

Skills Matrix

TeamGym Level 3 Technical Module 3

The below is what is required during sign-off with a BG recognised Assessor.

Learners will need to download a copy of the sign-off sheet from the Academy and bring this with them to their assessment.

Learners please note: You must check with your Assessor regarding the music provision for your assessment.

Either a switch
leap or straddle
jump with $>360^\circ$.

Either a free
cartwheel or
sideways salto.

Create and teach a section of a floor routine to music (this should be a minimum of 4 counts of 8). This section of the assessment should last approximately 20 minutes. A Tariff Sheet that links to the section of floor routine being demonstrated should be brought to the assessment.

The section of routine should show:

- one formation change
- a backwards plane
- a sideways plane
- a skill from the Syllabus that has not already been shown