Exercise 7 - Can achieve two footed jump – landing evenly
0 Achieves bobble - From standing, can initiate movement by pushing with feet but cannot leave the bed.
1 Bounces - Pushes hard enough to leave the bed but unsteady on landing. No arm movement.
2 Bounces with controlled landing - Bounces and lands in a controlled manner but no arm movement yet.
3 Jumps but landing is unsteady - Bounces and swims arms up at the same time, but does not bring arms down again on landing or landing is unsteady.
4 Jumps with controlled landing - Bounces with arms going up on take-off and down again on landing. Controlled landing with both feet coming down together.

Exercise 8 - Can achieve two footed jumps repeatedly – landing evenly
0 Performs one jump only - Can perform one jump but makes no attempt to do another straightforward.
1 Performs one jump with an attempt at performing another - Second jump is attempted but not performed straight after the first.
2 Second jump performed straight after first but not clearly defined - Second jump is performed but with unsteady landing or without arm movements.
3 Can perform two consecutive jumps - Second jump is performed immediately after the first with clear arm movements and steady landing.
4 Can perform jumping in swingtime - Can jump repeatedly in swingtime with clear arm movements and landing evenly on feet with every jump.

Exercise 9 - Perform 3 bounces – stop - stillness
0 Bounces repeatedly but makes no attempt to stop when required - Bounces but is unable or does not attempt to follow call or sign from carer to stop.
1 Bounces and attempts to stop when required - When carer calls or signs, student attempts to stop but is very unsteady and takes a while to stop bouncing.
2 Bounces and stops when required - Student can stop when required but is unsteady on landing.
3 Stops when required with controlled landing - When required to stop, student will stop straightforward in a controlled manner with feet landing evenly.
4 Can perform 3 bounces and stop without being signalled to do so - Student can count three bounces and stop in a controlled manner without any call or sign from carer.

Exercise 10 - Standing position – bounce with quarter twists
0 Unable to turn at all - Bouncing in standing independently, but unable to turn whilst bouncing.
1 Can turn <90°, unable to keep bouncing - Beginning to turn in the air but loses balance or stops bouncing.
2 Can turn 90° but unable to keep bouncing - Turns the full 90° but loses balance or stops bouncing.
3 Can turn 90° and continue bouncing - Balance improving, can continue bouncing after turning.
4 Can perform four consecutive 90° turns - Can perform four consecutive 90° turns.

Exercise 11 - Pogo – moving around trampoline, understands and performs forwards, backwards, and sideways movements
0 Able to 'pogo' but unable to move out of position - Makes no attempt to respond to instructions or signs to move out of position and resists manual assistance.
1 Allows carer to assist with moving - Will not attempt to move out of position independently but will allow carer to assist.
2 Makes recognisable attempt to respond to instruction - May still need manual assistance but attempts to move into position as requested.
3 Gaining confidence and ability - Can follow some requests to move into position without manual assistance.
4 Can perform all movements as requested - Able to perform pogo and move left, right, back and forwards as requested or signed.

Exercise 12 - Haka – (knees up together and touch)
0 Needs manual assistance to touch hands to knees - Carer needs to place clients hands on knees. No attempt is made to jump.
1 Can independently touch knees with hands, but no jumping - Will mirror or respond to instructions to touch knees, but not able to jump at the same time.
2 Makes a recognisable attempt at the exercise - Attempts small jumps whilst attempting to touch hands to knees.
3 Gaining confidence and ability - Is now able to jump and touch knees with hands whilst feet are off the bed. Stops after one or two attempts.
4 Able to perform exercise continuously - Able to independently perform Haka continuously as required.

Exercise 13 - Jump to legs astride – stop - stillness
0 Unable to show position at all - No recognisable attempt to jump to legs astride, even with full support of carer.
1 Attempts to show position - With support of carer, makes recognisable attempt to jump to legs astride.
2 Can show position with support - With support of carer, can jump to legs astride and stop.
3 Able to make recognisable attempt at move without support - Without support of carer, able to make recognisable attempt to jump legs astride and remain static.
4 Can perform entire exercise independently - Without any support, is able to jump legs astride and stop and remain in stillness for 3 seconds.

Exercise 14 - Jump to legs astride, jump to legs together – stop - stillness
0 Only able to perform part of exercise with support - With support of carer, able to jump legs astride but no attempt to jump together again.
1 Recognisable attempt at exercise with support - With support of carer, able to perform exercise with a bounce or stop in between shapes.
2 Able to perform exercise with support - With support of carer, able to perform exercise with no stops or extra bounces.
3 Recognisable attempt without support - Without any support from carer, able to attempt the exercise, but may stop or put extra bounce between shapes.
4 Able to perform whole exercise independently - Without any support, able to perform entire exercise showing recognisable shapes, stops afterwards and remains still for 3 seconds.

Exercise 15 - Jump to legs astride – bring arms up, jump to legs together – bring arms down
0 Unable to perform arm movement - With support of carer, able to perform leg movements but resists arm movements.
1 Allows carer to assist with arm movements - With support, jumps legs astride and allows carer to move arms up and down.
2 Makes recognisable attempt at arm movements - With support, makes attempt to perform the arm movements.
3 Attempts the whole exercise independently - Without any support, is able to jump legs astride whilst bringing arms up and then back to legs together and arms down. May put extra bounces or a stop in the middle of the exercise.
4 Able to perform exercise independently - Without any support, is able to jump legs astride whilst bringing arms up and then immediately jump legs back together whilst bringing arms down.

Exercise 16 - Log roll in horizontal position, showing control
0 Resists rolling movement - May be able to lie flat but is unwilling to allow carer to roll him or her over.
1 Allows carer to assist with roll - Lies flat and allows carer to roll him or her over from back lying to front lying.
2 Allows carer to assist with 360 degree roll - Lies flat and allows carer to roll him or her from back to front lying and over again to back lying.
3 Makes recognisable attempt at rolling - With support from carer, attempts to perform 360 degree roll.
4 Able to perform exercise independently - Without any support, is able to roll without stopping from back to front to back lying.
# Winstrada

## REBOUND EXERCISES

### PROFICIENCY GRADE 2 Continued

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<td>Run on spot in centre of bed</td>
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HFI Total for Section D (if used)

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<td>Hands and knees position – slide to plank (on mattress)</td>
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HFI Total for Section E (if used)

HFI Total of all Sections (if used)

Date grade passed