

Women's Artistic 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>Box 1</p> <p>Vault: Squat on, jump off</p> <p>Bars: Cast to backwards hip circle</p> <p>Beam: Four different balances from the syllabus</p> <p>Floor: Forwards roll to straddle sit and stand</p> <p>Floor: Headstand</p> <p>Floor: Bridge</p>	<p>Box 2</p> <p>Vault: Squat through</p> <p>Bars: Turning swings</p> <p>Beam: A selection of turns from the syllabus</p> <p>Floor: Forwards walkover</p> <p>Floor: Handstand</p> <p>Floor: Jump 1/1 turn</p>
<p>Box 3</p> <p>Vault: Handspring to flatback</p> <p>Bars: Cast towards handstand</p> <p>Beam: Four jumps and leaps from the syllabus</p> <p>Floor: Backwards walkover</p> <p>Floor: Cartwheel</p> <p>Landing: For apparatus of your choice</p>	<p>Box 4</p> <p>Vault: Using the trampette for a range of skills from the syllabus</p> <p>Bars: Upwards circle</p> <p>Beam: Split leap</p> <p>Floor: Handstand to bridge</p> <p>Flexibility: Circuit of your choice</p> <p>Rebound: Jumping</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