

Skills Matrix

Women's Artistic Level 2

The Skills Matrix boxes below contain the skills which are to be demonstrated by at least one participant during the practical assessment. Learners should plan for the full Skills Matrix box and assessors will assign the physical preparation activity and choose two skills to be delivered on the day of the assessment.

The assessment process is a total of 90 minutes and will follow this format:

- 5 minutes: Warm-up including a pulse raiser and mobilisation.
- 5 minutes: Physical preparation activity (delivered either before the skill delivery section or after as part of the cool-down).
- 15 minutes: Skill 1 delivery.
- 15 minutes: Skill 2 delivery.
- 5 minutes: Cool-down including stretching and session conclusion.
- 45 minutes: Self-reflection, questioning, logbook and practical result, feedback and action plan.

Box 1 Physical Preparation (5 minutes each): ROM exercises for sissone Conditioning exercises for handspring vault Conditioning exercises for cast to handstand Tension exercises for backward walkover Skills (15 minutes each): Vault: Handspring to back lie on safety mats Bars: Progressions for upstart Beam: Cartwheel for backwards somersault dismount Floor: Back flip	Box 2 Physical Preparation (5 minutes each): ROM exercises for backwards walkover Tension exercises for the second flight of handspring vault Strength exercises for backwards giants Conditioning exercises for split leaps Skills (15 minutes each): Vault: Run up and take off Bars: Clear hip circle preps Beam: Preparation for cartwheel backwards somersault dismount Floor: Handspring	Box 3 Physical Preparation (5 minutes each): ROM exercises for straddle lever to handstand Conditioning exercises for flyspring Conditioning exercises for Russian lever Conditioning exercises for backwards giants Skills (15 minutes each): Vault: Second flight for handspring Bars: Undershoot from front support Beam: Four lengths of beam complex in preparation for leaps and jumps Floor: Forwards somersault
Box 4 Physical Preparation (5 minutes each): ROM exercises for arabesque Conditioning exercises for backwards somersault Conditioning exercises for straddle lift to handstand Conditioning exercises for undershoot dismounts Skills (15 minutes each): Vault: ¾ forwards somersault to back lie Bars: Progressions for upstart Beam: Split leap, sissone Floor: Round off in preparation for back flip	Box 5 Physical Preparation (5 minutes each): Conditioning exercises for split leap Tension exercises for forwards giants Strength exercises for cast to handstand Conditioning exercises for round offs Skills (15 minutes each): Vault: Handspring to back lie on a raised platform Bars: From squat on low bar catch high bar to swing forwards Beam: Cartwheel Floor: Backwards roll to handstand with straight arms	Box 6 Physical Preparation (5 minutes each): ROM exercises for Russian lever Conditioning exercises for back flips Conditioning exercises for backwards somersaults Tension exercises for backwards walkover Skills (15 minutes each): Vault: Second flight for handspring Bars: Progressions for the straddle or pike undershoot Beam: Four lengths of complex in preparation for basic acrobatic skills Floor: Backwards somersault