FLEXI-BOUNCE THERAPY

PROFICIENCY GRADE 3

Handle to be removed

Suggested requirements to complete the grade and gain the award: Complete all skills in Section A, three in Section B, plus the routine.

OR

If using this grade with the Huddersfield Functional Index, a minimum HFI score of 15 is recommended

SECTION A – COMPLETE ALL SKILLS

1. Jumping with arm movements.
2. Tuck jump.
3. Half twist jump.

SECTION B – COMPLETE 3 SKILLS

4. Straight jump and stop.
5. Star jump - landing feet together
6. Spotty dog - opposite arm and leg.
7. Spotty dog - same arm and leg.

ROUTINE:

8. Tuck jump, ½ twist, star position.

HFI Total (if used)

Date award passed