

Winstrada Rebound Exercises Grade 3 HFI Notes

Exercise 1 - Jumping with arm movements

- 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 in the centre of the trampoline** - Second jump is performed immediately after the first with clear arm movements and steady landing.
- 4 **Can perform jumping in swingtime in the centre of the trampoline** - Can jump repeatedly in swingtime with clear arm movements and landing evenly on feet in centre of trampoline with every jump.

Exercise 2 - Tuck jump

- 0 **Needs manual assistance to touch hands to knees** - Carer needs to place student's hands on knees.
- 1 **Can independently touch knees with hands but feet not clear of bed while doing so** - Will mirror or respond to instructions to touch knees, but not able to time it so that knees are touched while feet off the bed.
- 2 **Makes a recognisable attempt at the exercise** - Attempts small jumps whilst attempting to touch hands to knees with feet off bed.
- 3 **Gaining confidence and ability** - Is now able to jump and touch knees with hands whilst feet are off the bed. Knees and feet not yet held together.
- 4 **Able to perform exercise satisfactorily** - Able to independently perform Tuck jump in centre of trampoline with feet and knees held together.

Exercise 3 - Half twist jump

- 0 **Unable to turn more than 90°** - Independently standing and bouncing but unable to turn any more than 90°.
- 1 **Can turn more than 90° but unable to keep bouncing** - Can turn more than 90° but less than 180° in the air but loses balance or stops bouncing.
- 2 **Can turn 180° but unable to keep bouncing** - Turns the full 180° but loses balance or stops bouncing.
- 3 **Can turn 180° and continue bouncing** - Balance improving, can continue bouncing after turning. May not be able to stay in centre of trampoline.
- 4 **Can perform 180° turn in centre of trampoline** - Can perform 180° turn while jumping, can land evenly in centre of trampoline bed and can continue bouncing or stop in the centre at will or as required.

Exercise 4 - Straight jump and stop

- 0 **Jumps repeatedly but makes no attempt to stop when required** - Can jump with arm movements but is unable or does not attempt to follow call or sign from carer to stop.
- 1 **Jumps and attempts to stop when required** - Jumps with arm movements and when carer calls or signs, student attempts to stop but is very unsteady and take a while to stop bouncing.
- 2 **Jumps and stops when required** - Student can stop when required but is unsteady on landing. Both arms may not yet be as straight as student's ability allows.
- 3 **Stops when required with controlled landing** - When required to stop, student will stop straightaway in a controlled manner with feet landing evenly. Arms are as straight as student's ability allows.
- 4 **Can perform set number of jumps and stop without being signalled to do so** - Student can count a set number of straight jumps and stop in a controlled manner without any call or sign from carer.

Exercise 5 - Star jump

- 0 **Unable to perform arm movement or leg movement** - With support of carer, able to perform leg movements or arm movements, but unable or resists doing both together.
- 1 **Allows carer to assist with movements** - With support, jumps legs astride and allows carer to move arms up and down.
- 2 **Makes recognisable attempt at arm movements and leg movements together** - With reduced support, makes attempt to perform the arm and leg movements together.
- 3 **Attempts the whole exercise independently** - Without any support, shows a recognisable attempt at performing the full exercise and shows understanding of the requirement to start and finish with feet together and arms by sides.
- 4 **Able to perform exercise independently** - Without any support, is able to perform the star jump independently, showing correct positioning of arms and legs throughout the exercise.

Exercise 6 - 3 bunny hops from hands and knees position

- 0 **Can bounce independently in hands and knees but unable to keep hands on bed while lifting knees up**
- 1 **Beginning to lift knees with assistance** - With carer assisting, beginning to keep hands down while lifting knees.
- 2 **Making a recognisable attempt without support** - Is beginning to acquire the skill to bounce knees while keeping hands down. Not yet able to perform the exercise continuously.
- 3 **Showing further improvement** - Amount and quality of movement improving. Requires no physical support.
- 4 **Able to perform exercise independently and repeatedly** - Competent at independent bunny hops. Can perform set number and stop as required.

Exercise 7 - Seat drop, not returning to feet

- 0 **Can show seat drop position on mattress with correct position of hands** - Unable or unwilling to go from standing position on mattress to seat drop position.
- 1 **With support of carer, can drop into seat drop position on mattress** - With carer assisting, student can drop into the position on the mattress and maintain correct position of hands.
- 2 **Can perform seat drop onto mattress without support**. Without assistance from carer, can safely drop into correct seat drop position. Landing may be a little unstable.
- 3 **Seat drop onto mattress with stable landing** - Beginning to land securely on mattress without falling backwards, forwards or sideways and maintaining correct position of hands.
- 4 **Seat drop, not returning to feet, without mattress**. Can safely and competently perform the seat drop onto the bed without assistance.

