															Badge and certificate awards are available for these grades. To download an order form or order online, please visit www.Winstrada.com **REBOUND EXERCISES** ***Compiled by, copyright of and produced with the permission of 'Rebound Therapy.org' – the official body for Rebound Therapy*** **Winstrada** **PROFICIENCY GRADE 1** **Suggested minimum requirements to complete the grade: at least two 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)

															Winstrada **REBOUND EXERCISES** **PROFICIENCY GRADE 1 Continued**
															SECTION 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
															HFI Total for Section B (if used)
															SECTION C
															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
															HFI Total for Section C (if used)

															Winstrada **REBOUND EXERCISES** **PROFICIENCY GRADE 1 Continued**
															SECTION D
															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)

															Winstrada **REBOUND EXERCISES** **PROFICIENCY GRADE 1 Continued**
															SECTION E
															21. Standing in stillness with feet flat on bed
															22. Standing position – maintains shape while being gently bounced
															23. Standing position – initiate bounce (bobble)
															24. Standing position – swimming arms to initiate movement
															25. Standing position – hang and bounce
															26. Standing position – pogo in centre
															27. Standing position – bounce and stop - stillness
															28. Climb onto trampoline, locate centre of bed and climb off again safely
															HFI Total for Section E (if used)
															HFI Total of all Sections (if used)
															Date grade passed