

The Winstrada scheme continues beyond Rebound Therapy for more able students and gradually tapers into a mainstream programme.

Practitioners who have students who will be capable of progressing beyond Rebound Therapy are recommended to attend the 'Rebound Plus' course to enable them to continue to progress through the grades.

'Rebound Plus' is a two-day add-on module for those who have already completed a genuine Rebound Therapy staff training course.

It is designed to equip candidates to help their more able students progress beyond Rebound Therapy and start the transition into mainstream trampolining exercises.

The course is run by 'ReboundTherapy.org' and is provided both 'in-house' for special needs schools and centres and as an open course in the same way as their standard Rebound Therapy courses.

For those who wish to teach more advanced skills to mainstream students, there is a further two day add-on module called the 'Beyond Rebound' trampoline coach course.

The Rebound Therapy training course is becoming increasingly recognised and accepted as the logical starting point for trampoline coaching, even by coaches who have no involvement in teaching students with special needs.

In fact the Rebound Therapy course and the two add-on modules detailed above ('Rebound Plus' and 'Beyond Rebound') is the pathway for recreational mainstream trampoline coach training recommend by leisure centre chains, clubs and trampoline parks.

Badge and certificate award sets are available for the achievement of each Winstrada grade. The awards consist of a quality woven badge, an A5 sized certificate and a clear plastic certificate protector. Examples are on the back page of this manual.

Visit www.winstrada.com to download an order form or to order online.

The next five pages are posters showing the Rebound Therapy exercises in grades 1 to 3.



WINSTRADA - THE AESTHETIC SPORTS DEVELOPMENT FOUNDATION

REBOUND EXERCISES GRADE 1

ALL MOVEMENTS MAY BE PERFORMED WITH SUPPORT AS NECESSARY

SECTION A

- ~ LIES OR SITS ON SOFT OBJECT E.G. BEANBAG**
- ~ ENJOYS BEING BOUNCED WHILE LYING OR SITTING ON BEANBAG**
- ~ ENJOYS MOVEMENT WITH PARACHUTE**
- ~ ENJOYS ROCKING MOTION OF BED WHEN LYING DOWN**
- ~ BEING BOUNCED IN BACK LYING POSITION - MAINTAINS SHAPE**

SECTION B

- ~ DIFFERENTIATES STILLNESS AND MOVEMENT**
- ~ WAITS PATIENTLY FOR TURN ON TRAMPOLINE**
- ~ MAINTAINS EYE CONTACT WHEN APPROPRIATE**
- ~ SHOW AND HOLD STAR POSITION**
- ~ ANTICIPATES CAUSE AND EFFECT**