

Winstrada Rebound Exercises Grade 1 – Section B HFI Notes

Exercise 6 - Differentiates stillness and movement

- 0 **No concept of stillness and movement** - Refuses or is unable to move or stop moving when asked.
- 1 **Appears to show some understanding** - Will occasionally attempt to respond to requests to move or stop moving.
- 2 **Shows clearer understanding and more willing to respond** - Responds more often and with more understanding to requests to move and stop.
- 3 **Usually responds** - Responds more fully to requests to move and stop and shows some understanding and willingness to comply to requests to remain in stillness.
- 4 **Fully understands and applies the concepts of stillness and movement** - On request, can initiate movement and maintain it until asked to stop. Can remain in stillness until asked to move again.

Exercise 7- Anticipates cause and effect

- 0 **Appears to have no concept of the effect of actions by others** - Will not make any adjustments to shape or position or show any recognition of the likely effect when the carer moves or makes actions on the trampoline bed.
- 1 **Appears to show some understanding** - Will occasionally respond to movements or actions.
- 2 **Shows clearer understanding and more willing to respond** - Anticipates and responds more often and with more understanding of the likely effect of movements made by the carer.
- 3 **Usually responds** - Responds more fully to movements and anticipated movements.
- 4 **Fully understands the concept of cause and effect** - Can be observed in several situations to take appropriate action when movements and forces are about to be applied to or on the trampoline bed by the carer. One example might be tensing or leaning the body to ensure balance is maintained if the carer walks close to the student on the trampoline bed.

Exercise 8 - Waits patiently for turn on trampoline

- 0 **No attempt to wait patiently** - Refuses or has no understanding of the need to wait patiently while someone else is using the trampoline.
- 1 **Will occasionally keep still with help of carer** - Mostly reluctant to wait and keep still but can be encouraged if carer pays close attention.
- 2 **More able to wait and keep still** - Now more able to wait patiently and will sometimes do so when carer moves away.
- 3 **Usually waits patiently** - Will usually wait patiently and quietly whilst someone else is on the trampoline, without attention from carer.
- 4 **Waits patiently for turn** - Understands and complies with the need to wait patiently while someone else takes their turn on the trampoline.

Exercise 9 - Maintains eye contact when appropriate

- 0 **Never makes eye contact** - Will actively look away and avoid eye contact at every opportunity.
- 1 **Will occasionally make eye contact** - When instructed by carer to make eye contact will occasionally do so, but reluctantly and quickly looks away.
- 2 **More willing to make eye contact** - Will usually make eye contact when instructed to do so, and will occasionally do so without instruction.
- 3 **Usually makes eye contact** - Will usually make eye contact at the appropriate time without instruction.
- 4 **Always makes eye contact when appropriate** - Is perfectly comfortable making eye contact with anyone when appropriate and will maintain that contact for the appropriate time.

Exercise 10 - Show and hold star position

- 0 **No recognisable attempt** - Afraid or unwilling to show any star position, whether lying, sitting etc. Resists any assistance.
- 1 **Able to show star position with assistance of 2** - With 2 carers providing full support, will show star in lying position.
- 2 **Able to show star position with assistance of 1** - With 1 carer providing full support, will show star in lying position.
- 3 **Able to show star position with minimal assistance of 1** - Some physical but mainly verbal assistance can show and hold star in lying and sitting and / or kneeling position.
- 4 **Independently showing star position** - Can show and hold star for at least 3 seconds in at least three different ways.

Winstrada Rebound Exercises Grade 1 – Section C

Exercise 11 - Enjoys being bounced in hands and knees position (with support of gym ball or peanut if required)

- 0 **Unable to show hands and knees position** - Agitated and will not stay still or unable to adjust to surroundings.
- 1 **Will show position 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 show position and keep still for <1 min but movement of the bed causes student to become distracted / agitated easily.
- 2 **Keeping still for longer periods (>1 min < 2 mins), movement tolerated, distraction and / or agitation reducing** - With assistance will show position and keep still and tolerate gentle bouncing. Not always distracted but can be.
- 3 **Keeping still for > 2 mins, no objection to movement of bed, infrequently distracted** - Showing hands and knees position and keeping still for longer periods but unable to consistently maintain this for longer periods due to distractions or agitations.
- 4 **Will easily show position and maintain body shape while being gently bounced** - Able to remain in hands and knees position, keep still and maintain body shape while being gently bounced and sustain this throughout acceptable distractions. Doesn't become agitated and enjoys the exercise.

Exercise 12 – Initiates bouncing in hands and knees position

- 0 **No attempt to initiate movement** - Can show and hold hands and knees position with support of gym ball or peanut if required, but unable or unwilling to attempt to initiate physical movement or allow physical assistance.
- 1 **Some attempt or willingness to initiate movement** - Will allow carers to assist with movement and makes some attempt to help.
- 2 **Bouncing for short periods (e.g. less than 30 seconds)** - Able to initiate bouncing with minimal assistance from carers but unable to consistently push evenly with hands and knees.
- 3 **Bouncing for short periods, pushing evenly with hands and knees** - Rhythmic controlled bouncing for short periods without physical assistance.
- 4 **Independently bouncing evenly on hands and knees for longer periods** - Able to initiate bouncing for longer periods (i.e. >1 min) without any physical assistance and with hands and knees leaving the bed and coming down together.

Exercise 13 – High kneeling position

- 0 **No kneeling balance** - Difficulty getting client onto knees or requires maximum support from carers.
- 1 **Low kneeling with arms supporting** - Client kneeling, resting bottom on heels and being supported by carers. Can only tolerate minimal movement of the trampoline bed.
- 2 **Low kneeling, no support from arms** - Client kneeling, resting bottom on heels, able to balance without arm support but when trampoline bed moves requires support.
- 3 **High kneeling with arms supporting** - Able to high kneel but requires carers assistance to maintain balance. More assistance required as the trampoline bed moves.
- 4 **High kneeling, no support from arms** - High kneeling independently, maintaining balance during low amplitude movements of trampoline.

Exercise 14 – High kneeling – swimming arm movement

- 0 **High kneeling, unable to initiate arm movement** - Can balance independently but requires assistance of carer to move arms.
- 1 **Can initiate some movement for a short time but then loses balance or stops** - Balanced in high kneeling position, some arm movement achieved but no rhythmic movement of the bed achieved.
- 2 **Can maintain arm movement and create some movement of the bed** - Longer periods of arm movement achieved creating some movement of the bed.
- 3 **Can achieve some rhythmic movement of the bed by swimming arms** - Understands and achieves for short periods, rhythmic movement of the bed by swimming arms.
- 4 **Good balance with sustained rhythmic arm movement** - Able to initiate movement on the bed by swimming arms and to control the intensity of movement.

