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										FLEXI-BOUNCE THERAPY EXERCISES Compiled by, copyright of and produced with the permission of 'ReboundTherapy.org' – the official body for Rebound Therapy
										If exercises are performed with handle in place, student to be facing away from handle
										PROFICIENCY
										GRADE 2
										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 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
										Sitting position with feet on floor – 2 hand support from one trainer – other trainer pop to stand – stillness
										2. Sitting position with two trainers as above but with one hand support.
										As above two exercises but student with eyes closed
										4. Sitting position – push hands, bounce and half time tweak
										5. Sitting position – bounce and half time tweak, swimming arms
										6. Quarter turns in sitting position
										HFI Total for Section A (if used)

							FLEXI-BOUNCE THERAPY EXERCISES 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. Standing position – bounce with quarter twists, performs left and right
							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. (Jumping Jack)
							16.Jumping Jacks continuously
							HFI Total for Section C (if used)

							FLEXI-BOUNCE THERAPY EXERCISES PROFICIENCY GRADE 2 Continued
							SECTION D
							17. Run on spot in centre
							18. Run on spot in centre –knee slapping
							19. Run on spot in centre – cross-over knee slapping (right hand to left knee, left hand to right knee)
							20. Run on spot – low crossover (right hand to left leg, left hand to right leg, reaching below the knee with leg straight)
							HFI Total for Section D (if used)
							SECTION E
							21. Half kneeling – hand support from trainer on floor – other
							trainer pop to stand to stillness
							trainer pop to stand to stillness 22. As above - able to perform right and left knee up
							22. As above - able to perform
							22. As above - able to perform right and left knee up 23. High kneeling – hand support from trainer on floor – other trainer pop to stand to
							22. As above - able to perform right and left knee up 23. High kneeling – hand support from trainer on floor – other trainer pop to stand to stillness 24. Half kneeling - swimming
							22. As above - able to perform right and left knee up 23. High kneeling – hand support from trainer on floor – other trainer pop to stand to stillness 24. Half kneeling - swimming arms to stand to stillness 25. Half kneeling - swimming arms to stand to stillness. Able
							22. As above - able to perform right and left knee up 23. High kneeling – hand support from trainer on floor – other trainer pop to stand to stillness 24. Half kneeling - swimming arms to stand to stillness 25. Half kneeling - swimming arms to stand to stillness. Able to perform right and left knee up
							22. As above - able to perform right and left knee up 23. High kneeling – hand support from trainer on floor – other trainer pop to stand to stillness 24. Half kneeling - swimming arms to stand to stillness 25. Half kneeling - swimming arms to stand to stillness. Able to perform right and left knee up 26. Back bouncing