

Skills Matrix

Aerobic 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.

Analysis of a and b group element phases	
Methodology for physical preparation of a and b group elements	Practical ability to coach a and b group families