## Partner Stand-Ups

Grades 3-5

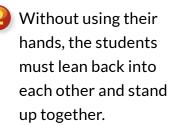
**BENEFIT** Balance

LOCATION Grass

**EQUIPMENT** None

## Tip

should press firmly as they lean back, then use their thigh muscles to stand. Assign each student a partner. The partners sit, back to back.









Two students lean back and use their leg muscles to stand up.

