

# Simple Balances

## 'V' sit balance – stages of difficulty



1. Tucked with hand support

2. Tucked without hand support

3. Straight legs with hand support

4. Straight legs without hand support

## Shoulder balance – stages of difficulty



1. Back flat on the floor

2. With hips supported

3. Arms pressing on floor

4. Arms above head

## Two single foot balances