Exercise 8 - Routine: Tuck jump, ½ twist jump, star position

- 0 **Can perform exercises individually but no concept as yet of linking them together**
- 1 **Can perform the exercises separated by several bounces** - With prompting from carer, can perform the exercises when they are followed by several bounces. May stop at times before continuing.
- 2 **Can perform exercises with reduced number of intermediary bounces** - With prompting from carer, number of intermediary bounces reducing.
- 3 **Can perform routine with just one extra bounce between moves**
- 4 **Can perform routine with no intermediate bounces**. Can follow instructions from carer to perform the exercises one after the other without any intermediate bounces and can stay in centre of trampoline.

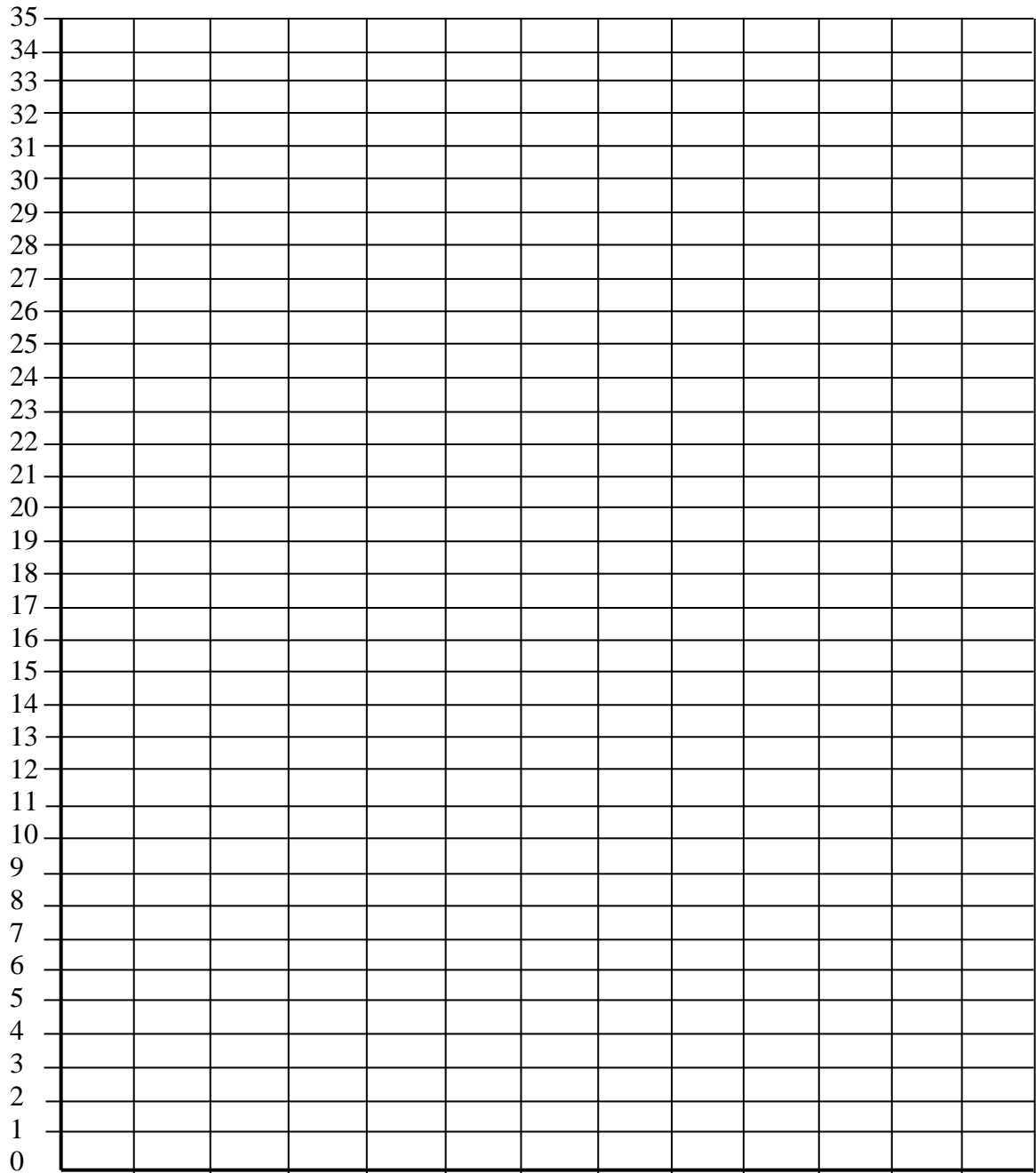
HFI

Name.....D.O.B.....

Diagnosis.....

Grade..... Commenced.....

Functional Index



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