

Skills Matrix

Tumbling 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.

Must show safe development of double backwards somersault with tuck/pike onto competition landing area or similar

Must show safe development of double backwards somersault pike straight onto competition landing area or similar