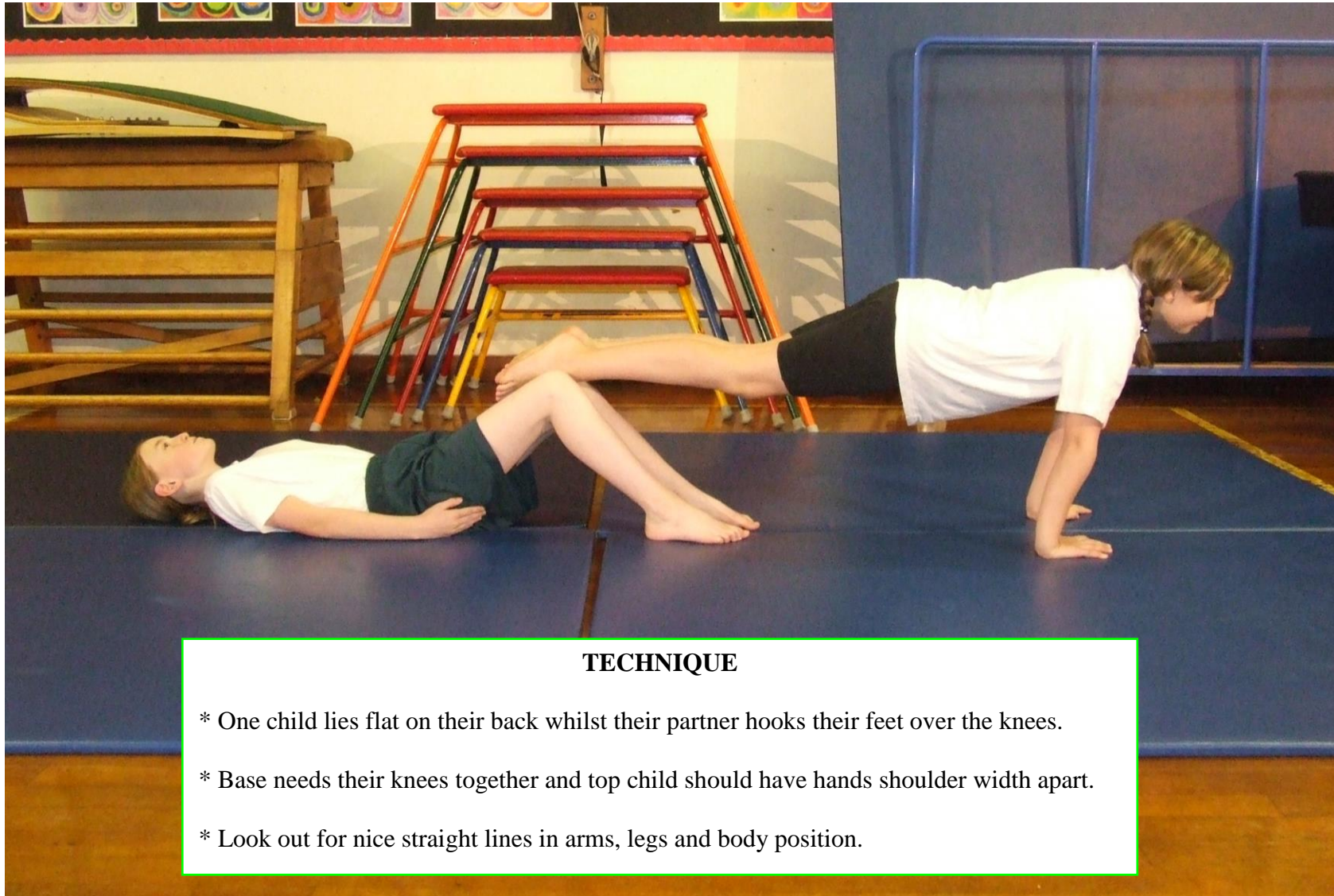


ANTON JUNIOR SCHOOL GYMNASTICS PLANNING LEVEL ONE PARTNER

BALANCE: "KNEES"



TECHNIQUE

- * One child lies flat on their back whilst their partner hooks their feet over the knees.
- * Base needs their knees together and top child should have hands shoulder width apart.
- * Look out for nice straight lines in arms, legs and body position.