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AERIAL SPIRAL WORKBOOK

Spiral Teacher Training Workbook

Name: _____ **Date:** _____

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Section 1: Safety, Equipment, and Inclusion

Q1. Name the three different types of grip aids and what they are used

for. **Q2.** Why is it important to allow individuals to work at their own

level? **Q3.** What is the ideal distance between Spirals?

Q4. What types of mats are used in Spiral classes and when should they be used?

Q5. Name three things students should do before attending Spiral

class. **Q6.** Define Diversity & Inclusion in your own words.

Q7. Would you allow late students to attend class after warm-up? Why or why not?

Q8. What type of clothing is appropriate for Spiral class and why? **Q9.** What

should be included on a PAR-Q form?

Q10. What should you do if someone checks “yes” to a PAR-Q question but does not have a doctor's note?

Q11. List two additional ways to screen students besides a PAR-Q.

Q12. Why is First Aid training important for instructors?

Q13. When would you fill out an accident report?

Q14. Explain the emergency procedure if someone is injured falling from a Spiral.

Section 2: Teaching Methods and Student Learning Q15.

Why is a silent demonstration important before explaining a move?

Q16. List the proper order of how to teach a move.

Q17. What would you do if a student is not confident attempting a

move? **Q18.** List three reasons to spot students.

Q19. Would you allow a student to spot another student? Explain why or why not.

Q20. Explain the correct spotting stance.

Q21. What is the difference between a guidance spot and a safety

spot? **Q22.** List and define the four primary learning styles.

Q23. What is an anchor point, and why must students understand

them? **Q24.** Why is posture and alignment important in Spiral

movement?

Q25. Explain economy of motion and give an example in Spiral.

Q26. Why is controlling entry and exit phases of a move

important? **Q27.** List two exercises that help improve toe point.

Q28. Why do we flex our feet in some moves? Give one example.

Q29. Why is it important to condition before attempting tricks?

Q30. List three conditioning exercises to prepare for a butterfly and explain why.

Section 3: Anatomy and Technique

Q31. Why is knowledge of anatomy and physiology important in Spiral

instruction? **Q32.** Name two pairs of muscles that work together.

Q33. Define eccentric, concentric, and isometric contractions with Spiral examples.

Q34. Where are hinge joints located?

Q35. Give an example of a move involving hip flexion. **Q36.** Why must we warm up through all

planes of motion? **Q37.** How can we build cardiovascular endurance in Spiral class? **Q38.** List

six teaching points for standing.

Q39. Match dance terminology with Spiral moves (Relevé, Passé,

etc.). **Q40.** Give a progression for the elbow knee hold.

Q41. Why might students struggle with the orbit of spin and how can you

help? **Q42.** List a progression and regression for Martini Sit.

Q43. Name the main muscles used in a chandelier and when they're engaged.

Q44. What are common mistakes in Arabesque?

Q45. What regression helps students struggling with handstands? **Q46.** What would your

warm-up focus be when working aerial inverts? **Q47.** What movement should you cue during a

standing invert to a double knee hang? **Q48.** How would you safely spot a Hip Roll to thread

through?

Q49. List teaching points and cue muscles for Ayesha. **Q50.**

Why do students struggle with Smash Drops? **Q51.** What is the

primary muscle in a Figure Head? **Q52.** Describe the order and

reason for teaching a shoulder stand. **Q53.** Provide three teaching

points for Dead Hang.

Q54. What muscles are needed for Meat Hook?

Q55. What conditioning exercises lead to an undersplit? **Q56.**

What are the contact points and anchor cue for an Avery bird?

Q57. Would you allow kicking into inverts? Why or why not?

Section 4: Class Structure and Application

Q58. List three reasons for warming up.

Q59. Provide a 3-move combo and describe transitions.

Q60. Why is cooldown important? List four reasons.

Q61. What music type is best for warm-up and why?

Q62. Give an example of each: joint mobilization, pulse raiser, dynamic stretch.

Q63. What body areas must be warmed for Piked Hip Fold? List

exercises. **Q64.** Why is mastering foundations critical before progressing?

Section 5: Lesson Plan Practice

Move		Technique Execution	Progression	
Mermaid				
Double knee hang				
Sleepy koala				
Avery Bird				

(Please fill in each column for the given moves.)

End of Workbook

For support or questions, please contact: aerialspiralpole@gmail.com