Skills Matrix

Acrobatic Gymnastics Level 3 Technical Module 3

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.

Tepee straddle up to handstand	Dead ant top straddle to japana
Four man balance bases 1 and 2 in side by side lunge, top in crocodile	Half column in bridge and top standing on shoulder