

Skills Matrix

Women's Artistic Level 3 Technical Module 4 - Cycle 7

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.

Backwards walkover flip	Round off backwards somersault dismount
Split leap, sissone on beam with participant showing good artistry and range of movement	Aerial skills specified within the syllabus