

AuthoritySportsUK

Gymnastics

Functional

Index

2022/2023



Toolkit for accurately measuring and recording outcomes in

Disability Gymnastics

For use with Winstrada Gymnastics Primer Awards.

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AuthoritySportsUK Gymnastics Function Index

Compiled with full support from Rebound Therapy & Paul V Kaye.

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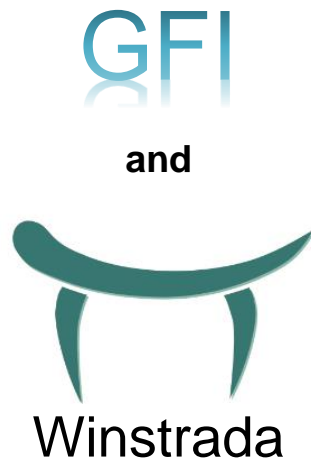
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Disability Gymnastics Outcome Measures Toolkit

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What is Disability Gymnastics?

Disability Gymnastics is a great way of increasing a participant's strength, co-ordination, special awareness and general fitness in a fun and exciting way, via use of floor, beams, trampettes, vaults, as well as partner work and use of hand apparatus.

Gymnastics should always be as fully inclusive as possible, as there are so many benefits for the participants who thoroughly enjoy this all-encompassing sport, which has so many potential routes as well as helping core strength.

Disability Gymnastics, is used to facilitate movement, promote balance, promote an increase or decrease in muscle tone, promote relaxation, promote sensory integration, improve fitness and exercise tolerance, and improve communication skills.

In addition to the benefits listed above, Disability Gymnastics is an ideal vehicle for cross curricular teaching activity; with the potential for teaching such things as numeracy, colour recognition, positioning (left, right, backwards, forwards, clockwise and anticlockwise), communication social awareness and consideration of others.

The fact that the activity is so enjoyable can enable it to be used as a motivational aid to learn. It can potentially also increase concentration and a willingness to learn in the classroom after they participate within Disability Gymnastics.

The principals of Disability Gymnastics form the basis of all gymnastics movement and are therefore a great and logical starting point for all gymnastics coach training (even though it's not a pre-requisite) – even for those who have no intention of teaching people with disabilities.

Benefits of Gymnastics: Essential Reading Material

Benefits of Gymnastics: [Australian Gymnastics Click for Article](#)

11 Health Benefits According to Science Document: [STK Sport Click Here](#)

Physical Therapy Gymnastics and People with Disabilities [Click Here](#)

Flaghouse Sensory Channel Benefits of Gymnastics YouTube part 1 [Click Here](#)

Flaghouse Sensory Channel Benefits of Gymnastics YouTube Part 2 [Click Here](#)

Flaghouse Sensory Channel Sensory for Limited Space YouTube [Click Here](#)

Understanding the Benefits of Gymnastics for Children with a Disability Research Document [Click Here](#)

The Winstrada development and award scheme.

This is a progressive development scheme which is widely used in UK and in many other countries. It encompasses all levels of gymnastics from Disability Gymnastics through to fairly advanced skills.

There are three specific grades which cover pre-school and disabilities. These are called Primer Awards (one to three) and these are based on the Disability Gymnastics training course and provide a clear, logical and progressive programme for students' development, as well as providing a fun and exciting programme.

The Winstrada scheme continues beyond Disability Gymnastics for those in mainstream programme.

Practitioners who have students who will be capable of progressing beyond Disability Gymnastics are recommended to attend the 'Foundation Gymnastics' course to enable them to continue to progress through the mainstream grades (after they have completed the primer grades).

'Foundation Gymnastics' is a two-day course and is designed to equip candidates to progress onto and teach moves from Winstrada 1-6 proficiency awards. These courses are also run by 'AuthoritySportsUK.co.uk' and can be both 'in-house' for schools or centres and as an open course.

