Level 1 Assessment information & Skills Matrix Boxes

Logbook - Task 7 & 9

Across tasks 7 and 9 you will create one session plan per skills matrix box, and each plan should cover all skills and activities in the box.

Logbook – Task 10 Practical assessment:

This is your practical assessment session plan which you will deliver on the day of your assessment.

You will receive your skills matrix box at least four weeks before your assessment date.

You must create your session plan for all skills and activities in your allocated skills matrix box. On the day of the assessment, the assessor will select which skills they would like the learner to coach in their practical assessment.

You should submit this session plan within your logbook at least two weeks before your assessment date through the academy.

During your practical assessment you will be assessed on your ability to:

- Plan a session for all skills within your allocated skills matrix box.
- Deliver the activities and skills chosen by your assessor on the day.

Example Practical Assessment Timetable

9am	Introduction – Assessor welcomes learners and talks through the assessment procedure
9.10am	Learner begins their practical assessment coaching three gymnasts in the tasks chosen by the assessor from the leaner's allocated skill box.
9.40am	Assessor concludes the practical assessment. Learner dismisses their gymnast demonstrators. Learner and assessor reflect on session independently.
9.45am	Assessor debriefs and hold professional discussion with the learner on the practical session. Assessor and learner agree the outcome and agree action plan.
9.55am	Assessor concludes assessment and prepares for next learner.

Please note: Assessor may have more than one learner. These times are a guide only.

Skills matrix boxes

Acrobatic Level 1

Box 1 Warm-up (5 minutes) Group: Platform Preps (10 minutes) Supported Handstand (10 minutes) Pairs: Stand on knees (10 minutes) Supported Front Angel (10 minutes) Individual: Forward roll to straddle stand (10 minutes) Cool-down (5 minutes)	**Box 2** Warm-up (5 minutes) Group: Jump to cradle catch (10 minutes) Bases in lunge, stand on knees (10 minutes) Pairs: Leap frog (10 minutes) Stand on hands of base lying – bent arms (10 minutes) Individual: Pike lever (10 minutes) Cool-down (5 minutes)
Box 3 Warm-up (5 minutes) Group: 2 x Supported jumps (10 minutes) Stand on bases shoulders – bases standing (10 minutes) Pairs: Jump to cradle catch (10 minutes) Counterbalance on knees (10 minutes) Individual: Cartwheel (10 minutes) Cool-down (5 minutes)	**Box 4** Warm-up (5 minutes) Group: Platform preps (10 minutes) Supported Handstand (10 minutes) Pairs: Supported Back Angel (10 minutes) Cartwheel over dish (10 minutes) Individual: Japana (10 minutes) Cool-down (5 minutes)

General Level 1

Box 1	Box 2
Warm-up (5 minutes) Floor: Handstand (10 minutes) Vault: Straddle on, close feet, jump off (10 minutes) Beam: Jump to front support, circle one leg ¼ turn to straddle sit (10 minutes) Bars: Upward circle (10 minutes) Partner work: Counterbalance activity (10 minutes) Cool-down (5 minutes)	Warm-up (5 minutes) Flexibility: Straddle fold (10 minutes) Floor: Handstand forward roll (10 minutes) Vault: Squat on, stretch jump off (10 minutes) Beam: Variation of jump dismounts (10 minutes) Bars: Backwards hip circle (10 minutes) Cool-down (5 minutes)
Box 3	**Box 4**
Warm-up (5 minutes) Conditioning: Arm pushing strength (10 minutes) Floor: Backward roll (10 minutes) Vault: Straddle (over) vault (10 minutes) Beam: From straddle sit, swing to squat on beam and stand (10 minutes) Bars: Swings (10 minutes) Cool-down (5 minutes)	Warm-up (5 minutes) Floor: Cartwheel (10 minutes) Vault: Squat (through) vault (10 minutes) Beam: Jump to front support, circle on leg ¼ turn to straddle sit (10 minutes) Bars: Cast from support to land (10 minutes) Partner work: Weight balance activity (10 minutes) Cool-down (5 minutes)

