

Skills Matrix

Acrobatic Gymnastics Level 3 Technical Module 4

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.

Handstand 6/4 dismount	Full twist dismount	5/4 somersault to cradle
From stand in hands straight jump from one to two man catch on platform (MG) or pitch stretch jump to re-catch on platform (WG)	Round off swing cannon ball to handstand	Change base platform to platform straight jump