

# All About Kids

## Fill in the blanks.

1. Kids are ready to carry poles at about age \_\_\_\_\_ even though they are not sufficiently co-ordinated to pole plant with precision until much later.

2. Kids under five have a high center of mass because \_\_\_\_\_.

A high center of mass causes \_\_\_\_\_.

To overcome the instability of a high center of mass, children ski (how)\_\_\_\_\_.

## 3. Assessment & Development

Possible Problem	Symptom	Suggested Correction
Ski tips crossed		
Knees rolled in		
<ul style="list-style-type: none"><li>•</li><li>•</li></ul>	Difficulty with speed control on steeper terrain	
	Difficulty turning in one direction	

4. Applying a toe clip to ski tips is helpful to

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5. Assisting children on the chairlift

	Used with little children too short to reach the chair
Arm under arm technique	
	Used with children with some experience

6. A safe method for a class of children to come to a stop on the hill is for the instructor to signal, stop and for the children to ski

B \_\_\_\_\_ B \_\_\_\_\_ and B \_\_\_\_\_ the instructor.

7. Complete the equation sequence.

Establish the \_\_\_\_\_ of the student



Understand the \_\_\_\_\_ and \_\_\_\_\_ stage of development of the student



Choose a \_\_\_\_\_ focus



Choose and implement a \_\_\_\_\_

9. Duty of Care means that you, as an instructor, are responsible for the \_\_\_\_\_ of your student. This Duty of Care starts when \_\_\_\_\_ and does not end until \_\_\_\_\_.

10.10 Accidents are particularly common with kids \_\_\_\_ because they are \_\_\_\_\_ and daring. They are beginning challenge the limits of performance, but do not have enough \_\_\_\_\_ to warn them of all the dangers.

11. Getting children to co-operate in a class situation is easier if you understand the stages of \_\_\_\_\_ and \_\_\_\_\_ development. Ideally, little children should have \_\_\_\_\_ lessons with an instructor, Children begin to interact socially about age \_\_\_\_\_ making them ready for \_\_\_\_\_ activity.

12. Ways to develop group dynamics include:

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_

13. Directions for getting on a chairlift should be \_\_\_\_\_ and repeated as often as needed. This is a time that children must \_\_\_\_\_ and \_\_\_\_\_ rules.

14. Because they lack fine motor skills in the extremities, children turn partly through the use of \_\_\_\_\_.

15. Once children start developing enough \_\_\_\_\_, after age \_\_\_\_\_ is the time to include tactics to get children stand in the middle of the ski. Most children are not strong enough to get centred even at age 8.

16. In one sentence, describe children's neuro-muscular development.

\_\_\_\_\_.

**17. Complete the chart.**

Because children...	the result is...	So the instructor's role is...
have large heads	<ul style="list-style-type: none"><li>• Little kids fall often</li></ul>	
lack neuro-muscular development	Fore and aft movement is not possible in the early stages	
learn by 1. Seeing  2. _____ and  3. _____		1.  2.  3.

18. Some things to consider when greeting children:

i) \_\_\_\_\_.

ii) \_\_\_\_\_.

iii) \_\_\_\_\_.

19. Children learn by 1. \_\_\_\_\_, 2. \_\_\_\_\_ and 3. \_\_\_\_\_.

## True or False

1. Little kids move and think like miniature adults. \_\_\_\_
2. Just as you can skip a grade in school, you can skip a stage of mental and physical development. \_\_\_\_
3. Kids don't understand "left" and "right" before about age 5. \_\_\_\_
4. Children need lots of rules in their games—the more the better. \_\_\_\_
5. Little children can only deal with one verbal instruction at a time.
6. It is important to know the policies of the resort for children riding lifts. \_\_\_\_
7. Little children under 5 ski with their hips behind the base of support. \_\_\_\_
8. The instructor needs to explain safety rules carefully in simple language. \_\_\_\_
9. Kids are not good at copying. \_\_\_\_
10. It is a good idea to introduce kids to competition early. \_\_\_\_
11. When parents leave an anxious child, they should just sneak away so as not to upset the child further. \_\_\_\_
12. Children learn a lot by listening to directions. . \_\_\_\_
13. Children under five are incapable of distinguishing between fact and fiction. \_\_\_\_
14. In the first stages of understanding rules (about age 7), children "bend" the rules in their favour. \_\_\_\_
15. Physical restraint with an uncooperative child is not acceptable at any time except as a last resort for reasons of safety. \_\_\_\_
16. When kids are comfortable skiing a difficult run (blue or black), they should never ski an easy run again, if possible. \_\_\_\_
17. Lifting the inside ski is good for kids of all ages. \_\_\_\_
18. A good way to help little children learn to ski is to repeat the technical information *slowly* so that they understand. . \_\_\_\_
19. Kids, ages 9 to 12, love working in teams. \_\_\_\_
20. Children have great imaginations! \_\_\_\_

## Communicating with Parents

1. To be a good communicator, be a good \_\_\_\_\_.
2. Two good ways to begin questions are with \_\_\_\_\_ or \_\_\_\_\_.
3. \_\_\_\_\_ and \_\_\_\_\_ invite argument and put people on the defensive.
4. Some good phrases to report observations to parents begin with I \_\_\_\_\_, I \_\_\_\_\_, I \_\_\_\_\_ or I \_\_\_\_\_.
5. To find a solution for a problem, it is a good idea to \_\_\_\_\_.
6. Don't be over-supportive and take on \_\_\_\_\_.
7. To be sure you understand the problem, it is a good idea to \_\_\_\_\_ the problem in your own words.
8. Try not to make an \_\_\_\_\_ about the other person's feelings.
9. Acknowledge a problem. Ignoring won't make it \_\_\_\_\_.
10. Describe the \_\_\_\_\_ rather than the child.