

PAPER DOLL MILITIA'S

REMOTE
TEACHER
TRAINING



COURSE OVERVIEW

50 hour Teacher Training Course

**Estimated 5 - 7 hours per week*

- ✓ Independent Study
- ✓ Video Submission Process
- ✓ Zoom Classes

Week 1 does not require access to your apparatus

COURSE BREAKDOWN

Zoom Classes

These **interactive** calls include **group discussions, practice teaching, and movement labs.**

They're a space to ask questions, connect with your cohort, and deepen your understanding through **real-time support and collaborative learning.**

Independent Study

Includes **book assignments, video lectures, interactive quizzes, surveys and online reading assignments** from our course books.* This portion of the training is self-paced but guided by a clear weekly schedule that aligns with our live Zoom sessions.

**Applied Anatomy of Aerial Arts and The Aerial Teacher's Handbook*

Video Submission Process

For each skill in the course, you'll receive a **narrated tutorial, reference videos, and a downloadable PDF** that outlines clear progressions, drills, and teaching tips.

Each week, you'll be assigned **10 to 15 skills to study, practice, and submit.** Your dedicated instructor will provide **personalized feedback** to guide your development and support your growth.

INDEPENDENT STUDY MATERIALS

Independent Study Week 1

- 6 Steps to Being an Aerial Instructor Module
- Warm Up & Cool Down
- Warm Up Video Assignment
- The Feedback Formula | PDF
- Anatomy Module

Independent Study Week 2

- Class Management Module

Independent Study Week 3

- Warm up Assignment | Part 2
- Safety Module
- Online Learning
- Technique | My Invert Survey

Independent Study Week 4

- Rigging Module

Independent Study Week 5

- Technique | Toe Point Supremacy Article
- Technique | My Audition Video Analysis

Independent Study Week 6

- Injury Prevention Module
- Creativity | Survey

Independent Study Week 7

- Spotting Module
- Aerial Business Support | Survey
- Technique | Aerial Teacher Handbook Reading

Independent Study Week 8

- Warm up Part 2 | Survey



ZOOM CALL OVERVIEW

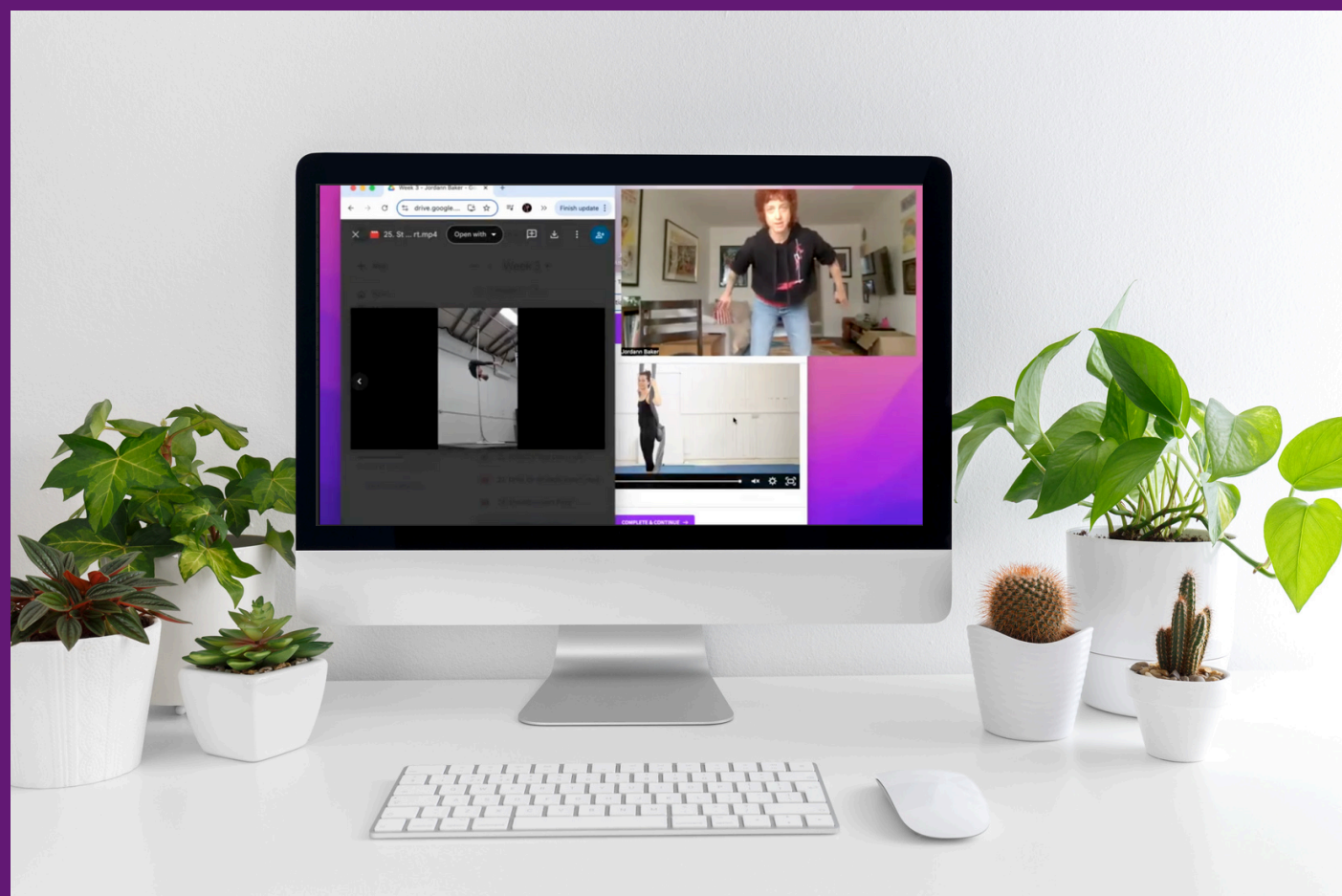


Date	Class Focus	Apparatus requirements:
Zoom Call 1	Form and Function Part 1	No apparatus needed*
Zoom Call 2	Form and Function Part 2	Apparatus OR Pull-up bar*
Zoom Call 3	Anatomy & Teaching Practicum	Apparatus required
Zoom Call 4	Class Management & Teaching Practicum	Apparatus required
Zoom Call 5	Safety & Teaching Practicum	Apparatus required
Zoom Call 6	Rigging & Creative Approach	Apparatus required
Zoom Call 7	Creative Approach	Apparatus required
Zoom Call 8	Discussion & Professional Development	No apparatus needed*

*No safety person required for Zoom calls 1, 2, 5 & 8

**Zoom classes will include an instructor led warm-up anytime we are doing physical practice

VIDEO SUBMISSION PROCESS



Studio Time

You will need to book studio time for your Video Submission Process for Weeks 2 through 8 of the course

Hours Per Week

Studio time will vary depending on what package you signed up for

Estimates are as follows:

- Single Apparatus : 3 - 4 hours of studio time per week
- Double Apparatus: 7 - 8 hours of studio time per week
- Combo Course: 5 - 6 hours of studio time per week