

WINSTRADA

Development and Award programmes

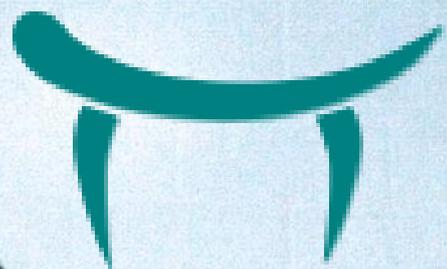
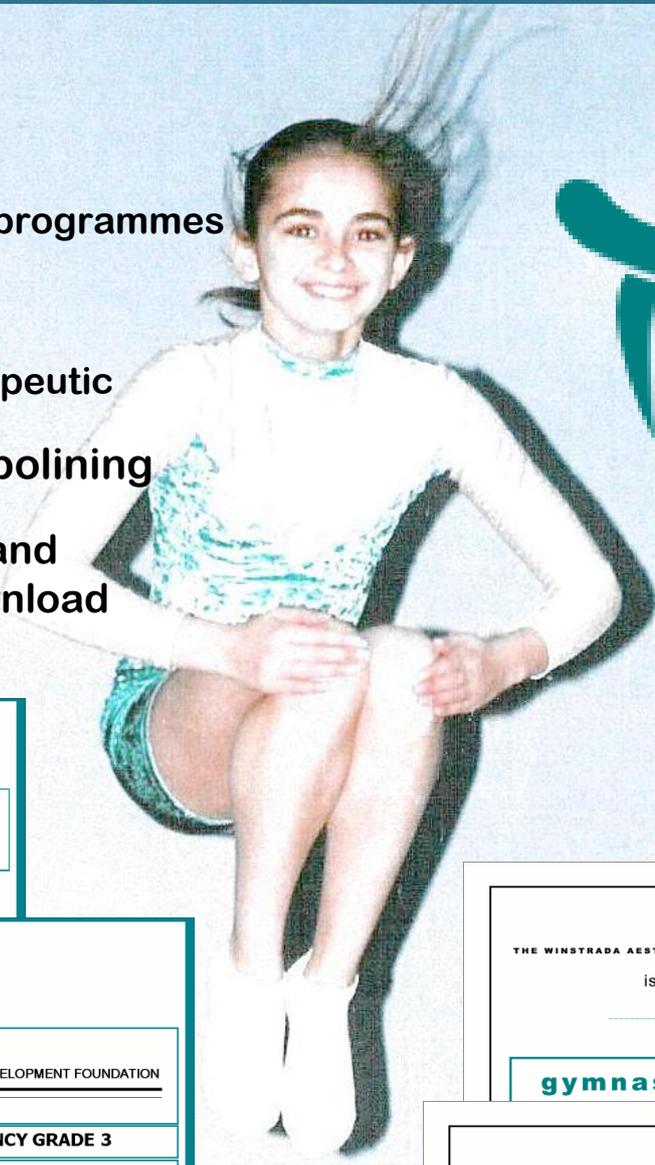
for

Recreational and Therapeutic

Gymnastics and Trampolining

Class record sheets and wall posters free to download from the website

Badges and certificates to award for the achievement of each grade



WINSTRADA - THE AESTHETIC SPORTS DEVELOPMENT FOUNDATION

REBOUND EXERCISES GRADE 1

- ALL MOVEMENTS MUST BE PERFORMED WITH THE FOLLOWING CHARACTERISTICS:
- ~ LIES OR SITS ON STOMACH
 - ~ ENJOYS BEING BOUNCED
 - ~ ENJOYS MOVEMENT
 - ~ ENJOYS ROCKING
 - ~ BEING BOUNCED IN
- ~ DIFFERENTIATES
- ~ WAITS PATIENTLY
- ~ MAINTAINS EYE CONTACT
- ~ SHOW AND HOLD
- ~ ANTICIPATES CALL

WINSTRADA - THE AESTHETIC SPORTS DEVELOPMENT FOUNDATION

GYMNASTICS PROFICIENCY GRADE 3

MINIMAL ASSISTANCE MAY BE GIVEN IF REQUIRED (AWARDS 1-3 ONLY.)