For participants who wish to teach the more advanced skills to mainstream students and have completed 'Foundation Gymnastics' we recommend 'Recreational Gymnastics' which covers moves from awards 7-10 of the Winstrada proficiency awards.

This is followed by add on courses 'Further Recreational Gymnastics' which cover moves from Winstrada A1 and A2, along with the last add on module 'Gymnastics A3' which covers proficiency award A3 of the Winstrada Awards scheme.

Badge and certificate award sets are available for the achievement of each Winstrada grade. The awards consist of a quality woven badge, an A5 sized certificate and a clear plastic certificate protector.

Visit: <https://www.authoritysportsuk.co.uk/proficiency-awards> to download an order form or order online, or simply to download the free Winstrada resources.



WINSTRADA

PRIMER GYM AWARD ONE (RED)

Assistance may be given if required

To gain the award, complete 8 of the Floor skills below, plus the Hand apparatus, Bench work and Warm up sections

Floor Skills:

- Lying on back, show Tuck and Star shape
- Bunny hop jump
- Jump up high stretching upwards
- Hopping on one leg then the other
- Lie on back with legs tucked in towards tummy, and rock
- Sideways roll on floor or down slope (Log roll)
- Jump up and down x 5
- Skipping around the room
- Jump over a bean bag or small obstacle
- Jogging on spot for 5 seconds

Hand Apparatus: Make patterns with scarves or ribbons whilst lying, sitting or standing

Bench Work: Slide along bench, either sitting or lying on back, with support if needed

Warm Ups: Join in a warm up involving the parachute

www.winstrada.com



WINSTRADA

PRIMER GYM AWARD TWO (YELLOW)

Assistance may be given if required

To gain the award, complete 8 of the Floor skills below,
plus the Hand apparatus, Bench work and Warm up sections

Floor Skills:

- Sitting on floor, show Tuck, Pike and Star shape
- Jump onto a higher surface with support as required
- Tuck roll - feet to contact floor when rocking forwards
- Jump from a low shape, stop and stillness
- Running and change direction
- Balance on one leg for 8 seconds
- With hands on floor, hop on one leg
- Balance bean bag on two parts of the body (lying, sitting or standing)
- Balance on one hand and two feet, or one foot and two hands
- Hold onto bar and, with support, touch both feet on the bar

Hand Apparatus: Sit with legs apart, roll ball to partner

Bench Work: Lying on front, pull and slide forwards or backwards along bench

Warm Ups: Join in action song whilst lying, sitting or standing

www.winstrada.com



WINSTRADA

PRIMER GYM AWARD THREE (BLUE)

Assistance may be given if required

To gain the award, complete 8 of the Floor skills below,
plus the Hand apparatus, Bench work and Warm up sections

Floor Skills:

- Lying on front, pull to slide up a sloped bench
- Throw a ball, let it bounce and then catch it
- Balance on one foot for 10 seconds
- Sideways roll on floor (log roll) keeping body straight
- Forward roll on floor or slope
- Show Dish and Arch position
- Squat shape landing on knees on a vault or soft shape with support
- Throw bean bag at a target
- Hold onto bar and swing forwards and backwards
- Hold onto bar in tuck position for 3 seconds

Hand Apparatus: Throw ball to a partner

Bench Work: Jump from bench with controlled landing

Warm Ups: Join in action songs with hand apparatus

www.winstrada.com

Winstrada development scheme – the traditional method of use.

Following are examples of how the Winstrada class record sheets are filled in when using the development scheme in the traditional way, i.e., when not using it in conjunction with the Authority Gymnastics Functional Index, as one would be likely to do when teaching students with a reasonable level of physical and / or cognitive ability.

It should be noted that the traditional method of use is recommended for the majority of students who are reasonably able physically and cognitively. We will cover the traditional method of use first in this manual.

However, for those with greater needs, primer grades 1,2 and 3 of the Winstrada scheme can be used with the Authority Gymnastics Functional Index (GFI). This allows a very accurate measuring and recording of progress and is what will be covered later in the manual.

