

ANTON JUNIOR SCHOOL GYMNASTICS PLANNING

LEVEL ONE PARTNER BALANCE; "THIGHS"



TECHNIQUE

- * Base child in low kneeling position. Hold partner by wrist.
- * Top child puts 1 foot on thigh, followed by second and tries to stand upright. Feet very slightly turned outwards.
- * As the pair improve both children should be encouraged to lean forward in a counterbalance position.