TO GAIN THE AWARD, COMPLETE 8 OF THE SKILLS BELOW

- ~ BALANCE ON BACK IN
- ~ BUNNY HOPS INTO AIR
- ~ BALANCE ON TUMMY
- ~ ROLL FORWARDS FROM
- ~ ROCK BACKWARDS FROM
- ~ FRONT SUPPORT, JUMP
- ~ HULA HOOP.
- ~ ACTION SONG TO MUSIC
- ~ AT LEAST 3 SKIPS OVER
- ~ LINK A JUMP, A ROLL

NAME	BALANCE ON BACK IN	BUNNY HOPS INTO AIR	BALANCE ON TUMMY	ROLL FORWARDS FROM	ROCK BACKWARDS FROM	FRONT SUPPORT, JUMP	HULA HOOP	ACTION SONG TO MUSIC	AT LEAST 3 SKIPS OVER	LINK A JUMP, A ROLL
JOE STEVENS										
AKSON TWHMAN										
NATHALIE DURK										
PAUL SIMMONS										
GARY NASH										
FIONA HILLS										
TAMELA PALMER										
SOPHIE BAISER										
JORDAN HILLING										
CHRISTOPHER WHITE										
VALEKIE SMITH										
DIANE MOGAN										
SUSAN HUMPHRIES										
PETER SLAVAK										
ANU SIMMONS										

SECTION A - COMPLETE ALL SKILLS
 Jumping with arm movements.
 Tuck jump.
 Half twist jump.

SECTION B - COMPLETE 3 SKILLS
 Straight jump and stop.
 Star jump.
 3 bunny hops from hands and knees position.
 Seat drop, not returning to feet.

ROUTINE:
 Tuck jump, 1/2 twist, star position.
 Date passed: 14/14

Badge and certificate award sets are available for these grades. To download an order form or order awards online, please visit the website: www.Winstrada.com

Winstrada Aesthetic Sports Development Foundation

TRAMPOLINING PROFICIENCY GRADE 3

The transition from Rebound Exercises to Trampoline

Minimal assistance may be given if required (grades 1-3 only).

To gain the award, complete all skills in section A, three in section B plus the routine.

Further copies of this sheet can be downloaded from the following website: www.winstrada.com/pdf

THE WINSTRADA AESTHETIC SPORTS DEVELOPMENT FOUNDATION

is proud to certify that _____

has attained

gymnastics grade 1

THE WINSTRADA AESTHETIC SPORTS DEVELOPMENT FOUNDATION

is proud to certify that _____

has attained

trampoline grade 1

THE WINSTRADA AESTHETIC SPORTS DEVELOPMENT FOUNDATION

is proud to certify that _____

has attained

gymnastics grade 2

THE WINSTRADA AESTHETIC SPORTS DEVELOPMENT FOUNDATION

is proud to certify that _____

has attained

trampoline grade 4

Examiner: _____ Date: _____



Rebound Therapy

RESOURCE PACK

*Tons of resources to support
your Rebound Therapy
Sessions*



*Fun games, quizzes and
cross-curricular exercises to
encourage your students'
engagement, learning and
enjoyment throughout their
sessions!*

**For more information, or to order
yours now, email:
info@reboundtherapy.org or visit
www.reboundtherapy.org/edu**



FLEXI-BOUNCE THERAPY

MAKING THERAPY FUN - EVERY DAY

A solution to a perennial issue

Many schools and centres for people with additional needs can only provide Rebound Therapy sessions once or twice a week due to their number of students and only having one or two full sized trampolines. During holiday times, sessions stop altogether.

There is now a solution to this dilemma

ReboundTherapy.org have developed a comprehensive, graded exercise and development programme for the use of an orthopaedic quality rebounder by children and adults across a wide spectrum of additional needs. The programme is called 'Flexi-Bounce Therapy'. It enables students and service users to benefit from fun therapy sessions on a daily basis in between their scheduled Rebound Therapy sessions, and at home during holidays.



The Flexi-Bounce Therapy online training course

ReboundTherapy.org have developed a certificated training course to equip candidates to use a quality rebounder for the benefit of children and adults with a wide range of disabilities.

The training course is ideal for teachers, trainers, carers, teaching assistants, physiotherapists, OTs, other healthcare professionals and sports coaches. The course includes video instruction, safety aspects, a development programme, and comprehensive instruction on how to accurately measure and record progress and provide evidence of outcomes.



