

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 ½ turn cartwheel4. Wine glass 2" <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. Middle stand on bridge, top in handstand2. Straight jump 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 ½ turn R/O4. Handstand with 360° <p>Pair:</p> <ol style="list-style-type: none">1. Top stand in base's hands, base lying down2. Straight jump dismount from base's hands <p>Group:</p> <ol style="list-style-type: none">1. Base and middle in back support, top stands on knees (saucepan)2. Dive to catch in cradle, 360° log roll to re-catch	<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. Any splits2. Headspring to stand3. Round off flic4. Half lever <p>Pair:</p> <ol style="list-style-type: none">1. Top in back angel unsupported on base's feet2. From base's shoulders, top turnover to floor <p>Group:</p> <ol style="list-style-type: none">1. Base lying on back, top standing in hands, second base against feet of base and third man on knees2. Pitched tuck somersault from sitting on platform
<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. Standing, drop back to bridge2. Handspring3. Backwards roll to handstand4. Tuck planche <p>Pair:</p> <ol style="list-style-type: none">1. Top straddle lever on base's hands, base lying down	<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. Valdez2. Free cartwheel3. Handspring to one, R/O flic4. Arabesque 2" <p>Pair:</p> <ol style="list-style-type: none">1. Top stand on base's legs unsupported	<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 walkover2. Flic walkout3. Two handsprings4. Headstand 2" <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

2. Backwards roll, supported jump

Group:

1. Base and middle standing supporting top in flat position overhead
2. Bases support top for two jumps

2. Top 360° jump to catch in cradle

Group:

1. Middle on base's knees, top in handstand on floor supported by middle
2. Bases support top for two jumps

Group:

1. Two bases standing supporting top in handstand, third man standing on bases' shoulders
2. Pitch $\frac{1}{4}$ somersault to cradle