Skills Matrix

Aerobic Gymnastics Level 3 Technical Module 1

The below skills sign off sheet is what is required by the learner to demonstrate during sign off with the BG recognised assessor (see assessment tab for further details).

Learners will be provided with a hard copy of the below form.

A sound understanding of the organisation of scoring and judging at events, including the role of Superior Jury:

Score chart calculations Judging panel check list

A working knowledge of the judging principles at Regional level:

Planning and practical development of routines evidencing areas of judging criteria artistic, execution, difficulty

Competence in routine construction, evidencing a working knowledge of the effective composition of aerobic gymnastic movements to music:

Music selection and music map Routine floor plan