Please read the notes on the web page www.winstrada.com/sdf before using this development scheme.

															Badge and certificate award sets are available for these grades. **Please e-mail the office for an order form:** **E-mail:** **Winstrada@Hotmail.com** **Winstrada Aesthetic Sports Development Foundation** **REBOUND EXERCISES** **PROFICIENCY** **GRADE 2** **All movements may be performed with support as necessary.** **Suggested minimum requirements to complete the grade: at least two from at least four of the five sections. Coaches may require more able students to complete more or even all of the moves dependent upon ability.**
															SECTION A
															1. Sitting position with hand support – pop to stand – stillness
															2. Sitting position – pop to stand – stillness (support on landing if necessary)
															3. Sitting position – pop to stand with eyes closed
															4. Sitting position – bounce and tweak
															5. Sitting position – bounce and tweak with swimming arms
															6. Quarter twists in sitting position

															Winstrada **REBOUND EXERCISES** **PROFICIENCY GRADE 2 Continued**
															SECTION B
															5. Can achieve two footed jump – landing evenly
															6. Can achieve two footed jumps repeatedly – landing evenly
															7. Perform 3 bounces – stop – stillness
															8. Standing position – bounce with quarter twists
															9. Pogo – moving around trampoline, understands and performs forwards, backwards and sideways movements
															10. Haka (fast knees up together and touch)
															SECTION C
															11. Jump to legs astride – stop – stillness
															12. Jump to legs astride, jump legs together – stop - stillness
															13. Jump to legs astride – bring arms up, jump to legs together, bring arms down
															14. Log roll in horizontal position, showing control

															Winstrada **REBOUND EXERCISES** **PROFICIENCY GRADE 2 Continued**
															SECTION D
															19. Walk along centre line, turn round and walk back
															20. Run on spot in centre
															21. Run on spot in centre – alternate knee slapping
															22. Run on spot – low crossover (right hand to left leg, left hand to right leg)
															SECTION E
															24. High kneeling – swimming arms to stand – stillness
															25. High kneeling – pop to stand to stillness
															26. High kneeling position – twist to long sitting (Harrison swivel)
															27. Harrison swivel – to stand – stillness
															28. Harrison swivel – to stand – stillness – able to perform left and right twist
															29. Hands and knees position – slide to plank (on mattress)
															30. Quarter turns in hands and knees position