The traditional method of use of the Winstrada development scheme is to write all the class or session members' names on the sheet and tick off each exercise when it is successfully completed. When the required number of ticks to complete the grade have been achieved, the date is written in the "Date passed" box , the student qualifies for his or her badge and certificate award and then moves on to the next grade.

Badge and certificate awards sets can be ordered online via AuthoritySportsUK.co.uk

											<p>Badge and certificate award sets are available for these grades. To download an order form or order awards online, please visit: www.Winstrada.com</p> <p>Winstrada</p> <p>PRIMER GYMNASTICS</p> <p>Grade 1 (Red)</p> <p>Assistance may be given if required</p> <p>To gain the award, complete 8 of the floor skills below, plus the Hand apparatus, Bench work and Warm up sections Or To accurately measure outcomes, this scheme can be used with the Gymnastics Functional Index. A minimum GFI score of 24 is recommended to complete the grade</p>				
JOE	SOPHIE	SUSAN	JOHN	LUCY	OLIVIA	DRAKE	OMAR	JOSIE	DANIEL	LORI	AVSTEN	SALLY	SHAMIE	JANE	
															Floor Skills
✓		✓			✓		✓	✓		✓	✓	✓		✓	1) Lying on back, show Tuck and Star shape
✓		✓	✓		✓		✓			✓	✓	✓	✓	✓	2) Bunny hop jump
	✓	✓		✓	✓			✓	✓			✓		✓	3) Jump up high stretching upwards
✓	✓	✓		✓			✓		✓		✓	✓	✓	✓	4) Hopping on one leg then the other
✓	✓	✓	✓	✓	✓		✓				✓	✓	✓		5) Lie on back with legs tucked in towards tummy and rock
	✓	✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	6) Sideways roll on floor or down slope (Log roll)
✓	✓	✓	✓				✓		✓	✓	✓	✓	✓	✓	7) Jump up and down x 5
✓	✓	✓		✓			✓					✓	✓	✓	8) Skipping around the room
✓	✓	✓		✓				✓	✓			✓	✓		9) Jump over a bean bag or small obstacle
✓	✓	✓		✓			✓					✓	✓	✓	10) Jogging on spot for 5 seconds
✓	✓	✓					✓					✓	✓	✓	11) Hand Apparatus Make patterns with scarves or ribbons whilst lying, sitting or standing
✓	✓	✓					✓					✓	✓	✓	12) Bench Work Slide along bench, either sitting or lying on back, with support if needed
✓	✓	✓					✓					✓	✓	✓	13) Warm Ups Join in a warm-up involving the parachute
															GFI Total
8/10	16/10	9/9					16/9				14/10	18/9	8/10		Date grade passed

Further copies of this sheet can be downloaded from the following website: www.winstrada.com

GFI

for
Winstrada



Disability Gymnastics Outcome Measures Toolkit

Method of Use

Examples of how 'Gymnastics Functional Index' (GFI) is used with the Winstrada scheme are shown on the following pages.

You will see that each student has a complete set of record sheets to themselves.

The trainer will decide on which exercises will be used for the measuring of outcomes for the next few weeks and the exercise numbers and the date of the session are written in the vertical boxes.

The number of exercises the student works on will be decision of the trainer. For the examples on the following pages, we have chosen 5 exercises for the student to be measured on and these have been chosen from different sections within the grade.

At the end of the session, the GFI indicator number is written in the box next to the relevant exercise description. The GFI score for each section is totalled, then the total of all the sections is written in the box on the last page of the grade sheet.

This 'total of all sections' figure is used to plot the line on the graph. Using this graph will enable you to have a quick visual record of week-to-week progress.

When a student has successfully scored a 4 in an exercise for three consecutive sessions (you may decide two or four consecutive sessions would be more appropriate), it can be decided that he or she has completed the exercise and the line can be drawn horizontally across the page next to the exercise description. A new exercise should be added to the programme at this stage.