For full information on the online training course for Flexi-Bounce Therapy, and on recommended orthopaedic quality rebounders, please visit:

www.Flexi-BounceTherapy.org

or email: info@reboundtherapy.org

or Tel: +44 (0) 330 122 5684



Sensafloat™
GYM-TECH.com

01295 760907

Sensafloat™, invented by Eddy Anderson, is a unique water support aid, designed to facilitate relaxation and movement in water. It has applications for children and adults across the whole spectrum of special needs. High motivation increases therapeutic value, as the user is keen to play on it again and again!

Benefits include:

- FUN
- RELAXATION
- CONFIDENCE
- SAFETY
- EXERCISE
- THERAPY
- HYGIENIC
- LIGHTWEIGHT
- DURABLE

Sensatube™ also available for those developing a little more confidence in water. Students can use one or more Sensatubes, reducing the number as confidence increases



Product must always be used in accordance with important safety and product care notes provided. Training workshops are available to enable you to help your service users gain maximum benefit from this product. Email: hydro@reboundtherapy.org



MANUFACTURED IN THE UK BY GYM-TECH Tel: 01295 760907 E-mail: sales@gym-tech.com



Certificated ONLINE Training Course For Sensafloat

SENSAFLOAT is a unique special needs swimming and floatation aid designed to facilitate relaxation and movement in water for people with profound and multiple impairments. It also has applications for children and adults across the whole spectrum of additional needs. For nearly thirty years, Sensafloat has been used in hydrotherapy pools by therapists, swimming teacher and SEN teachers.

The online Sensafloat training course comprises five steps:

- 1) Study of the reading material
- 2) Study of the video of practical aspects
- 3) Completion of the assessment paper
- 4) Practical assessment by video (You will be asked to get someone to film you on a mobile phone while you demonstrate the teaching points of some key skills.)
- 5) Certification.

You may complete the programme as quickly or as slowly as you wish and you will have access to the ReboundTherapy.org office by email at all times for help and assistance with the course. When all steps are completed you will have completed the course and we will send you your course completion certificate and validation number.

You will be allocated your own personal course tutor who will guide you through the training course and who will be available to you at any time for help and guidance.

For more information and to book onto the online training course, please email: info@reboundtherapy.org or Tel: 0330 122 5684

New Concept

Movable Floor Pit System



Developed by the team at Continental to enable Rebound Therapy in any multi-purpose space.

- FLOOR FOLDS UP TO REVEAL THE REBOUND EQUIPMENT
- TRAMPOLINE RAISES AS THE FLOOR FOLDS
- SUITABLE FOR ANY FLOOR SURFACE
- STRONG ENOUGH FOR ANY ACTIVITY WHEN CLOSED
- NO DEDICATED THERAPY ROOM IS REQUIRED.

Every One is Different

At Continental we've developed an in depth knowledge and understanding of the specialist requirements when building any Rebound Therapy room.

From the architect's desk to handing over the keys we offer an individual service which includes design, manufacture, supply and installation of the trampoline and the surrounding environment.



- CONSULTATION WITH ARCHITECTS AND BUILDERS
- DESIGN, MANUFACTURE AND INSTALLATION
- CUSHIONED FLOORING AND MATTING
- WALL PADDING
- GUIDANCE WITH THE INTEGRATION OF HOISTS AND OTHER SERVICES
- BESPOKE TRAMPOLINE SOLUTIONS



Visit the website or call **01484 542051**



CONTINENTAL

www.continentalsports.co.uk

GYMNASTIC BRITANNIA

EQUIPMENT—COMPETITIONS—COURSES—MEMBERSHIP—INSURANCE

REBOUND THERAPY INSURANCE

OUR PROGRESSIVE MEMBERSHIP INCLUDES
INSURANCE, WHICH ALSO COVERS GYMNASTICS,
TRAMPOLINING & AERIAL HOOPS DISCIPLINES.

