

																					FLEXI-BOUNCE THERAPY EXERCISES
																				PROFICIENCY GRADE 1 Continued	
																				SECTION D	
																				15. Standing in stillness with feet flat on bed	
																				16. Standing position – maintains shape while being gently bounced	
																				17. Standing position – initiate bounce (bobble)	
																				18. Standing position – swimming arms to initiate movement	
																				19. Standing position – hang and bounce	
																				20. Standing position – pogo in centre	
																				21. Standing position – bounce and stop - stillness	
																				HFI Total for Section D (if used)	
																				HFI Total of all Sections (if used)	
																				Date grade passed	