It may be that your students will never achieve a score of 4 on some exercises, in which case you would draw the line across the page when you feel that they have got as far as they can for the time being. You would then introduce a new exercise.

When calculating the GFI score, the line should be counted as whatever the final score was for that exercise. This enables the graph to show progress as an ascending line.

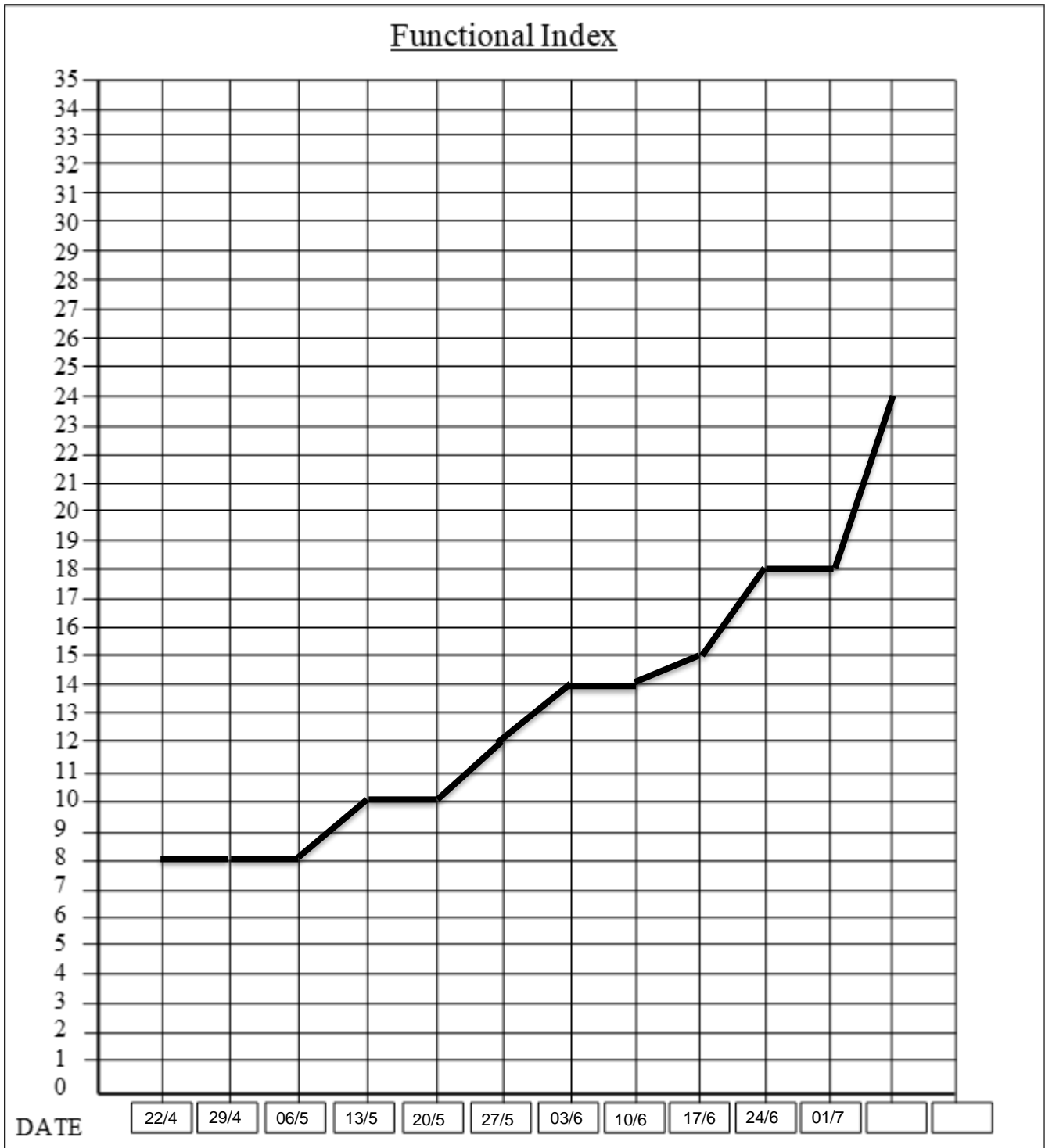
N.B. The exercises in this book should only be taught by a trainer who has completed the Disability Gymnastics course via 'AuthoritySportsUK.co.uk' or be a trainer Proficiency Assessor and be under the direct supervision of a Disability Gymnastics Qualified Coach.



