

Skills Matrix

TeamGym 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.

Straight forwards somersault with 180° turn	Straight forwards somersault with 360° turn	Straight backwards somersault with 360° turn	
Straight backwards somersault with 540° turn	Straight backwards somersault with 720° turn	Double tucked somersault preps backwards	Combinations of handspring or flyspring and somersault