



## **WINSTRADA - THE AESTHETIC SPORTS DEVELOPMENT FOUNDATION**

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### **REBOUND EXERCISES GRADE 1 CONTINUED**

ALL MOVEMENTS MAY BE PERFORMED WITH SUPPORT AS NECESSARY

#### **SECTION C**

- ~ ENJOYS BEING BOUNCED IN HANDS AND KNEES POSITION
- ~ INITIATES BOUNCING IN HANDS AND KNEES POSITION
- ~ HIGH KNEELING POSITION
- ~ HIGH KNEELING - SWIMMING ARM MOVEMENT

#### **SECTION D**

- ~ SITS FACING ADULT IN STILLNESS
- ~ COMPENSATES FOR MOVEMENT WHEN TRAMPOLINE BED IS MOVED IN FRONT, BEHIND AND TO THE SIDE OF STUDENT
- ~ REGAINS SITTING POSITION WHEN MOVED OFF BALANCE
- ~ ENJOYS BEING BOUNCED IN SITTING POSITION
- ~ SITTING POSITION - INITIATES MOVEMENT BY PUSHING INTO BED WITH HANDS
- ~ SITTING POSITION - SWIMMING ARM MOVEMENT TO INITIATE BOUNCE

#### **SECTION E**

- ~ STANDING IN STILLNESS WITH FEET FLAT ON BED
- ~ STANDING POSITION - MAINTAINS SHAPE WHILE BEING GENTLY BOUNCED
- ~ STANDING POSITION - INITIATE BOUNCE (BOBBLE)
- ~ SWIMMING ARMS TO INITIATE MOVEMENT
- ~ STANDING POSITION - HANG AND BOUNCE
- ~ STANDING POSITION - POGO IN CENTRE
- ~ STANDING POSITION - BOUNCE AND STOP - STILLNESS
- ~ CLIMB ONTO TRAMPOLINE, LOCATE CENTRE OF BED AND CLIMB OFF AGAIN SAFELY



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## **REBOUND EXERCISES GRADE 2**

**ALL MOVEMENTS MAY BE PERFORMED WITH SUPPORT AS NECESSARY**

### **SECTION A**

- ~ SITTING POSITION WITH HAND SUPPORT - POP TO STAND - STILLNESS**
- ~ SITTING POSITION - POP TO STAND - STILLNESS (SUPPORT ON LANDING IF NEEDED)**
- ~ SITTING POSITION - POP TO STAND WITH EYES CLOSED**
- ~ SITTING POSITION - BOUNCE AND TWEAK**
- ~ SITTING POSITION - BOUNCE AND TWEAK WITH SWIMMING ARMS**
- ~ QUARTER TWISTS IN SITTING POSITION**

### **SECTION B**

- ~ CAN ACHIEVE TWO FOOTED JUMP - LANDING EVENLY**
- ~ CAN ACHIEVE TWO FOOTED JUMPS REPEATEDLY - LANDING EVENLY**
- ~ PERFORM THREE BOUNCES - STOP - STILLNESS**
- ~ STANDING POSITION - BOUNCE WITH QUARTER TWISTS**
- ~ POGO - MOVING AROUND TRAMPOLINE, UNDERSTANDS AND PERFORMS FORWARDS, BACKWARDS AND SIDEWAYS MOVEMENTS**
- ~ HAKA (FAST KNEES UP TOGETHER AND TOUCH)**