Name.....JONATHON L. SMYTHE.....D.O.B...16/01/02.....

Diagnosis...L / S HEMI, MLD.....

Grade....1..... Commenced.....22 APRIL 2019.....



Authority Gymnastics Functional Index (GFI)

Indicators cross referenced page-to page with client record sheets

The Winstrada student progress record sheets can be downloaded from:
www.winstrada.com

Winstrada Gymnastics Exercises for Primer Grade 1 (Red) Section A GFI Notes

Exercise 1 - Lying on back show Tuck and star Shape

- 0 **Unable to lie** - Agitated and will not sit or lie or unable to adjust to surroundings.
- 1 **Will lay for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie with bent legs or legs apart towards a star position of <1 min but soon gets back up or gets distracted / agitate
- 2 **Lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance can lie or and can be moved into tuck or star shape, not always distracted but can be.
- 3 **Lying or sitting for > 2 mins, infrequently distracted** - Frequently lying and relaxing but unable to consistently lie for longer periods due to distractions or agitations, but can be moved into tuck or star shape with more ease.
- 4 **Will easily lie, completely relaxed** - Able to lie and relax and sustain this throughout acceptable distractions, doesn't become agitated, will either try and get into tuck or star shape or can be easily helped into such shapes and stay for >1min

Exercise 2 - Bunny Hop Jumps 2 feet

Adjustment for those unable to stand: Lie on Front or on a cylinder shape, and with support move legs.

- 0 **Unable to go onto hands and knees or lying on front (with support or shape underneath)** – Gets Agitated and will not lie on front or shape or unable to adjust to surroundings.
- 1 **Will go onto front or shape for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie on front or on shape towards hands and knees for <1 min but soon gets back up or gets distracted / agitated easily.
- 2 **Lying on front or shape for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie on front and relax, not always distracted but can be.
- 3 **Lying on front > 2 mins, infrequently distracted** – Frequently lying on front or on shape, or able to go into crouch position and relaxing but unable to for longer periods due to distractions or agitations.
- 4 **Will easily lie on front, on shape or crouch position, completely relaxed** - Able to lie on front or crouch and relax and sustain this throughout acceptable distractions, doesn't become agitated.

Exercise 3 - Jump up high stretching upwards

Adjustment for those unable to stand: Lie or Sit and stretch arms to touch the sky.

- 0 **Unable to stand or touch towards the sky** - Agitated and will not stand or stretch or unable to adjust to surroundings.
- 1 **Will stand or stretch for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily stretch towards sky for <1 min but soon gets distracted / agitated easily.
- 2 **Will stand or stretch for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will stand or stretch, not always distracted but can be.
- 3 **Will stand or stretch for > 2 mins, infrequently distracted** – standing and stretching and relaxing for longer periods but unable to consistently maintain this for longer periods due to distractions or agitations.
- 4 **Will easily stand or stretch or make an attempt to jump** - Able to Stand or stretch and sustain this throughout acceptable distractions, doesn't become agitated and enjoys the movement.

Exercise 4 – Hopping on one leg then the other

Adjustment for those unable to stand: Lying on Back or sitting, with on leg show a pushing action can be supported.

