

Acrobatic Gymnastics - Assessment Skills Matrix - 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

<p style="text-align: center;">Box 1</p> <p>Groups: Platform Preps Supported Handstand</p> <p>Pairs: Stand on knees Supported Front Angel</p> <p>Individual: Forward roll to straddle stand Bridge</p>	<p style="text-align: center;">Box 2</p> <p>Groups: Jump to cradle catch Bases in lunge, stand on knees</p> <p>Pairs: Leap frog Base lying, top in a support front support</p> <p>Individual: Backward roll to straddle stand Pike lever</p>
<p style="text-align: center;">Box 3</p> <p>Groups: 2 x Supported jumps Stand on bases shoulders (base standing)</p> <p>Pairs: Jump to cradle catch Counter balance on knees</p> <p>Individual: Cartwheel Headstand</p>	<p style="text-align: center;">Box 4</p> <p>Groups: Platform preps Stand on bases shoulders (base standing)</p> <p>Pairs: Supported shoulder stand Cartwheel over dish</p> <p>Individual: Roundoff Japan</p>

Practical Assessment Process:

Briefing and set up - 10 mins

Warm up - 5 mins

1st Skill delivery - 10 mins

2nd Skill delivery - 10 mins

Cool down - 5 mins

Self-reflection - 5 mins

De-brief - 15 mins