does not have to adhere to competition gender requirements, e.g. a trio or four can be a mixture of male and female participants.

The learner will be allocated one of the following skills boxes for their practical assessment.

<p>Box 1</p> <p>Warm up or cool down and class organisation</p> <p>Physical preparation for your:</p> <ul style="list-style-type: none">· Selected individual skill and· Selected pair or group work <p>Skills:</p> <p>Individual:</p> <ol style="list-style-type: none">1. Back walkover2. Flic to knee3. R/O Flic4. Straddle Lever hold <p>Pair:</p> <ol style="list-style-type: none">1. Base in lunge supporting top in handstand on knee variations2. Pitch straight jump dismount <p>Group:</p> <ol style="list-style-type: none">1. Half Column2. Tuck back somersault dismount from platform	<p>Box 2</p> <p>Warm up or cool down and class organisation</p> <p>Physical preparation for your:</p> <ul style="list-style-type: none">· Selected individual skill and· Selected pair or group work <p>Skills:</p> <p>Individual:</p> <ol style="list-style-type: none">1. Change leg walkover2. Dive roll3. R/O Flic4. Handstand with 360° <p>Pair:</p> <ol style="list-style-type: none">1. Angel on Hands slide to Splits2. Pitch to Catch in hands <p>Group:</p> <ol style="list-style-type: none">1. Base and middle in back support, top in shoulder stand (saucepan)2. Platform ¼ Salto (F or B optional) to catch in cradle	<p>Box 3</p> <p>Warm up or cool down and class organisation</p> <p>Physical preparation for your:</p> <ul style="list-style-type: none">· Selected individual skill and· Selected pair or group work <p>Skills:</p> <p>Individual:</p> <ol style="list-style-type: none">1. Valdez2. Handspring to 2 feet3. Round off flic4. Half lever <p>Pair:</p> <ol style="list-style-type: none">1. Stand on Shoulders slide to splits2. Pitch to catch in hands <p>Group:</p> <ol style="list-style-type: none">1. (M4) Base lying on back, top standing in hands, second base against feet of base and third man on knees2. Platform tuck somersault
<p>Box 4</p> <p>Warm up or cool down and class organisation</p> <p>Physical preparation for your:</p> <ul style="list-style-type: none">· Selected individual skill and· Selected pair or group work <p>Skills:</p> <p>Individual:</p> <ol style="list-style-type: none">1. Handstand Healey turn2. Handspring3. R/O Flic4. Tuck planche <p>Pair:</p> <ol style="list-style-type: none">1. Top straddle lever on base's hands, base	<p>Box 5</p> <p>Warm up or cool down and class organisation</p> <p>Physical preparation for your:</p> <ul style="list-style-type: none">· Selected individual skill and· Selected pair or group work <p>Skills:</p> <p>Individual:</p> <ol style="list-style-type: none">1. Elbow Flexi walkover to splits2. Free cartwheel3. R/O flic4. Handstand 360 turn <p>Pair:</p> <ol style="list-style-type: none">1. Stand on Shoulders motion down to Straddle sit	<p>Box 6</p> <p>Warm up or cool down and class organisation</p> <p>Physical preparation for your:</p> <ul style="list-style-type: none">· Selected individual skill and· Selected pair or group work <p>Skills:</p> <p>Individual:</p> <ol style="list-style-type: none">1. Forward elbow walkover to splits2. Flic walkout3. Two handsprings4. Free Cartwheel <p>Pair:</p> <ol style="list-style-type: none">1. Top standing on base's shoulders, base slides to splits2. Top pitch to catch in hands

lying down

2. Pitch to catch in Hands

Group:

1. Half Column
2. Sitting on Platform tuck somersault dismount

2. Stretch jump dismount from Hands

Group:

1. Base in Lunge, Middle Straddle lever on back of leg and top standing on Shoulders (Spaghetti)
2. Platform $\frac{1}{4}$ somersault (F or B optional) to catch in cradle

Group:

1. (M4) Two bases standing supporting top in handstand, third man standing on bases' shoulders
2. Platform Tuck somersault dismount