

Skills Matrix

Men's Artistic 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.

Floor

Multiple flics
Whips
Handspring, flyspring combinations
Straight front combinations
Forward take offs
Backward take offs
Back full twist
Front full twist

Vault

Side somersault
Back roll with half and full turn
Handspring to land on platform level with vault table
Tsukahara and preps
Yurchenko and preps