

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.

Straddle up to handstand on base standing	One arm short arm planche to sit
Straight backwards somersault dismount from hands	Front 5/4 somersault to catch in wrap