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

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

22/4/19	29/4/19	6/5/19	13/5/19	20/5/19	27/5/19	3/6	10/6/19	17/6/19	24/6/19	1/7/19	8/7/19	15/7/19	22/7/19		
															SECTION B
3	4	4	4												6. Differentiates stillness and movement
				2	3	3	4	4	4						7. Anticipates cause and effect
										0	0	1	1		8. Waits patiently for turn on trampoline
															9. Maintains eye contact when appropriate
															10. Show and hold star position
3	4	4	4	6	7	7	8	8	8	8	8	9	9		**HFI Total for Section B (if used)**
															SECTION C
1	1	2	3	4	4	4									11. Enjoys being bounced in hands and knees position
							1	2	2	2	2				12. Initiates bouncing in hands and knees position
												1	1		13. High kneeling position
															14. High kneeling – swimming arm movement
1	1	2	3	4	4	4	5	6	6	6	6	7	7		**HFI Total for Section C (if used)**