

Exercise 15 – Sits facing adult in stillness

- 0 **Refuses to sit still** - Even with support, student actively tries to resist facing carer and keeping still.
- 1 **Will occasionally sit still and face carer** - When instructed by carer to sit still facing, will occasionally do so, but reluctantly and quickly looks away or moves.
- 2 **More willing to sit still** - Requires some persuading but is often willing to sit still and face carer when requested, and supported if necessary.
- 3 **Usually sits still and faces carer when appropriate** - Will usually sit still and face carer when requested
- 4 **Can sit still and remain still facing carer** - With physical support if unable to sit unaided, student will face carer and remain in stillness as required.

Exercise 16 – Compensates for movement when trampoline bed is moved in front, behind and to the side of student

- 0 **No sitting balance** - Person requiring physical or support aids to remain seated. Lacks the ability to be able to sit independently.
- 1 **Long sitting supporting with arms, static balance only** - Can maintain a seated balance in long sitting holding either care staff or resting hands on the trampoline bed. Maintains balance during low amplitude movements of the trampoline but loses balance or requires more support from staff as the amplitude increases.
- 2 **Long sitting supporting with arms, static and dynamic balance** - As above but can keep balance as the amplitude increases.
- 3 **Long sitting, no arm support, static balance only** - A person who can sit on the trampoline without arm / hand support and maintains balance but lacks the ability to keep this balance as the trampoline begins to move.
- 4 **Full dynamic sitting balance** - Can maintain long sitting balance without any support. Maintains this balance through a variety of moves e.g. walking around, rocking, side to side bouncing and increase bounce height.

Exercise 17 – Regains sitting position when moved off balance

- 0 **Makes no attempt to regain position** - Is unable or refuses to make any attempt to move back to sitting position when gently moved off balance.
- 1 **Makes a recognisable attempt** - With full support from carer will sometimes attempt to regain sitting position.
- 2 **Attempts to regain position with minimal support** - Makes a definite attempt to regain position with only minimal support from carer.
- 3 **Usually regains position with no support** - Without any support from carer, can usually regain sitting position when gently pushed off balance.
- 4 **Can easily regain sitting position when moved off balance** - Student shows very good control and sufficient strength to enjoy the challenge of regaining the sitting position when carer pushes him off balance in any direction.

Exercise 18 - Enjoys being bounced in sitting position

- 0 **Body won't leave the trampoline** - Can balance independently while carer provides very low amplitude bouncing but either loses balance or not confident enough to allow body to leave the trampoline.
- 1 **Body leaves the trampoline, balance lost** - Able to keep balance as the trampoline bed moves but when popped into the air loses balance or requires assistance / support when body lands back on the bed.
- 2 **Beginning to assist, balance improving** - Maintaining balance for longer periods as the bed moves, attempting to assist with bouncing, either using arms to generate lift and / or counting in time with the carer(s) etc. Loses balance on landing.
- 3 **Assisting with bouncing, loses balance occasionally** - Taking an active role in initiating bouncing in sitting position. Technique and balance not perfected as yet, tending to lose balance when landing after higher bounces.
- 4 **Assisting with bouncing and maintaining balance** - Skill levels have improved, good technique and maintains balance even after higher bounces.

Exercise 19 – Sitting position – initiates movement by pushing into bed with hands

- 0 **Makes no attempt to initiate movement** - Refuses or is unable to make any attempt to initiate movement even when given full support and assistance by carers.
- 1 **Will allow carers to assist** - With full support of carers will occasionally attempt to initiate some movement.
- 2 **Makes a recognisable attempt** - With minimal support from carers will make a recognisable attempt to initiate some movement with hands.
- 3 **Can initiate movement independently for short periods** - Can push hands into bed to initiate movement but needs assistance to achieve the correct tempo or maintain the movement for more than a few seconds.
- 4 **Can initiate and sustain movement by pushing hands into bed** - Is fully able to initiate and maintain rhythmic movement for the required length of time by pushing hands into trampoline bed.

Exercise 20 – Sitting position – swimming arm movement to initiate bounce

- 0 **Makes no attempt to initiate movement** - Refuses or is unable to make any attempt to initiate movement even when given full support and assistance by carers.
- 1 **Will allow carers to assist** - With full support of carers will occasionally attempt to initiate some movement.
- 2 **Makes a recognisable attempt** - With minimal support from carers will make a recognisable attempt to initiate some movement by swimming arms.
- 3 **Can initiate movement independently for short periods** - Can swim arms in circular motion to initiate movement but needs assistance to achieve the correct tempo or maintain the movement for more than a few seconds.
- 4 **Can initiate and sustain bouncing by swimming arms** - Is fully able to initiate bounce (i.e. leave the bed) and maintain rhythmic bouncing for the required length of time by using swimming arms movement.

SECTION 'E' WAS NOT USED AS STUDENT IS UNABLE TO ATTEMPT STANDING

Winstrada														
REBOUND EXERCISES														
PROFICIENCY GRADE 1 Continued														
22/4/19	29/4/19	6/5/19	13/5/19	20/5/19	27/5/19	3/6/19	10/6/19	17/6/19	24/6/19	1/7/19	8/7/19	15/7/19	22/7/19	SECTION E
														21. Standing in stillness with feet flat on bed
														22. Standing position – maintains shape while being gently bounced
														23. Standing position – initiate bounce (bobble)
														24. Standing position – swimming arms to initiate movement
														25. Standing position – hang and bounce
														26. Standing position – pogo in centre
														27. Standing position – bounce and stop - stillness
														28. Climb onto trampoline, locate centre of bed and climb off again safely
0	0	0	0	0	0	0	0	0	0	0	0	0	0	HFI Total for Section E (if used)
12	13	19	20	24	26	26	29	32	33	33	34	37	38	HFI Total of all Sections (if used)
Date grade passed														