

Skills Matrix

General Gymnastics Level 3 Technical Module 1

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.

Aerial cartwheel	Backwards somersault (from round off or round off flic)
Forwards somersault (from run up or handspring)	Sideways somersault (from run up or round off)