

Skills Matrix

Trampoline 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.

Demonstrate competence in teaching barani (tucked, piked and straight)	Demonstrate competence in teaching ¾ forwards somersault	Demonstrate competence in teaching ¾ backwards somersault	
Overhead RIG handling	Step in and catch cody and ballout	Demonstrate competence in teaching ballout	Demonstrate competence in teaching cody