

Skills Matrix

Tumbling Gymnastics 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.

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.
- 10 minutes: Skill delivery from Group 1.
- 10 minutes: Skill delivery of one of the skills from Group 2 (Assessor to assign this skill on the day) .
- 10 minutes: Skill delivery of one of the skills from Group 3 (Assessor to assign this skill on the day) .
- 5 minutes: Cool-down including stretching and session conclusion.
- 45 minutes: Self-reflection, questioning, logbook and practical result, feedback and action plan.

Box 1 <u>Physical preparation (5 minutes):</u> Leg power for tumbling <u>Group 1 (10 minutes):</u> Eight element series including four flics, two whips, finishing with a tucked somersault <u>Group 2 (10 minutes each):</u> - Round off flic straight backwards somersault - Barani <u>Group 3 (10 minutes each):</u> - Rebound double backwards somersault tucked - Rebound forwards somersault with 360°	Box 2 <u>Physical preparation (5 minutes):</u> Core strength for tumbling <u>Group 1 (10 minutes):</u> Eight element series including four flics, two whips, finishing with a tucked somersault <u>Group 2 (10 minutes each):</u> - Straight backwards somersault 180° - Barani <u>Group 3 (10 minutes each):</u> - Rebound double backwards somersault piked - Rebound double front somersault tucked	Box 3 <u>Physical preparation (5 minutes):</u> Leg power for tumbling <u>Group 1 (10 minutes):</u> Eight element series including four flics, two whips, finishing with a tucked somersault <u>Group 2 (10 minutes each):</u> - Straight forwards somersault - Straight backwards somersault 180° <u>Group 3 (10 minutes each):</u> - Rebound backwards somersault 720° - Rebound double front somersault tucked
Box 4 <u>Physical preparation (5 minutes):</u> Core strength for tumbling <u>Group 1 (10 minutes):</u> Eight element series including four flics, two whips, finishing with a tucked somersault <u>Group 2 (10 minutes each):</u> - Round off flic straight backwards somersault - Barani <u>Group 3 (10 minutes each):</u> - Rebound double backwards somersault piked - Rebound backwards somersault 540°	Box 5 <u>Physical preparation (5 minutes):</u> Leg power for tumbling <u>Group 1 (10 minutes):</u> Eight element series including four flics, two whips, finishing with a tucked somersault <u>Group 2 (10 minutes each):</u> - Straight backwards somersault 180° - Barani <u>Group 3 (10 minutes each):</u> - Rebound backwards somersault 720° - Rebound double backwards somersault tucked	Box 6 <u>Physical preparation (5 minutes):</u> Core strength for tumbling <u>Group 1 (10 minutes):</u> Eight element series including four flics, two whips, finishing with a tucked somersault <u>Group 2 (10 minutes each):</u> - Barani - Round off flic straight backwards somersault <u>Group 3 (10 minutes each):</u> - Rebound backwards somersault 360° - Rebound double backwards somersault piked