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| | | | | | | | | | | | | | | | **Badge and certificate awards are available for these grades. To download an order form or order online, please visit www.Winstrada.com**<br><br>**REBOUND EXERCISES**<br><br>***Compiled by, copyright of and produced with the permission of 'ReboundTherapy.org' – the official body for Rebound Therapy***<br><br>**Winstrada**<br><br>**PROFICIENCY GRADE 2**<br><br>**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.**<br><br>**OR**<br>**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. Sitting position with hand support – pop to stand – stillness |
| | | | | | | | | | | | | | | | 2. Sitting position – pop to stand – stillness (support on landing if necessary) |
| | | | | | | | | | | | | | | | 3. Sitting position – pop to stand with eyes closed |
| | | | | | | | | | | | | | | | 4. Sitting position – bounce and tweak |
| | | | | | | | | | | | | | | | 5. Sitting position – bounce and tweak with swimming arms |
| | | | | | | | | | | | | | | | 6. Quarter turns in sitting position |
| | | | | | | | | | | | | | | | HFI Total for Section A (if used) |

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| | | | | | | | | | | | | | | | **Winstrada**<br><br>**REBOUND EXERCISES**<br><br>**PROFICIENCY GRADE 2 Continued** |
| | | | | | | | | | | | | | | | **SECTION B** |
| | | | | | | | | | | | | | | | 7. Can achieve two footed jump – landing evenly |
| | | | | | | | | | | | | | | | 8. Can achieve two footed jumps repeatedly – landing evenly |
| | | | | | | | | | | | | | | | 9. Perform 3 bounces – stop – stillness |
| | | | | | | | | | | | | | | | 10. Standing position – bounce with quarter twists |
| | | | | | | | | | | | | | | | 11. Pogo – moving around trampoline, understands and performs forwards, backwards and sideways movements |
| | | | | | | | | | | | | | | | 12. Haka (fast knees up together and touch) |
| | | | | | | | | | | | | | | | HFI Total for Section B (if used) |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | **SECTION C** |
| | | | | | | | | | | | | | | | 13. Jump to legs astride – stop – stillness |
| | | | | | | | | | | | | | | | 14. Jump to legs astride, jump legs together – stop - stillness |
| | | | | | | | | | | | | | | | 15. Jump to legs astride – bring arms up, jump to legs together, bring arms down |
| | | | | | | | | | | | | | | | 16. Log roll in horizontal position, showing control |
| | | | | | | | | | | | | | | | HFI Total for Section C (if used) |

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| | | | | | | | | | | | | | | | **Winstrada**<br><br>**REBOUND EXERCISES**<br><br>**PROFICIENCY GRADE 2 Continued** |
| | | | | | | | | | | | | | | | **SECTION D** |
| | | | | | | | | | | | | | | | 17. Walk along centre line, turn round and walk back |
| | | | | | | | | | | | | | | | 18. Run on spot in centre |
| | | | | | | | | | | | | | | | 19. Run on spot in centre – alternate knee slapping |
| | | | | | | | | | | | | | | | 20. Run on spot – low crossover (right hand to left leg, left hand to right leg) |
| | | | | | | | | | | | | | | | HFI Total for Section D (if used) |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | **SECTION E** |
| | | | | | | | | | | | | | | | 21. High kneeling – pop to stand to stillness |
| | | | | | | | | | | | | | | | 22. High kneeling – swimming arms to stand – stillness |
| | | | | | | | | | | | | | | | 23. High kneeling position – twist to long sitting (Harrison swivel) |
| | | | | | | | | | | | | | | | 24. Harrison swivel – to stand – stillness |
| | | | | | | | | | | | | | | | 25. Harrison swivel – to stand – stillness – able to perform left and right twist |
| | | | | | | | | | | | | | | | 26. Hands and knees position – slide to plank (on mattress) |
| | | | | | | | | | | | | | | | 27. Quarter turns in hands and knees position |
| | | | | | | | | | | | | | | | HFI Total for Section E (if used) |
| | | | | | | | | | | | | | | | HFI Total of all Sections (if used) |
| | | | | | | | | | | | | | | | Date grade passed |

Further copies of this sheet can be downloaded from the following website: www.winstrada.com/sdf