Therapists, Coaches, Clubs, Schools,



Equipment + Servicing

We also can quote for new / reconditioned and part exchange

COMPETITIONS
AND
COURSES
FOR ALL

GYMNASTICS AND MORE
SEN AND MAINSTREAM

Info@gymnasticbritannia.org



www.gymnasticbritannia.org



GYM-TECH.com



Rebound Therapy trampolines and equipment approved by ReboundTherapy.org



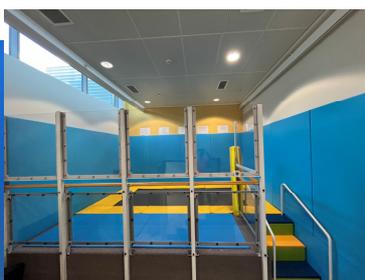
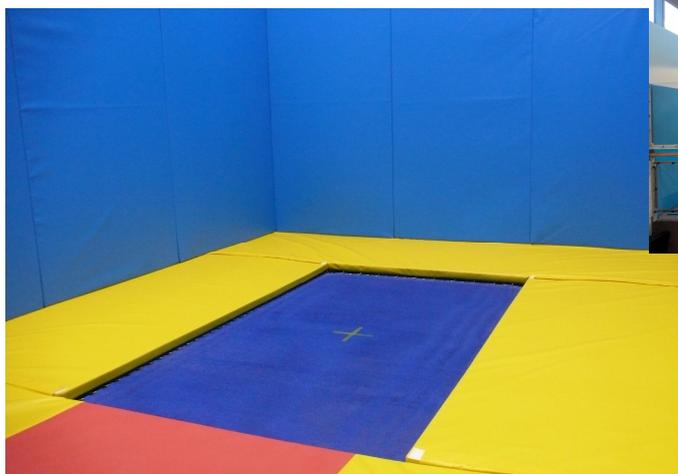
Folding wheelaway trampolines for Rebound Therapy

High grip PowerMesh bed, 3 sizes.
Regulation 77A; Junior or Grasshopper



Trampoline mats and safety

Spotting decks; safety mats; floor padding

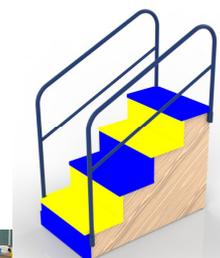


Rebound Therapy room

Trampoline with Powermesh bed in pit or with raised surround; surround padding; wall padding; clear retaining barriers for safeguarding

Access and manual handling solutions

77A lifter or lift lower rollerstands to aid lifting, folding and moving trampolines;
Hoist for non ambulant access;
Padded wheelaway steps;
Foam soft steps



Sensafloat and Sensatube

Therapeutic water support aid; foam supports for non ambulant trampoline activities



GT Flexibouncer

Removable handlebar across width or 2 along sides
Adjustable height
Adjustable angle
Powermesh bed
120 x 85cm

www.GYM-TECH.com or contact us:

Tel: 01295 760907 | Fax: 01295 768092 | E-mail: sales@GYM-TECH.com



An extensive range of trampolines for home, school or commercial use. Including in-ground, above ground, wheelchair and trampolines suitable for Rebound Therapy.

Playgrade Trampolines specialise in the design, supply and installation of in-ground, traditional 'above ground' and specialist trampolines for children and adults with special educational needs for home, schools, SEN schools and commercial environments. From risk assessments to safe installation, maintenance and use; we are the trampoline experts.



www.playgradetrampolines.co.uk

Call 01276 859549

Playgrade is the commercial sister company of Capital Play Ltd, trampoline experts since 1997.



Installation



Safety



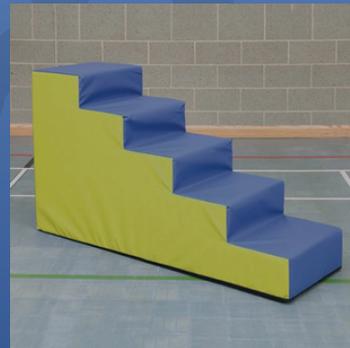
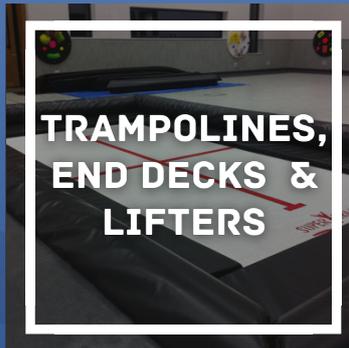
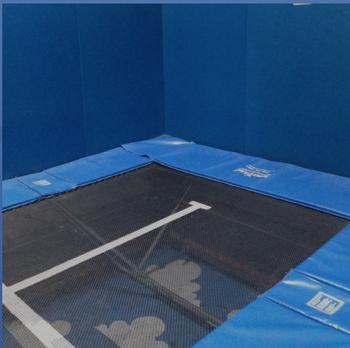
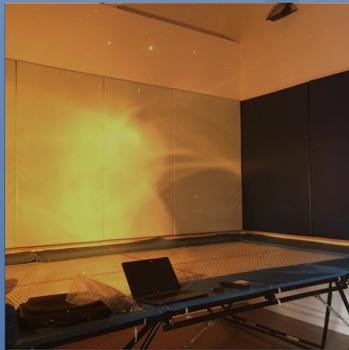
Maintenance

TRAMP TECH

LEADING UK SPORTS EQUIPMENT SERVICING MAINTENANCE AND INSTALLATIONS PROVIDER

Tramp Tech provides a friendly and professional service to gymnastics clubs, schools, colleges, universities and leisure centres both in the private and public sector.