- 0 **Unable to stand / attempt to hop** - Agitated and will not lie or unable to adjust to surroundings.
- 1 **Stand or lying pushing a leg for a hop motion with support (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie or stand with pushing leg towards attempted hop can be with full support <1 min but soon gets distracted / agitated easily.
- 2 **Stand or lying pushing a leg for a hop motion with support for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie or stand with pushing leg with less support, not always distracted but can be.
- 3 **Stand or lying pushing a leg for a hop motion with less support for > 2 mins, infrequently distracted** - Lying or standing pushing leg frequently as if to be hopping with potential movement from the body for longer periods but unable to consistently maintain this for longer periods due to distractions or agitations.
- 4 **Will easily Stand or lying pushing a leg for a hop motion with little or no support** - Lying or standing pushing leg frequently as if to be hopping with potential movement from the body actually making movement.

Exercise 5 – Lie on back with legs tucked in towards tummy and rock.

- 0 **Unable to lie still** - Agitated and will not lie still or unable to adjust to surroundings.
- 1 **Will lie and keep still for short periods (e.g., one minute) but becomes agitated and / or distracted when trying to support leg bends** - After persuasion and with assistance will temporarily lie and allow help with movement of legs towards tuck position but movement of the legs causes student to become distracted / agitated easily.
- 2 **Lying and keeping still for longer periods (>1 min < 2 mins), movement tolerated, distraction and / or agitation reducing** - With assistance will lie and keep still and tolerate gentle bending of legs as far as possible. Not always distracted but can be.
- 3 **Lying and keeping still for > 2 mins, no objection to movement of legs, infrequently distracted** - Lying and keeping still for longer periods but unable to consistently maintain this for longer periods due to distractions or agitations.
- 4 **Will easily lie and maintain body shape while in position** - Able to lie, keep still and maintain body shape with gentle support or no support and sustain this throughout acceptable distractions. Doesn't become agitated and enjoys the exercise.

Exercise 6 – Sideways roll-on floor or down slope (Log roll)

- 0 Unable to lie or show they wish to roll** - Agitated and will not sit or lie or unable to adjust to surroundings.
- 1 Will lie for short periods but get easily distracted & help will lie, and show wishes to roll** - Can lie with persuasion but gets agitated after short periods and with help can show they wish to roll but can only rock side to side motion without following through
- 2 With gentle persuasion & help will lie, and show wishes to roll** - Can lie with persuasion and with help can show they wish to roll but can only roll from back to front or front to back without following through
- 3 With help will lie, and roll with support** - Able roll or be rolled sideways on floor or slope and sustain this throughout acceptable distractions, may get agitated.
- 4 Will easily lie, and roll with or without support** - Able roll or be rolled sideways on floor or slope and sustain this throughout acceptable distractions, doesn't become agitated.

Exercise 7 - Jump up and down x 5

Adjustment for those unable to stand: Lying on back or seated and with or without support show pushing motion.

- 0 Unable to stand or lie down to show action of jumping** - does not show they wish to partake and get easily distracted
- 1 With agitation reducing with support can stand or lie down and show they wish to partake within the activity** - however, they bend legs but are unable to show jumping.
- 2 With distraction / agitation reducing** - They can show they wish to stand or lie down and make jump motion without necessarily jumping but are showing the action.
- 3 Infrequently distracted can partake in activity showing movement for > 1 min < 2 mins** – Showing they wish to do actions and may do 1 action with or without support.
- 4 Standing or lying showing with support if needed** - Showing they wish to jump up and down and can show jumping whilst standing or lying down, can complete at least 2 jumps they do not have to be together and can have a rest in-between.

Exercise 8 - Skipping around the room

Adjustment for those unable to stand: Move around the room on back, seat or in a wheelchair.

- 0 No signs they wish to explore the room** - They don't move around the room whether seated, lying or standing
- 1 Shows signs they wish to move around the room** - But get easily agitated and distracted < 1 min so therefore do not move far
- 2 Shows signs they wish to move around the room** - Gets less agitated and distracted and move around the room with or without support, while on back, seat or standing for > 1 min but < 2 mins.
- 3 Show they wish to move around the room** - With only slight agitation and distraction, with or without support moves around the area either on back, seat or feet may show signs of leg movement towards a skipping action (but not essential) > 1.5 mins but < 2 mins
- 4 Show they wish to move around the room** - With little or no distraction or agitation, and move around for >2 minutes with or without support.

