

Skills Matrix

Aerobic Gymnastics Level 3 Technical Module 2

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.

<p>A sound understanding of how to create and develop AMP, transitions and links:</p> <p>Practical development of AMP Practical development of transitions and links</p>	
<p>Competence in creating appropriate partnerships and lifts according to 2009-2012 FIG COP criteria</p> <p>Checklist 2009-2012 requirements for partnership work for MP TR GR Practical development of lifts for group 1 and group 2</p>	<p>Competence in developing precision and fluency in AMP:</p> <p>Planning and delivery of a ballet barre programme specifically adapted for the training of aerobic gymnastics at group 1 level Planning and delivery of choreography drills, specifically for the inclusion of dance elements in a group 2 routine</p>