Men's Artistic Level 1

Box 1	Box 2
Warm-up (5 minutes) Floor: Development of handstand (10 minutes) Pommels: Development of double leg circle (10 minutes) Rings: Basic swing (10 minutes) Parallel Bars: Flank vault dismount (10 minutes) Bar: Swing ½ turn (10 minutes) Cool-down (5 minutes)	Warm-up (5 minutes) Floor: Handstand Forward Roll (10 minutes) Pommels: Development of double leg circle (10 minutes) Rings: Basic Swing (10 minutes) Vault: Handspring to back (10 minutes) Parallel Bars: Swing in hang (10 minutes) Cool-down (5 minutes)
Box 3	**Box 4**
Warm-up (5 minutes) Floor: Cartwheel (10 minutes) Pommels: Half shear (10 minutes) Rings: Tuck Back Somersault Dismount (10 minutes) Vault: Squat through vault (10 minutes) Bar: Basic Swing (10 minutes) Cool-down (5 minutes)	Warm-up (5 minutes) Floor: Round-off (10 minutes) Rings: Basic swing (10 minutes) Vault: Run up and take-off from springboard (10 minutes) Parallel Bars: Swing in Support (10 minutes) Bar: Basic swing (10 minutes) Cool-down (5 minutes)

TeamGym Level 1

Box 1	Box 2
Warm-up (5 minutes) Floor: Two exercises to improve a bridge (10 minutes) Floor: Handstand (10 minutes) Vault: Jump to Handstand and Back Landing on Mats (10 minutes) Trampette: Front Salto from a Rebound Situation (10minutes) Tumble: Flic (10 minutes) Cool-down (5 minutes)	Warm-up (5 minutes) Floor: Two exercises to improve forward splits (10 minutes) Floor: Backward walkover (10 minutes) Vault: Squat Through Vault (10 minutes) Trampette: ¾ Salto to back Lying on platform of mats (10 minutes) Tumble: Flic (10 minutes) Cool-down (5 minutes)
Box 3	**Box 4**
Warm-up (5 minutes) Floor: Two exercises to improve arm strength (10 minutes) Floor: Cartwheel (10 minutes) Vault: Squat Through vault (10 minutes) Trampette: ¾ Salto to back Lying on Platform of Mats (10 minutes) Tumble: Handspring (10 minutes) Cool-down (5 minutes)	Warm-up (5 minutes) Floor: Two exercises to improve leg strength for jumping (10 minutes) Vault: Jump to Handstand and Back Landing on Mats (10 minutes) Trampette: Front Salto from a Rebound Situation (10 minutes) Tumble: Back salto from a rebound situation (10 minutes) Tumble: Round off (10 minutes) Cool-down (5 minutes)

Trampoline Level 1

Box 1	Box 2
Warm-up (5 minutes) Front landing ½ twist to feet (10 minutes) Roller (10 minutes) Back landing to front landing, to feet (10 minutes) ¾ Forward Turnover to Back (10 minutes) Routine (10 minutes) • Full twist • Straddle jump • ½ twist to seat landing • ½ twist to feet • ½ twist jump • Pike jump Cool-down (5 minutes)	Warm-up (5 minutes) Back landing ½ twist to feet (10 minutes) ½ twist to back landing, to feet (10 minutes) Seat landing, full twist to feet (10 minutes) ¾ Forward Turnover to Back (10 minutes) Routine (10 minutes): • ½ twist to front landing • to feet • Straddle jump • Seat landing • to feet • Tuck jump Cool-down (5 minutes))
Box 3	**Box 4**
Warm-up (5 minutes) ½ twist to front landing, to feet (10 minutes) Front landing to seat landing, to feet (10 minutes) Back landing full twist to feet (10 minutes) ¾ Forward Turnover to Back (10 minutes) Routine (10 minutes) • ½ twist jump • Straddle jump • Seat landing • ½ twist to Seat • ½ twist to feet • Pike jump Cool-down (5 minutes)	Warm-up (5 minutes) Seat landing to front landing, to feet (10 minutes) Hands and knees forward turnover to seat landing with tuck extension (10 minutes) Front landing full twist to feet (10 minutes) ¾ Forward Turnover to Back (10 minutes) Routine (10 minutes): • ½ twist jump • Pike jump • Back landing • ½ twist to feet • Tuck jump • Full twist Cool-down (5 minutes)

Tumble Level 1

Box 1	Box 2
Warm-up (5 minutes) Tumbling: Round off flic (10 minutes) Rebound: Backward somersault tucked (10 minutes) Rebound: Whip (10 minutes) Tumbling: Handspring (10 minutes) Physical Preparation: Courbette action (10 minutes) Cool-down (5 minutes)	Warm-up (5 minutes) Tumbling: Round off flic (10 minutes) Rebound: Forward somersault tucked (10 minutes) Rebound: Whip (10 minutes) Tumbling: Handstand (10 minutes) Conditioning: Landing Drills (10 minutes) Cool-down (5 minutes)
Box 3	**Box 4**
Warm-up (5 minutes) Tumbling: Round off flic (10 minutes) Rebound: Backward somersault tucked (10 minutes) Rebound: Forward somersault tucked (10 minutes) Tumbling: Cartwheel (10 minutes) Conditioning: Take-off drills (10 minutes) Cool-down (5 minutes)	Warm-up (5 minutes) Tumbling: Round off flic (10 minutes) Rebound: Whip (10 minutes) Rebound: Backward somersault tucked (10 minutes) Tumbling: Round off, jump half turn walkout, cartwheel (10 minutes) Flexibility: Bridge (10 minutes) Cool-down (5 minutes)

