

R102: Preschool Fundamentals: Hands On Training (HOTPS) “Quiz Answer Sheet”

Employee Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

True or False:

1. The purpose of warm-ups is to prepare the body for upcoming activities?
2. Themes and lesson plans should NOT be followed, do your own thing.
3. When spotting, make sure to break down skills into achievable steps and progressions.
4. Music provides an instant connection with most children.
5. It usually takes a child four times to understand the program.
6. Children in a parent-child class know how to “take turns”.
7. The trampoline does NOT require supervision at all times.
8. The Toddler Property Laws all stem down to it mine, not yours!

Multiple Choice:

1. What are good teaching principles?
2. Prepare a safe class
3. Take ownership and responsibility of your class and actions
4. Make sure the children of children to coach is safe
5. Follow the established lesson plans
6. All of the above
7. Locomotor skills include:
   1. Walking
   2. Running
   3. Hopping
   4. Skipping
   5. All of the above
8. What are type of activities should be included in a parent-child class?
   1. Fine Motor skills
   2. Group Activities
   3. Large Motor Skills
   4. Individual Activities
   5. All of the above

Match the skill to the event:

1. Run, punch on board with two feet, proper hurdle
2. Walking forward, backwards, sideways, jump down to safety landing, dipwalks.
3. Handstand walking feet up, Cartwheel, Donkey Kicks, Forward Roll, Backwards Roll.
4. Hanging, Hand Shimmies, front support, front support forward roll with spot, pullover (walk feet up the block and with spot come over to front support)

Vault:

Bars:

Beam:

Floor: