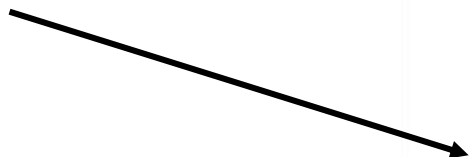


V SIT SHAPE

The image below is a real-life example of a child performing a V sit. Please note that although form is generally good, the skill may not yet be fully mastered.

Child's name: Class:

Head neutral



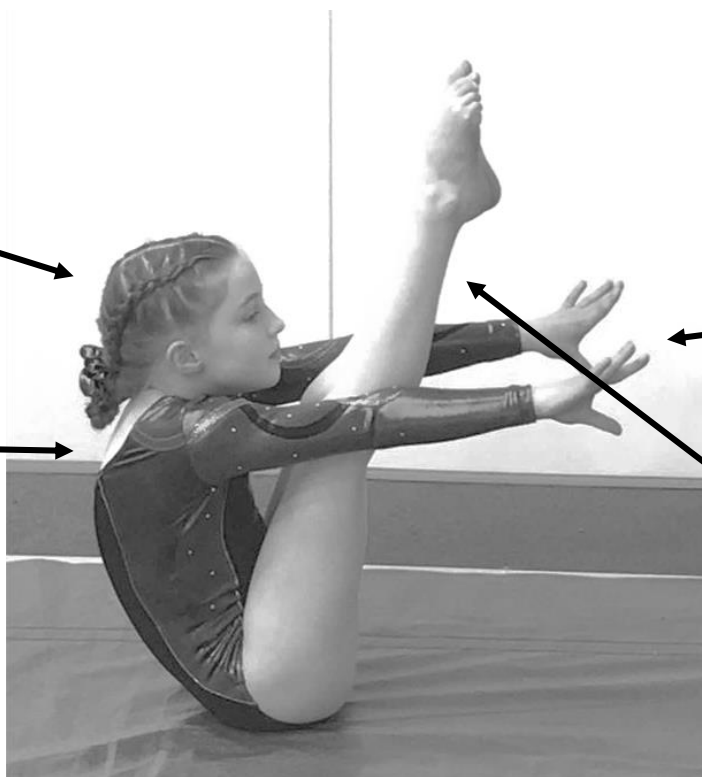
Rounded upper back



Arms straight and horizontal



Legs straight and toes pointed



I have been practising my V sit shape at home!

Parent/carer's name: Date: