

# Skills Matrix

## Rhythmic Gymnastics Level 2

The Skills Matrix boxes below contain the skills and activities which are to be demonstrated by at least one participant during the practical assessment. Learners should plan for the full Skills Matrix box, demonstrating clear progression and development activities for the body and apparatus skills included. Assessors will choose which physical preparation activities and two skills will be delivered on the day of assessment.

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

- 5 minutes: Warm-up including pulse raiser and mobilisation activities relating to the body skill in the allocated Skills Matrix box.
- 5 minutes: Physical preparation activity.
- 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 (strength and/or flexibility as applicable):

5 minutes for each body skill, apparatus fundamental and throw listed below.

#### Skills (15 minutes each):

Apparatus: **Rope**

1 x leap (from the Level 2 syllabus) **and** rope fundamental.

1 x rope fundamental (different to the above) without body difficulty.

1 x small throw of the rope.

A linked sequence (lasting approx. 30 seconds) including all skills listed above and dance elements.

### Box 2

#### Physical preparation (strength and/or flexibility as applicable):

5 minutes for each body skill, apparatus fundamental and throw listed below.

#### Skills (15 minutes each):

Apparatus: **Hoop**

1 x rotation (from the Level 2 syllabus) **and** hoop fundamental.

1 x hoop fundamental (different to the above) without body difficulty.

1 x small throw of the hoop.

A linked sequence (lasting approx. 30 seconds) including all skills listed above and dance elements.

### Box 3

#### Physical preparation (strength and/or flexibility as applicable):

5 minutes for each body skill, apparatus fundamental and throw listed below.

#### Skills (15 minutes each):

Apparatus: **Ball**

1 x balance (from the Level 2 syllabus) **and** ball fundamental.

1 x ball fundamental (different to the above) without body difficulty.

1 x small throw of the ball.

A linked sequence (lasting approx. 30 seconds) including all skills listed above and dance elements.

### Box 4

#### Physical preparation (strength and/or flexibility as applicable):

5 minutes for each body skill, apparatus fundamental and throw listed below.

#### Skills (15 minutes each):

Apparatus: **Clubs**

1 x leap (from the Level 2 syllabus) **and** clubs fundamental.

1 x clubs fundamental (different to the above) without body difficulty.

1 x small throw of 2 clubs.

A linked sequence (lasting approx. 30 seconds) including all skills listed above

### Box 5

#### Physical preparation (strength and/or flexibility as applicable):

5 minutes for each body skill, apparatus fundamental and throw listed below.

#### Skills (15 minutes each):

Apparatus: **Ribbon**

1 x rotation (from the Level 2 syllabus) **and** ribbon fundamental.

1 x ribbon fundamental (different to the above) without body difficulty.

1 x small toss of the ribbon.

A linked sequence (lasting approx. 30 seconds) including all skills listed above

### Box 6

#### Physical preparation (strength and/or flexibility as applicable):

5 minutes for each body skill, apparatus fundamental and throw listed below.

#### Skills (15 minutes each):

Apparatus: **Rope**

1 x balance (from the Level 2 syllabus) **and** rope fundamental.

1 x rope fundamental (different to the above) without body difficulty.

1 x small throw of the rope.

A linked sequence (lasting approx. 30 seconds) including all skills listed above

and dance elements.

and dance elements.

and dance elements.