

Skills Matrix

Women's Artistic Level 3 Technical Module 1 - Cycle 7

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.

Vault:

The learner must show an understanding of the technique and development for **one** of the following:

Handspring 1/1 twist in second flight
Tsukahara tucked
Yurchenko tucked
and effective and safe progressions in the stages leading up to the final vault.

Physical Preparation:

The learner must show a good understanding of physical preparation through the exercises demonstrated leading to the straddle lift to handstand and returning to straddle lever.