

Skills Matrix

Trampoline 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.

Rig handling for 1 $\frac{3}{4}$ forwards somersault

Demonstrate competence in teaching 1 $\frac{3}{4}$ forwards somersaults