## FRONT SUPPORT



The images below are real-life examples of a child performing a front support shape. Please note that although form is generally good, the skill may not yet be fully mastered.

Child's name:	Class:	
Instructor's name:	Signature:	
Rounded upper back	Arms straight	Shoulders slightly
	squeezing ears	over hands
Legs straight & un	ueezed tight	tended arms

## I have been practising my front support at home!

Parent/carer's name:	Date:	
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