

Trampoline 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>Cat 1: Tuck jump or front landing to feet.</p> <p>Cat 2: Hands and knees forward, turnover to back, to feet, or ½ twist to back to feet.</p> <p>Cat 3: Routine of pike jump, seat landing ½ twist to feet, tuck jump, ½ twist jump, outbounce and stop.</p>	<p style="text-align: center;">Box 2</p> <p>Cat 1: Pike jump or back landing to feet.</p> <p>Cat 2: Back landing, ½ twist to feet or hands and knees, forward turnover to back, to feet.</p> <p>Cat 3: Routine of ½ twist to back landing, to feet, pike jump, full twist jump, tuck jump, outbounce and stop.</p>
<p style="text-align: center;">Box 3</p> <p>Cat 1: Seat landing or ½ twist to front landing, to feet.</p> <p>Cat 2: Backward roll, or hands and knees forward turnover to back, to feet.</p> <p>Cat 3: Routine of ½ twist to front landing, to feet, pike jump, ½ twist jump, straddle jump, outbounce and stop.</p>	<p style="text-align: center;">Box 4</p> <p>Cat 1: Full twist jump or front landing to feet.</p> <p>Cat 2: ½ twist to front landing to feet, or ¾ forward turnover to back landing to feet.</p> <p>Cat 3: Routine of full twist jump, seat landing, ½ twist to feet, pike jump, front landing to feet, outbounce and stop.</p>
<p style="text-align: center;">Box 5</p> <p>Cat 1: Straddle jump or back landing to feet.</p> <p>Cat 2: ½ twist to seat landing, to feet or ¾ forward turnover to back landing, to feet.</p> <p>Cat 3: Routine of back landing, ½ twist to feet, tuck jump, seat landing, to feet, full twist jump, outbounce and stop.</p>	<p style="text-align: center;">Box 6</p> <p>Cat 1: ½ twist jump or back landing to feet.</p> <p>Cat 2: Forward roll or ¾ turnover to back landing to feet.</p> <p>Cat 3: Routine of seat landing, ½ twist to seat landing, to feet, tuck jump, full twist jump, outbounce and stop.</p>

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