



# Pop Up Challenge

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

Date: \_\_\_\_\_

## Complete the worksheet

Test your knowledge of popping up lingo with this pop up challenge activity. For each description, choose the correct term from four multiple choice options.

1. What should you avoid using on your pop up  
A. knees B. wrists C. hands D. chest
2. Placing your hands near you pectorals is called  
A. eagle wings B. chicken wings C. bat wings D. butterfly wings
3. Your eyes should always be looking  
A. down B. left C. right D. forward
4. Toes should be placed on the  
A. deck B. tail C. nose D. water
5. After you place your chicken wings into position your next step is  
A. bring knees forward B. drop knee C. push up D. prone
6. Place your back foot at a  
A. 90 degree angle B. 45 degree angle C. 180 degree angle D. none
7. Place your front foot at a  
A. 180 degree angle B. 45 degree angle C. 90 degree angle D. none
8. Your leg rope is placed on your  
A. hand B. front foot C. back foot D. wrist
9. To take on any lumps or bumps in the wave you need to make sure your  
A. back is bent B. knees are bent C. arms are low D. looking down
10. Your leading arm needs to be on the outside of your front foot  
A. toes B. foot C. leg D. heel