We have an in depth knowledge and understanding of the specialist requirements when building and working with Rebound Therapy specific equipment and rooms.

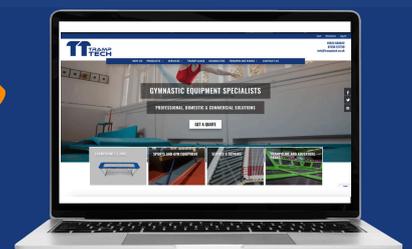


The service provided is dedicated and thorough, including all aspects of Health and Safety compliance, by fully qualified staff. Safety is paramount in all contracts we cater for.



We are also able to work in 'out of school' time hours such as after school and during holidays (subject to availability).

✉ Info@tramptech.co.uk
☎ 07590917790
☎ 01823660022
f Tramp Tech



WWW.TRAMPTECH.CO.UK

SUNKEN TRAMPOLINES

Sunken Trampolines are the experts in providing trampoline solutions for schools, care institutions and families across the UK.



For a free consultation and site survey please contact us and we would be more than happy to help.

Contact:

Joel: 07801 573278 / Angus: 07765 256537

sales@sunkentrampolines.co.uk / www.sunkentrampolines.co.uk



Trampoline Hoists for Rebound Therapy



Dolphin Lifts are specialists in the supply of trampoline hoists for size 77A and sunken trampolines.

Dolphin supply, install and service a vast range of lifting products for disabled people. The Victor Hoist can lift a person from the floor onto the main bed of a size 77A trampoline. Our socket mounted mobile hoist is perfect for sunken trampolines.

www.dolphinlifts.co.uk
info@dolphinlifts.co.uk

Call us today on 0800 9800 126

REBOUND THERAPY EQUIPMENT

from
UNIVERSAL SERVICES

Bounce, momentum, rhythm...

helps to increase spatial awareness, improves confidence in movement, increases sensory integration, improves balance, increases muscle tone and most of all... it's FUN!

Universal Services are manufacturers, suppliers and installers of the UK's largest range of specially adapted trampolines and equipment for **Rebound Therapy**.



We offer the full package...

From sales, to servicing and maintaining your equipment throughout its life-time!



Contact us for more information on:

01621 868 700

info@universalservicesuk.co.uk

www.universalservicesuk.co.uk

MANUFACTURING



SINCE 1978

We cover Rebound
Therapy practitioners



The UK's **most trusted** sports insurance specialist

We're proud to offer cover for Rebound Therapy practitioners.
Get Public Liability insurance **from £27.49**

★ Trustpilot ★★★★★ 'Excellent'

Based on 4,644 reviews

**GET
50%
OFF**

Get an instant quote online today:
insure4sport.co.uk/rebound
or call **0800 9888 166** or scan the QR code.



insure4sport



Insure4Sport® and Ripe are trading names of Ripe Insurance Services Limited which is Authorised and Regulated by the Financial Conduct Authority No. 313411. Registered in England No. 04507332. Registered office: The Royals, Altrincham Road, Manchester M22 4BJ. Policies are available to UK residents only. Terms and conditions apply. 50% discount applies to the insurance premium only and not the total policy charge. Discount is available for a limited time only and not available to previous or existing policyholders. Trustpilot rating correct as of 22/05/24.

Underwritten by
AVIVA

15060



The Earwig Rebound App

- Teaching evidence
- Progress records
- Reports
- Parent engagement

Rebound Therapy have partnered with Earwig Academic, the nation's most popular SEN assessment software and created the Earwig Rebound App which enables you to record activity and assess the progress of each child using the Huddersfield Index and full Winstrada trampoline development programme alongside a wide range of other frameworks.

- Vivid progress timelines for each pupil
- Tracking and performance measurement
- Pupil and group reporting
- Integrate with any other assessment framework
- Video instruction for teachers at every stage
- Friendly and helpful customer service

www.earwigacademic.com/products
info@earwigacademic.com
0333 6666 166

earwig
ACADEMIC TIMELINES

