Indicators cross referenced page-to page with Winstrada client record sheets

These sheets can be downloaded from: www.reboundtherapy.org/indicators.pdf
The Winstrada student progress record sheets can be downloaded from: www.winstrada.com

Winstrada Rebound Exercises  Grade 1 – Section A  HFI Notes

Exercise 1 - Lies or sits on soft object e.g. beanbag

0  Unable to sit or lie - Agitated and will not sit or lie or unable to adjust to surroundings.
1  Will sit or lie for short periods (e.g. one minute). Easily distracted and / or agitated - After persuasion and with assistance will temporarily sit or lie for <1 min but soon gets back up or gets distracted / agitated easily.
2  Sitting or lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing - With assistance will lie or sit and relax, not always distracted but can be.
3  Lying or sitting for > 2 mins, infrequently distracted - Frequently sitting / lying and relaxing but unable to consistently sit / lie for longer periods due to distractions or agitations.
4  Will easily sit / lie, completely relaxed - Able to sit / lie and relax and sustain this throughout acceptable distractions, doesn't become agitated.

Exercise 2 - Enjoys being bounced while lying or sitting on beanbag

0  Unable to sit or lie - Agitated and will not sit or lie or unable to adjust to surroundings.
1  Will sit or lie for short periods (e.g. one minute). Easily distracted and / or agitated - After persuasion and with assistance will temporarily sit or lie for <1 min but soon gets back up or gets distracted / agitated easily.
2  Sitting or lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing - With assistance will lie or sit and relax, not always distracted but can be.
3  Lying or sitting for > 2 mins, infrequently distracted - Frequently sitting / lying and relaxing but unable to consistently sit / lie for longer periods due to distractions or agitations.
4  Will easily sit / lie, completely relaxed - Able to sit / lie and relax and sustain this throughout acceptable distractions, doesn't become agitated.

Exercise 3 - Enjoys movement with parachute

0  Unable to relax - Agitated and will not lie or unable to adjust to surroundings.
1  Will lie and relax for short periods (e.g. one minute). Easily distracted and / or agitated - After persuasion and with assistance will temporarily lie and relax for <1 min but soon gets distracted / agitated easily.
2  Lying and relaxing for longer periods (>1 min < 2 mins), distraction and / or agitation reducing - With assistance will lie and relax, not always distracted but can be.
3  Lying and relaxing for > 2 mins, infrequently distracted - Lying and relaxing for longer periods but unable to consistently maintain this for longer periods due to distractions or agitations.
4  Will easily lie, completely relaxed - Able to lie and relax and sustain this throughout acceptable distractions, doesn't become agitated and enjoys the movement with the parachute.

Exercise 4 - Enjoys rocking motion of bed when lying down

0  Unable to relax - Agitated and will not lie or unable to adjust to surroundings.
1  Will lie and relax for short periods (e.g. one minute). Easily distracted and / or agitated - After persuasion and with assistance will temporarily lie and relax for <1 min but soon gets distracted / agitated easily.
2  Lying and relaxing for longer periods (>1 min < 2 mins), distraction and / or agitation reducing - With assistance will lie and relax, not always distracted but can be.
3  Lying and relaxing for > 2 mins, infrequently distracted - Lying and relaxing for longer periods but unable to consistently maintain this for longer periods due to distractions or agitations.
4  Will easily lie, completely relaxed - Able to lie and relax and sustain this throughout acceptable distractions, doesn't become agitated and enjoys the movement of the bed.

Exercise 5 - Being bounced in back lying position – maintains shape

0  Unable to lie still - Agitated and will not lie still or unable to adjust to surroundings.
1  Will lie and keep still for short periods (e.g. one minute) but becomes agitated and / or distracted when gently bounced - After persuasion and with assistance will temporarily lie and keep still for <1 min but movement of the bed causes student to become distracted / agitated easily.
2  Lying and keeping still for longer periods (>1 min < 2 mins), movement tolerated, distraction and / or agitation reducing - With assistance will lie and keep still and tolerate gentle bouncing. Not always distracted but can be.
3  Lying and keeping still for > 2 mins, no objection to movement of bed, infrequently distracted - Lying and keeping still for longer periods but unable to consistently maintain this for longer periods due to distractions or agitations.
4  Will easily lie and maintain body shape while being gently bounced - Able to lie, keep still and maintain body shape while being gently bounced and sustain this throughout acceptable distractions. Doesn't become agitated and enjoys the exercise.
### WINSTRADA

#### REBOUND EXERCISES

**PROFICIENCY GRADE 1 Continued**

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**SECTION B**

6. Differentiates stillness and movement

7. Anticipates cause and effect

8. Waits patiently for turn on trampoline

9. Maintains eye contact when appropriate

10. Show and hold star position

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HFI Total for Section B (if used)

**SECTION C**

11. Enjoys being bounced in hands and knees position

12. Initiates bouncing in hands and knees position

13. High kneeling position

14. High kneeling – swimming arm movement

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