ALL MOVEMENTS MAY BE PERFORMED WITH SUPPORT AS NECESSARY

SECTION C

- Enjoys being bounced in hands and knees position
- Initiates bouncing in hands and knees position
- High kneeling position
- High kneeling - swimming arm movement

SECTION D

- Sits facing adult in stillness
- Compensates for movement when trampoline bed is moved in front, behind and to the side of student
- Regains sitting position when moved off balance
- Enjoys being bounced in sitting position
- Sitting position - initiates movement by pushing into bed with hands
- Sitting position - swimming arm movement to initiate bounce

SECTION E

- Standing in stillness with feet flat on bed
- Standing position - maintains shape while being gently bounced
- Standing position - initiate bounce (bobble)
- Swimming arms to initiate movement
- Standing position - hang and bounce
- Standing position - pogo in centre
- Standing position - bounce and stop - stillness
- Climb onto trampoline, locate centre of bed and climb off again safely
REBOUND EXERCISES GRADE 2

ALL MOVEMENTS MAY BE PERFORMED WITH SUPPORT AS NECESSARY

SECTION A

~ Sitting position with hand support - pop to stand - stillness
~ Sitting position - pop to stand - stillness (support on landing if needed)
~ Sitting position - pop to stand with eyes closed
~ Sitting position - bounce and tweak
~ Sitting position - bounce and tweak with swimming arms
~ Quarter twists in sitting position

SECTION B

~ Can achieve two footed jump - landing evenly
~ Can achieve two footed jumps repeatedly - landing evenly
~ Perform three bounces - stop - stillness
~ Standing position - bounce with quarter twists
~ Pogo - moving around trampoline, understands and performs forwards, backwards and sideways movements
~ Haka (fast knees up together and touch)