															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 2** **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. 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)

															Winstrada **REBOUND 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. 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)

															Winstrada **REBOUND EXERCISES** **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