

Christopher Harrison's AntiGravity®

Just Kids 1 & 2 Teacher Training

TEST ADDITIONAL

1. Which of the following is a Benefit of the AntiGravity® Just Kids curriculum?
 - A. Time Out
 - B. Fine Tune
 - C. Voice Projection
 - D. All of the above

2. When delivering an Intro and Orientation, the Instructor should use:
 - A. Confidence
 - B. Clarity
 - C. Playfulness
 - D. All of the above

3. Which is a Complimentary Opposite?
 - A. Hot / Warm
 - B. Long / Longest
 - C. Fast / Slow
 - D. Quick / Fastest

4. What level of experience does a child need to take part in an AntiGravity® Just Kids Fitness class?
 - A. Strength
 - B. Body Awareness
 - C. Fearless
 - D. No experience necessary

5. What is the number one priority in spotting children?
 - A. Trajectory of Motion
 - B. Keeping Calm
 - C. Safety
 - D. Keeping the rest of the class going.

6. In what part of the class design is Free Time placed?
 - A. Before the class begins.
 - B. After Chrysalis Sequence
 - C. After the Tricks and Flips Section
 - D. In Cocoon

7. Observation is still a form of –
- A. Relaxing
 - B. Zoning out
 - C. Participation
 - D. Swinging
8. Which 2 important cues should you use for Indiana Jones?
- A. Jump and swing
 - B. Jump and slide
 - C. Hold on tight and keep the head up
 - D. Hold on tight and swing
9. What is the correct grip for Orangutan Squeeze and Slide?
- A. ReverseGrip
 - B. High 5
 - C. BasicGripHigh
 - D. Low 10's
10. The key philosophy in AntiGravity® Just Kids is ?
- A. Don't move
 - B. Don't swing
 - C. Don't make friends
 - D. Playful exploration
11. What would you not find in an AntiGravity® Just Kids Fitness Center?
- A. Harrison Hammocks
 - B. Dumbbells
 - C. A Plumblin
 - D. Children Flying