

Winstrada Rebound Exercises Grade 2 – Section B HFI Notes

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 swings 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 straightaway.
- 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 take 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 straightaway 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 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 (fast 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.

Winstrada Rebound Exercises Grade 2 – Section C

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
															SECTION D
															17. Walk along centre line, turn round and walk back
															18. Run on spot in centre of bed
															19. Run on spot in centre – alternate knee slapping
															20. Run on spot – low crossover (right hand to left leg, left hand to right leg)
															HFI Total for Section D (if used)
															SECTION E
															21. High kneeling – pop to stand to stillness
															22. High kneeling – swimming arms to stand – stillness
															23. High kneeling position – twist to long sitting (Harrison swivel)
															24. Harrison swivel – to stand – stillness
															25. Harrison swivel – to stand – stillness – able to perform left and right twist
															26. Hands and knees position – slide to plank (on mattress)
															27. Quarter turns in hands and knees position
															HFI Total for Section E (if used)
															HFI Total of all Sections (if used)
															Date grade passed