Exercise 9 – Jump over a bean bag or small obstacle

Adjustment for those unable to stand: Touch floor, touch bean bag then touch floor.

- 0 Unable to relax** - Agitated and will not lie or unable to adjust to surroundings, will not touch a bean bag or object does not show any interest in participating in the activity
- 1 Shows signs of interest for short amount of time but mostly agitated or distracted** - But will look at the bean bag or shape
- 2 Show signs of interest for longer periods around >30 seconds but < 1 min** - Will touch the bean bag or shape or if able to stand show movement with support to stand on or attempt to lift leg but cannot or does not wish to step over with or without support
- 3 Shows interest >1 min <2 mins** - If unable to stand, attempts to touch bean bag or shape and then touch floor with or without support if able to stand steps on shape or bean bag with or without support
- 4 Shows interest > 2mins** - If unable to stand, attempts to touch bean bag or shape and then touch floor with or without support if able to stand steps on shape or bean bag with or without support

Exercise 10 – Jog on spot of 5 seconds

Adjustment for those unable to stand: Lying on back with or without support show legs bending alternately.

- 0 No signs they wish to partake** – Easily distracted and agitated
- 1 Shows signs they wish to jog** - Show movements, but get easily agitated and distracted so therefore only slight leg movement
- 2 Shows signs they wish to jog or show movements** - Get less agitated and distracted and with support bend one leg
- 3 Show they wish to jog or show movements** - With only slight agitation and distraction, with or without support bend one leg then the other or they are able to stand show slight jogging action.
- 4 Show they wish to jog or show movements** - With virtually no distraction or agitation and can show the skill for >2 secs but <5 secs

Exercise 11 – Hand Apparatus Make patterns with scarves or ribbons whilst lying, sitting or standing

- 0 Unable to lie** - Agitated and will not sit or lie or unable to adjust to surroundings.
- 1 Will lie for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily agitate but show limited enjoyment of patterns for <1 minute
- 2 Lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance watching patterns
- 3 Lying or sitting for > 2 mins, infrequently distracted** - Frequently sitting / lying and relaxing but unable to consistently sit / lie for longer periods due to distractions or agitations. But watch the patterns and sometimes makes arm movements to create limited patterns
- 4 Will easily sit / lie, completely relaxed** - Able to sit / lie and relax and sustain this throughout acceptable distractions, doesn't become agitated, shows arm or leg movements to show limited patterns

Exercise 12 - **Bench Work** Slide along bench, either sitting or lying on back, with support if needed

- 0 Unable to sit or lie** - Agitated and will not sit or lie and will not go near the bench or unable to adjust to surroundings
- 1 Will sit or lie for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily sit or lie on bench for <1 min but soon gets back up or gets distracted / agitated easily
- 2 Sitting or lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie or sit and relax, not always distracted but can be moved or initiate movement along the bench but only a small amount
- 3 Lying or sitting for > 2 mins, infrequently distracted** - Frequently sitting / lying and relaxing but unable to consistently sit / lie for longer periods due to distractions or agitations, can be moved half way long the bench with support
- 4 Will easily sit / lie, completely relaxed** - Able to sit / lie and relax and sustain this throughout acceptable distractions, doesn't become agitated, can be moved $\frac{3}{4}$ of the way along the bench showing enjoyment

Exercise 13 - **Warm Ups** Join in a warm-up involving the parachute

Adjustment for those unable to stand: Lying on parachute and having parachute moved by others.

