



# AntiGravity Fitness Kids Practicum Assessment Score Sheet (page 1)

|                       |      |                       |                               |                     |
|-----------------------|------|-----------------------|-------------------------------|---------------------|
|                       |      |                       |                               |                     |
| First name, Last name | Date | Instructor<br>Trainer | Studio Affiliation / Location | Program /<br>Course |

## INTRODUCTION (40 points) \_\_\_\_\_

|                                                                                                       |                                                                             |                                                                                                                                                             |                                                                |                                              |
|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------|
| <b>Presentation</b><br>Confidence<br>Clarity<br>Enthusiasm<br>Creativity<br>Fun                       | <b>Intro</b><br>Playful Welcome<br>Name<br>AGJK Cert.<br>Course / Series    | <b>Successful Setup</b><br>Once Voice at a Time<br>Hug the Wall<br>Rule of thumb<br>Team Work<br>No swinging when<br>ladders are out<br>Stay at own hammock | <b>Inspiration</b><br>Swing<br>Flip<br>Hang upside down<br>Fly | <b>Hammock Rating</b><br>Holds Baby Elephant |
| 4                                                                                                     | 4                                                                           | 5                                                                                                                                                           | 4                                                              | 3                                            |
| <b>AG Philosophy+</b><br>Safety First<br>Fun<br>Silly Quotient<br>Do your best, no better,<br>no less | <b>Principles</b><br>Trust Who and What<br>Tight vs. Loose<br>Gravity Point | <b>Branding</b><br>Antigravity Fitness<br>Harrison Hammock<br>Christopher Harrison                                                                          | <b>Measuring In</b><br>Just above iliac crest                  | <b>Timing</b><br>(2 Min.)                    |
| 4                                                                                                     | 3                                                                           | 5                                                                                                                                                           | 3                                                              | 5                                            |

Notes:

INVERSION PRACTICUM (65 points) \_\_\_\_\_ Assignment \_\_\_\_\_

|                                                                                                                            |                                                                                                                             |                                                                                                                                                                                                                                              |                                                                                                                                                                                                                  |                                                                                                                                                         |                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <b>Execution</b><br>(Capability)<br><u>Technique:</u><br>Flexibility<br>Strength<br>Alignment<br>Agility<br>Body Awareness | <b>Presentation</b><br>Confidence<br>Clarity<br>Enthusiasm<br>Vocal Dynamics<br>Imagery<br>Silly Quotient<br>Fun            | <b>Nomenclature &amp; Branding</b><br>Pose Names<br>*Alternate AGK Pose Name<br>Hammock Name<br>CCH mention<br>Logo                                                                                                                          | <b>Principles</b><br>Trust who, what<br>Listen to your Body<br>Share the Weight<br>Gravity Point<br>Tight vs. Loose<br>Seesaw Point<br>Make It Easy<br>Quiet Body Quiet Mind<br>Go For It<br>Swinging Power Play | <b>Philosophy</b><br>Playful Exploration<br>Enhance Awareness<br>Diverse Perspectives<br>Building Confidence<br>Vibrant Selves                          | <b>Progressions</b><br>Demo y/n<br>Timing of Demo<br>Intro / Outro<br>Proper Sequencing                      |
| 5                                                                                                                          | 7                                                                                                                           | 5                                                                                                                                                                                                                                            | 7                                                                                                                                                                                                                | 5                                                                                                                                                       | 4                                                                                                            |
| <b>G/W/T/H</b><br>Correct Names<br>Correct Use<br>Clear Cueing<br>Clear Execution                                          | <b>Scanning &amp; Modifications</b><br>Proper G/W/T<br>Discerning Level<br>Verbal Correction<br>Proper Suggestion<br>Safety | <b>Teaching Techniques</b><br>Accept and Include<br>Create a Story<br>Follow the Leader<br>Improvisation<br>Free Time<br>Pedagogical Learning<br>Connecting<br>Nurture<br>Direct and Redirective Cueing<br>Contrast and Opposites<br>Manners | <b>Handling Challenging Behavior</b><br>Precise Positive Praise<br>Teach Trust<br>Empowering Words<br>Redirect<br>Teamwork<br>Positive Directives<br>Compliment Sandwich                                         | <b>Spotting</b><br>Avoid Coddling<br>Hands on Spot<br>Correct Use<br>Trajectory of Motion<br>Mindful Hands and Body<br>Guarding the Head<br>BE Prepared | <b>Classroom Managment</b><br>Timing<br>Attention<br>Transitions<br>Assessing Level<br>Handling Difficulties |
| 4                                                                                                                          | 5                                                                                                                           | 5                                                                                                                                                                                                                                            | 5                                                                                                                                                                                                                | 8                                                                                                                                                       | 5                                                                                                            |

Notes:

## Verbal and Physical DRILL PRACTICUMS (40 points)\_\_\_\_\_

| Sequence/Pose Age Distinctions | G/W/T/H | Spotting |
|--------------------------------|---------|----------|
| 10                             | 10      | 20       |

Combined Practicums ( 145 points) \_\_\_\_\_

General Impression (55 points) \_\_\_\_\_

Total (200 points) *Passing score: 150* \_\_\_\_\_

Notes: