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## REBOUND EXERCISES

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### Winstrada PROFICIENCY GRADE 1

**Suggested minimum requirements to complete the grade: at least two passes from at least four of the five sections. All movements may be performed with support as necessary.**

**OR**  
To accurately measure outcomes for Rebound Therapy, this scheme can be used with the Huddersfield Functional Index. A minimum HFI score of 32 is recommended to complete the grade.

#### SECTION A

1. Lies or sits on soft object e.g. beanbag
2. Enjoys being bounced while lying or sitting on beanbag
3. Enjoys movement with parachute
4. Enjoys rocking motion of bed when lying down
5. Being bounced in back lying position – maintains shape

HFI Total for Section A (if used)

																						<b>Winstrada</b>
																						<b>REBOUND EXERCISES</b>
																						<b>PROFICIENCY GRADE 1 Continued</b>
																						<b>SECTION B</b>
																						6. Differentiates stillness and movement
																						7. Anticipates cause and effect
																						8. Waits patiently for turn on trampoline
																						9. Maintains eye contact when appropriate
																						10. Show and hold star position
																						<b>HFI Total for Section B (if used)</b>
																						<b>SECTION C</b>
																						11. Enjoys being bounced in hands and knees position
																						12. Initiates bouncing in hands and knees position
																						13. High kneeling position
																						14. High kneeling – swimming arm movement
																						<b>HFI Total for Section C (if used)</b>

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																		<b>PROFICIENCY GRADE 1 Continued</b>
																		<b>SECTION D</b>
																		15. Sits facing adult in stillness
																		16. Compensates for movement when trampoline bed is moved in front, behind and to the side of student
																		17. Regains sitting position when moved off balance
																		18. Enjoys being bounced in sitting position
																		19. Sitting position – initiates movement by pushing into bed with hands
																		20. Sitting position – swimming arm movement to initiate bounce
																		HFI Total for Section D (if used)

