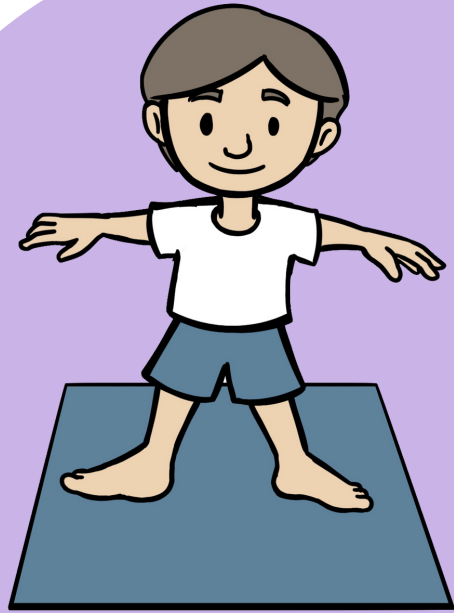
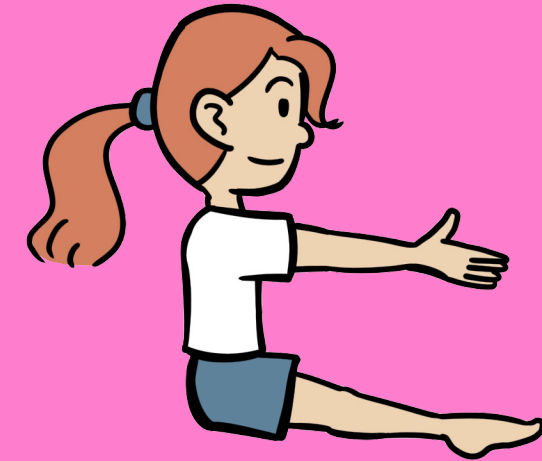


Shapes



star

- arms in line with shoulders
- hands extended

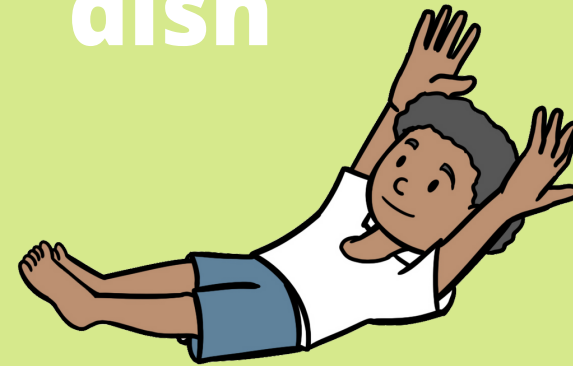


pike

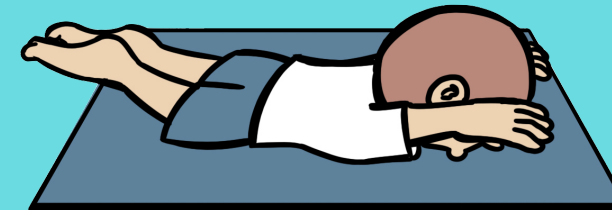
- arms in line with shoulders
- legs together
- toes pointed

- legs together
- arms and legs straight and lifted off the ground

dish



arch



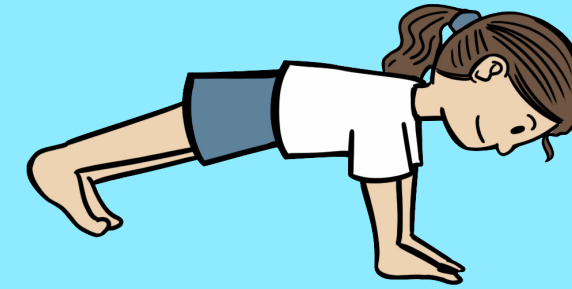
- legs together
- arms and legs straight and lifted off the ground

Shapes



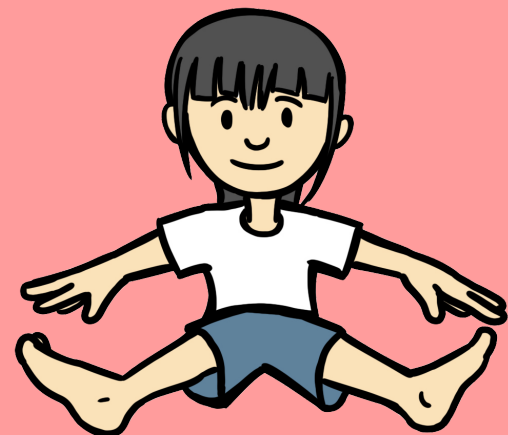
tuck

- knees together
- back straight
- roll shoulders down away from ears



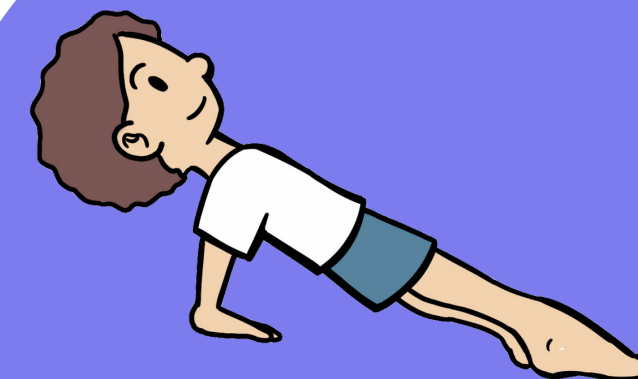
front support

- shoulders over hands
- head looks straight down
- body stays in a straight line



straddle

- arms and legs extended
- arms stay shoulder height in line with legs



back support

- hips lifted
- hands face feet
- toes aim to touch the ground