

Skills Matrix

Women's Artistic Level 3 Technical Module 2 - 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.

Floor Backwards Tumbling: The learners must show an understanding of the technique and development of: The round off flip full twisting straight backwards somersault
High Bar Skills: The learner must show an understanding of the technique and development of: The backwards giant The straight backaway dismount Effective and safe support of these two skills.