

ANTON JUNIOR SCHOOL GYMNASTICS PLANNING LEVEL TWO PARTNER BALANCE:

“HIGH KNEES”



TECHNIQUE

- Base lies on back, knees up and slightly apart. Arms should be straight up.
- Top child starts with feet either side of base's head, puts hands on partner's knees and LEANS forward.
- Base puts hands on partner's shins and pushes legs up so that arms are straight.