

Skills Matrix

Women's Artistic Level 3 Technical Module 3 - 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.

Floor floor tumbling:

The learner must show an understanding of the technique and development of:

Straight forwards somersault with 1/1 twist
Handspring or flyspring into tucked, piked or straight forwards somersault

Low bar skills:

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

Short clear circle to handstand
The stalder circle to handstand
The toe on and off to handstand

Note: All learners must also show a good understanding and technique of the upstart cast to handstand and top change.