

Winstrada															
REBOUND EXERCISES															
PROFICIENCY GRADE 2 Continued															
JOE	SOPHIE	SUSAN	JOHN	LUCY	JANE	OLIVIA	DRAKE	OMAR	JOSHI	DANIEL	LORI	AUSTEN	SAHLY	SHANIE	
															<b>SECTION B</b>
		✓	✓	✓	✓	✓		✓		✓	✓	✓		✓	7. Can achieve two footed jump – landing evenly
			✓	✓		✓		✓			✓	✓		✓	8. Can achieve two footed jumps repeatedly – landing evenly
											✓				9. Perform 3 bounces – stop – stillness
			✓					✓			✓	✓		✓	10. Standing position – bounce with quarter twists
											✓				11. Pogo – moving around trampoline, understands and performs forwards, backwards and sideways movements
				✓		✓		✓			✓	✓		✓	12. Haka (fast knees up together and touch)
															HFI Total for Section B (if used)
															<b>SECTION C</b>
✓		✓	✓			✓		✓	✓		✓	✓		✓	13. Jump to legs astride – stop – stillness
								✓	✓		✓	✓		✓	14. Jump to legs astride, jump legs together – stop - stillness
								✓			✓				15. Jump to legs astride – bring arms up, jump to legs together, bring arms down
	✓				✓		✓			✓	✓		✓	✓	16. Log roll in horizontal position, showing control
															HFI Total for Section C (if used)

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PROFICIENCY GRADE 2 Continued															
JOE	SOPHIE	SUSAN	JOHN	LUCY	JANE	OLIVIA	DRAKE	OMAR	JOSHI	DANIEL	LORI	AUSTEN	SALLY	SHANIE	
															SECTION D
✓		✓	✓	✓				✓			✓	✓		✓	17. Walk along centre line, turn round and walk back
		✓	✓		✓			✓		✓	✓	✓		✓	18. Run on spot in centre
											✓	✓			19. Run on spot in centre – alternate knee slapping
											✓				20. Run on spot – low crossover (right hand to left leg, left hand to right leg)
															HFI Total for Section D (if used)
															SECTION E
				✓				✓			✓	✓		✓	21. High kneeling – pop to stand to stillness
								✓			✓	✓		✓	22. High kneeling – swimming arms to stand – stillness
											✓				23. High kneeling position – twist to long sitting (Harrison swivel)
											✓				24. Harrison swivel – to stand – stillness
															25. Harrison swivel – to stand – stillness – able to perform left and right twist
	✓		✓		✓					✓	✓	✓		✓	26. Hands and knees position – slide to plank (on mattress)
			✓				✓	✓			✓	✓	✓	✓	27. Quarter turns in hands and knees position
															HFI Total for Section E (if used)
															HFI Total of all Sections (if used)
			8/10					7/9			22/4	14/5		10/2	Date grade passed

Further copies of this sheet can be downloaded from the following website: [www.winstrada.com/sdf](http://www.winstrada.com/sdf)