															FLEXI-BOUNCE THERAPY EXERCISES **PROFICIENCY** **GRADE 2 Continued**
															SECTION 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. Standing position – bounce with quarter twists, performs left and right
															12. Haka (fast knees up together and touch)
															HFI Total for Section B (if used)
															SECTION C
															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. (Jumping Jack)
															16.Jumping Jacks continuously
															HFI Total for Section C (if used)