

Skills Matrix

TeamGym 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.

Create and teach a sequence of movements that would fulfil the Rhythmic sequence requirements in a floor exercise	Either a split leap with 180° split OR straddle jump	Either a pirouette with 720° turn OR pirouette with 360° turn, leg above horizontal
Either a half lever or planche	Balance on one leg free leg above horizontal forwards, sideways OR backwards	Choose two different skills from the course notes, other than those listed within this page and teach these skills as a combination, demonstrating your understanding of the 'combination' requirements in a floor exercise