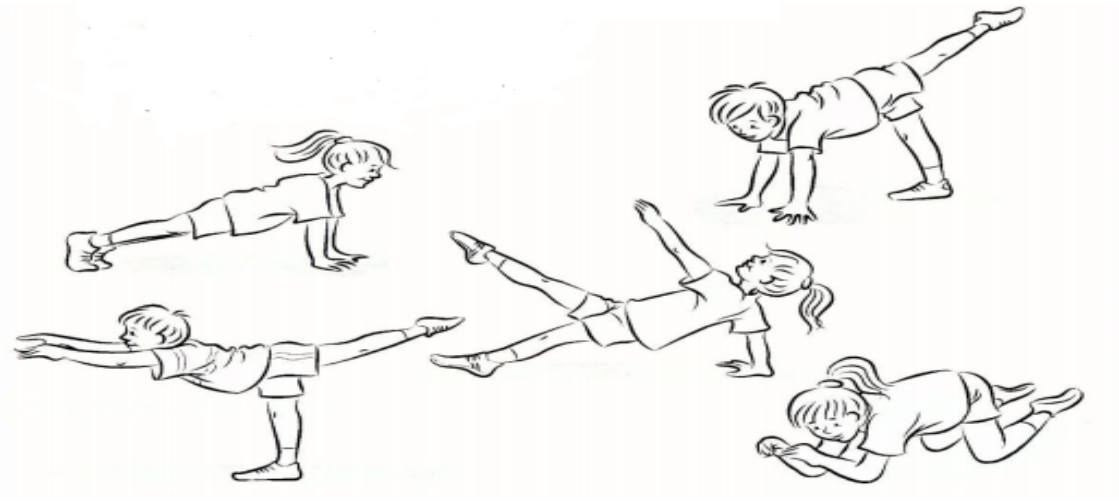
Balancing:

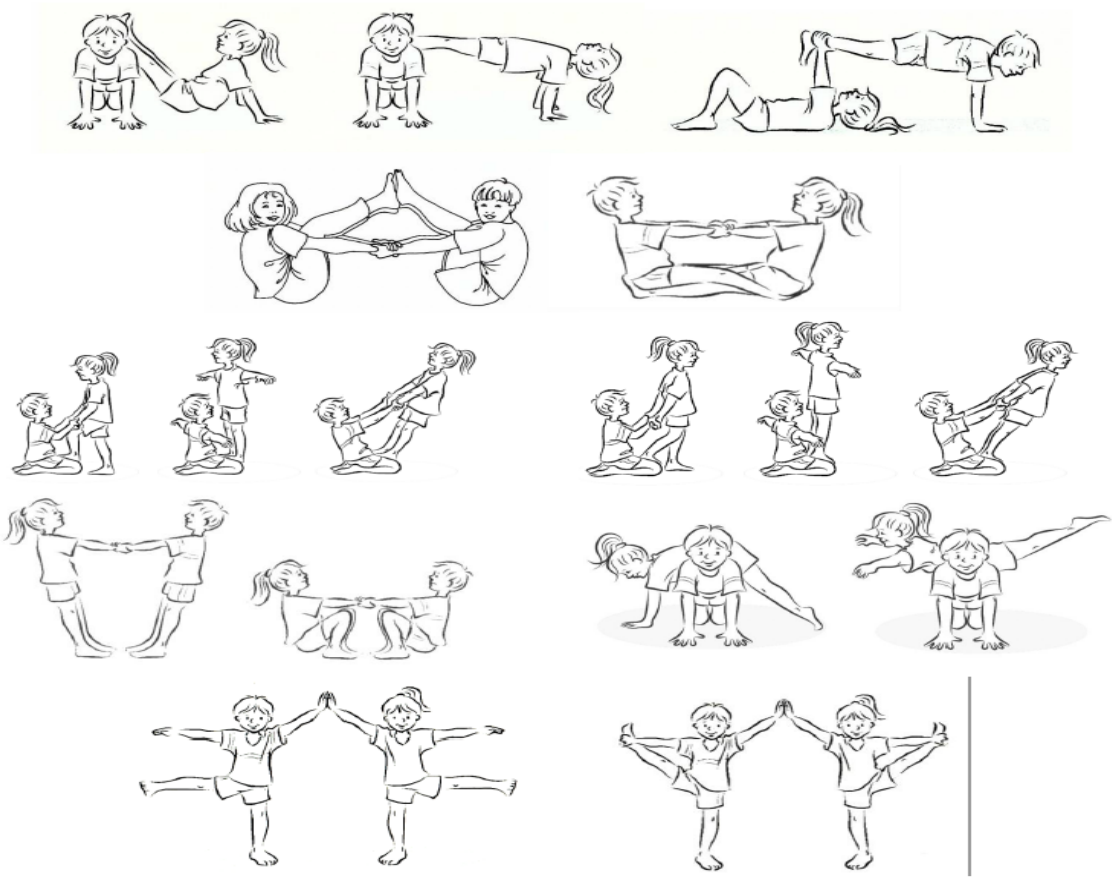
Individual Balances:

Can you create other individual balances?



Pair & Group Balances:

Can you and your partner create more balances?
Can you extend partner balances to create group balances



Images from PSSI PE Gymnastics Lessons