

# ANTON JUNIOR SCHOOL GYMNASTICS PLANNING LEVEL TWO PARTNER

## BALANCE: "ANKLES"



### TECHNIQUE

- \* One child lies flat on their back with arms straight up and vertical, feet shoulder width apart.
- \* Top child should have hands shoulder width apart in press up position, holding shins or ankles. Top child raises one leg at a time for base to hold ankles.
- \* Look out for nice straight lines in arms, legs and body position, heads looking forward.