

Practise the following shapes and balances that you looked at with Olivia last week. Please make sure that you warm up correctly and stretch those muscles.

If you aren't confident with a balance or hold, please do not attempt it.

Send pictures and videos on SeeSaw of your attempts.

## Dish Shape





**How long can  
you hold an  
Arch shape?**



Daily Challenge #21

## Frog Balance



## V-Balance





## Straddle Balance



Bridge  
Balance





## Arabesque Balance





If you are able to have a partner, try some of these Counter Balance and Counter Tension examples.

Counter Balance Examples

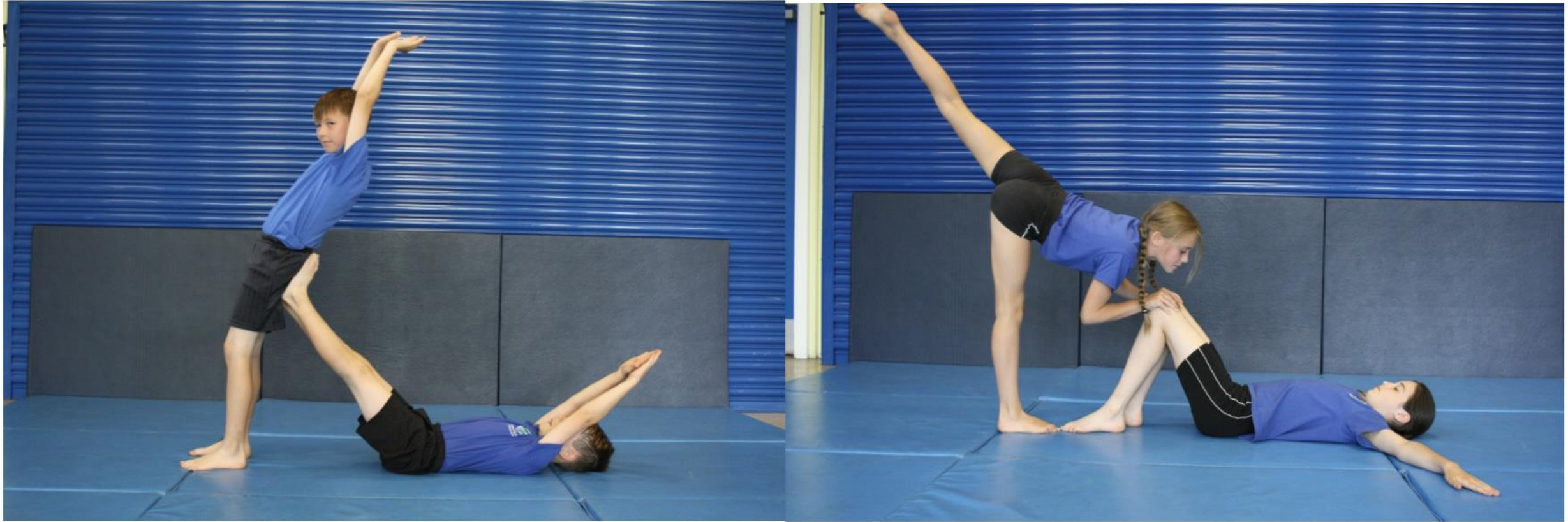


Counter Tension examples



How could we add in another one person to this paired balance?





How could we add in another one person to these paired balances?  
Can we add a link using hands, legs, feet?