

Winstrada development scheme – the traditional method of use.

Following are examples of how the Winstrada class record sheets are filled in when using the development scheme **in the traditional way**, i.e when not using it in conjunction with the Huddersfield Functional Index, as one would be likely to do when teaching students with a reasonable level of physical and / or cognitive ability.

It should be noted that the traditional method of use is recommended for the majority of students who are reasonably able physically and cognitively. We will cover the traditional method of use first in this manual.

However, for those with greater needs, grades 1, 2 and 3 of the Winstrada scheme can be used with the Huddersfield Functional Index. This allows a very accurate measuring and recording of progress and is what we will be covering later in this manual.

The traditional method of use of the Winstrada development scheme is to write all the class or session members' names on the sheet and tick off each exercise when it is successfully completed. When the required number of ticks to complete the grade have been achieved, the date is written in the "Date passed" box and the student qualifies for his or her badge and certificate award and then moves on to the next grade.

Badge and certificate award sets can be ordered online from Winstrada from:
www.winstrada.com

<p>Badge and certificate awards are available for these grades. To download an order form or order online, please visit www.Winstrada.com</p> <h2>REBOUND EXERCISES</h2> <p>Compiled by, copyright of and produced with the permission of 'Rebound Therapy.org' – the official body for Rebound Therapy</p> <h3>Winstrada PROFICIENCY GRADE 2</h3> <p>Suggested minimum requirements to complete the grade: at least two from at least four of the five sections. All movements may be performed with support as necessary.</p> <p>OR</p> <p>To accurately measure outcomes for Rebound Therapy, this scheme can be used with the Huddersfield Functional Index. A minimum HFI score of 32 is recommended to complete the grade.</p>												
<p>SECTION A</p>												
JOE STEVENS												1. Sitting position with hand support – pop to stand – stillness
SOPHIE BAKER		✓										2. Sitting position – pop to stand – stillness (support on landing if necessary)
SUSAN HUMPHRIES		✓										3. Sitting position – pop to stand with eyes closed
JOHN STEED			✓									4. Sitting position – bounce and tweak
LUCY BAKER			✓									5. Sitting position – bounce and tweak with swimming arms
JANE WILKS				✓								6. Quarter turns in sitting position
OLIVIA DONI				✓								HFI Total for Section A (if used)
DRAKE BENTLEY				✓								
OMAR ASIF					✓							
JOSHI AMI					✓							
DANIEL BOOKBINDER						✓						
KOMI JOHNS						✓						
AUSTEN WHITE							✓					
SAKH-I EPPS								✓				
SHANIE DAVID									✓			