							FLEXI-BOUNCE THERAPY PROFICIENCY GRADE 3 Handle to be removed Suggested requirements to complete the grade and gain the award: Complete all skills in Section A, three in Section B, plus the routine. OR If using this grade with the Huddersfield Functional Index, a minimum HFI score of 15 is recommended
							SECTION A – COMPLETE ALL SKILLS
							1. Jumping with arm movements.
							2. Tuck jump.
							3. Half twist jump.
							SECTION B – COMPLETE 3 SKILLS
							4. Straight jump and stop.
							5. Star jump - landing feet together
							<ol> <li>Spotty dog - opposite arm and leg.</li> </ol>
							7. Spotty dog - same arm and leg.
							ROUTINE: 8. Tuck jump, ½ twist, star position.
							HFI Total (if used)
							Date award passed