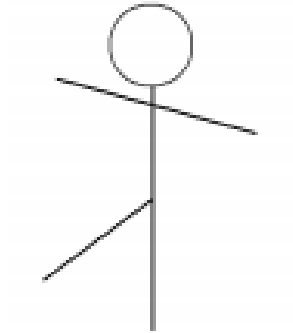
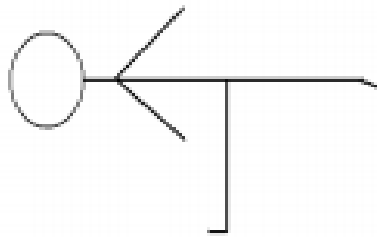


Your task for PE this week is to complete these individual gymnastic balances.

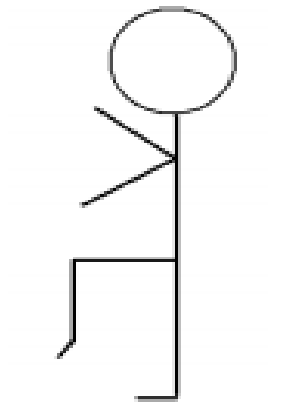
1. Star balance lift one leg at a time



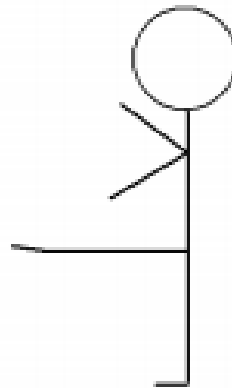
2. Arabesque



3. Lift one at a time and hold balance leg



4. now straighten the leg



5. Front Support lift one leg at a time and hold arm



6. front support lift one at a time

