							FLEXI-BOUNCE THERAPY EXERCISES Compiled by, copyright of and produced with the permission of 'ReboundTherapy.org' – the official
							If exercises are performed with handle in place, student to be facing away from handle PROFICIENCY
							GRADE 1 Suggested minimum
							requirements to complete the grade: at least two passes from at least three of the four sections. All movements may be performed with support as necessary.
							OR To accurately more accurately measure progress and outcomes, this scheme can be used with the Huddersfield Functional Index. A minimum HFI score of 32 is recommended to complete the grade.
							SECTION A
							Sits facing adult in stillness
							Differentiates stillness and movement
							3. Anticipates cause and effect
							4. Waits patiently for turn
							5. Maintains eye contact when appropriate
							HFI Total for Section A (if used)

							FLEXI-BOUNCE THERAPY EXERCISES PROFICIENCY GRADE 1 Continued
							GRADE I Continued
							SECTION B
							6. Compensates for movement when rebounder bed is moved in front, behind and to the side of student
							7. Regains sitting position when moved off balance
							8. Enjoys being bounced in sitting position
							9. Sitting position – initiates movement by pushing into bed with hands
							10. Sitting position – swimming arm movement to initiate bounce
							HFI Total for Section B (if used)
							SECTION C
							11. Low kneeling position
							12.Low kneeling position - swimming arms to initiate movement
							13. High kneeling position
							14. High kneeling – swimming arms to initiate movement
							HFI Total for Section C (if used)

							FLEXI-BOUNCE THERAPY EXERCISES PROFICIENCY GRADE 1 Continued
							SECTION D
							15. Standing in stillness with feet flat on bed
							16. Standing position – maintains shape while being gently bounced
							17. Standing position – initiate bounce (bobble)
							18. Standing position – swimming arms to initiate movement
							19. Standing position – hang and bounce
							20. Standing position – pogo in centre
							21. Standing position – bounce and stop - stillness
							HFI Total for Section D (if used)
							HFI Total of all Sections (if used)
							Date grade passed