Rhythmic Level 1

Box 1 Warm-up (5 minutes) Ballet: Demi-plié & relevé in 1st & 2nd position at the barre (10 minutes) Body skill: Forward Body Wave (10 minutes) Rope: Forward figure of 8 with the rope in the wheel plane whilst performing a chasse, then pass through the open rope with a Leap (own choice) selected from syllabus. (10 minutes) Acrobatic: Forward roll with progressions & variations (10 minutes) Choreography – Link four Ball apparatus skills together (selected from the syllabus) with correct and logical connections, demonstrating effective use of planes and transitions, to include the body skill - Forward Body Wave as detailed above.** (10 minutes) Cool-down (5 minutes)	**Box 2** Warm-up (5 minutes) Ballet: Battement tendu jeté from 1st position at the barre, forward, side & back positions (10 minutes) Body Preparation: Stretching for legs & hips with progressions & variations. (10 minutes) Body Skill: Leap Cabriole with chasse preparation. (10 minutes) Ribbon: Coils with the ribbon in the table plane whilst performing a pivot (own choice) selected from the syllabus. (10 minutes) Choreography: Link four Hoop apparatus skills together (selected from the syllabus) with correct and logical connections, demonstrating effective use of planes and transitions, to include the body skill – Pivot (own choice) as above (10 minutes) Cool-down (5 minutes)
Box 3 Warm-up (5 minutes) Ballet: Battement tendu from 1st position at the barre, forward, side & back (10 minutes) Body skill: Passé Balance (10 minutes) Hoop: Throw & catch in the wheel plane with preparation swing. Throw the hoop whilst performing a leap (own choice) with preparation swing of hoop on a chasse. (10 minutes) Acrobatic: Cartwheel with progressions & variations. (10 minutes) Choreography: Link four Ribbon apparatus skills together (selected from the syllabus) with correct and logical connections, demonstrating effective use of planes and transitions, to include a body skill – Leap (own choice) as above (10 minutes) Cool-down (5 minutes)	**Box 4** Warm-up (5 minutes) Ballet: Demi plié & relevé in 1st, 2nd & 4th position at the barre (10 minutes) Body skill: Pivot low leg to the back (10 minutes) Clubs: Asymmetric movement (Large circle one club & Small circles with the other club) whilst performing a Balance Free leg to horizontal front or side to 90 degrees (10 minutes) Body Preparation: Dish & Arch shape with progressions & variations (10 minutes) Choreography: Link four Rope apparatus skills together (selected from the syllabus) with correct and logical connections, demonstrating effective use of planes and transitions, to include a body skill – Balance (own choice) selected from syllabus ** (10 minutes) Cool-down (5 minutes)

Women's Artistic Level 1

Box 1 Warm up (5-minutes) Vault: Squat through (10 minutes) Bars: Cast to backward hip circle (10 minutes) Beam: Four different balances from the syllabus (10 minutes) Floor: Handstand forward roll (10 minutes) Floor: Bridge (10 minutes) Cool down (5 minutes)	Box 2 Warm up (5-minutes) Vault: Handspring to flatback (10 minutes) Bars: Swing ½ turn (10 minutes) Beam: A selection of turns from the syllabus (10 minutes) Floor: Forward walkover (10 minutes) Floor: Handstand (10 minutes) Cool down (5 minutes)
Box 3 Warm up (5-minutes) Vault: Handspring to flatback (10 minutes) Bars: Cast towards handstand (10 minutes) Beam: Four jumps and leaps from the syllabus (10 minutes) Floor: Handstand to bridge (10 minutes) Floor: Cartwheel (10 minutes) Cool down (5 minutes)	Box 4 Warm up (5-minutes) Vault: Squat on, stretch jump off (10 minutes) Bars: Swing on high bar (10 minutes) Beam: Split leap (10 minutes) Floor: Backward walkover (10 minutes) Floor: Cartwheel ¼ turn in (10 minutes) Cool down (5 minutes)