

Skills Matrix

General 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.

Group - Stand on knees supported handstand	Pair - Stand on shoulders
Group - Supported log on straight arms above head	Group - Cradle 180° log