

Flexi-Bounce Therapy 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 bed** - 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 bed** - Can jump repeatedly in swingtime with clear arm movements and landing evenly on feet in centre of rebounder bed 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 are 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 bed 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 bed.
- 4 **Can perform 180° turn in centre of bed** - Can perform 180° turn while jumping, can land evenly in centre of rebounder 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 - Spotty Dog – opposite arm and leg

- 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, moves legs and allows carers to assist with moving arms backwards and forwards.
- 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. May stop between jumps at this stage.
- 4 **Able to perform exercise independently and consecutively** - Without any support, is able to perform the full exercise with no stops or extra bounces and shows correct positioning of arms and legs throughout the exercise.

Exercise 7 - Spotty Dog – same arm and leg

- 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, moves legs and allows carers to assist with moving arms backwards and forwards.
- 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. May stop between jumps at this stage.
- 4 **Able to perform exercise independently and consecutively** - Without any support, is able to perform the full exercise with no stops or extra bounces and shows correct positioning of arms and legs throughout the exercise.

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 bed.