- 0 Unable to relax** - Agitated and will not lie or unable to adjust to surroundings
- 1 Will lie and relax for short periods (e.g., one minute). Easily distracted and / or agitated** – After persuasion and with assistance will temporarily lie and relax for < 1 min but soon gets distracted / agitated easily
- 2 Lying and relaxing for longer periods (> 1 min < 2 mins), distraction and / or agitated reducing** – with assistance will lie and relax, not always distracted but can be
- 3 Lying and relaxing for > 2 mins, infrequently distracted** – Lying and relaxing for longer periods but unable to constantly maintain this for longer periods due to distractions or agitations
- 4 Will easily lie, completely relaxed** – Able to lie and relax and sustain this throughout acceptable distractions, doesn't become agitated and enjoys the movement with the parachute

Winstrada Gymnastics Exercises for Primer Grade 2 (Yellow)
Section B GFI Notes

Exercise 1 - Sitting on floor, show tuck, pike and star shape

0. **Unable to sit or lie** - Agitated and will not sit or lie or unable to adjust to surroundings.
1. **Will lie or sit for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie with bent legs or legs apart towards a star position of <1 min but soon gets back up or gets distracted / agitate
2. **Lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie or and can be moved into tuck or star shape, not always distracted but can be
3. **Lying or sitting for > 2 mins, infrequently distracted** - Frequently lying and relaxing but unable to consistently lie for longer periods due to distractions or agitations, but can be moved into tuck or star shape with more ease
4. **Will easily sit or lie, completely relaxed** - Able to lie and relax and sustain this throughout acceptable distractions, doesn't become agitated, and will either try and get into tuck or star shape. Can be easily helped into shapes and stay for >1min

Exercise 2 - Jump onto a higher surface with support as required

Adjustment for those unable to stand: If they are able to sit on chair with feet on the floor then with or without support, move legs either one at a time or together onto the raised surface or shape (For Safety ensure when the legs go onto the floor the legs are not completely straight).

0. **Unable to sit** - Agitated and will not sit or lie or unable to adjust to surroundings.
1. **Will sit for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily sit with feet on the floor with attempted movement <1 min but soon gets back up or gets distracted / agitate
2. **Lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will sit or lie and can be moved into the correct position and 1 leg can be moved onto raised surface or shape, but then gets distracted or agitated before second legs can be raised
3. **Lying or sitting for > 2 mins, infrequently distracted** - Frequently sitting or lying and relaxing but unable to consistently sit for longer periods due to distractions or agitations, but can be moved to have one or both feet onto the surface with more ease, but still gets agitated with the full movement
4. **Will easily lie, completely relaxed** - Able to sit or lie and relax and sustain this throughout acceptable distractions, doesn't become agitated, and will either try to get feet from floor to raised surface or will happily be supported with the move

Exercise 3 - Tuck roll - feet to contact floor when rocking forwards

0. **Unable to lie** - Agitated and will not sit or lie or unable to adjust to surroundings
1. **Will lie for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie with bent legs and can have slight rock with full support <1 min but soon gets back up or gets distracted / agitated
2. **Lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie or and can be moved into tuck with support more of a rock motion but always distracted
3. **Lying or sitting for > 2 mins, infrequently distracted** - Frequently lying and relaxing but unable to consistently lie on back for longer periods due to distractions or agitations, can be moved from back in tuck position into upright tucked sitting position
4. **Will easily lie, completely relaxed** - Able to lie and relax and sustain this throughout acceptable distractions, doesn't become agitated, will either try and get into tuck sitting upright or rocking to back with support >1min

Exercise 4 - Jump from a low shape, stop and, stillness

Adjustment for those unable to stand: If they are able to sit on chair with feet on the Shape then with or without support, move legs either one at a time or together onto the floor (For Safety ensure when the legs go onto the floor the legs are not completely straight).

0. **Unable to sit** - Agitated and will not sit or lie or unable to adjust to surroundings
1. **Will sit for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily sit with feet on the shape with attempted movement <1 min but soon gets back up or gets distracted / agitate
2. **Lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will sit or lie and can be moved into the correct position and 1 leg can be moved onto floor from shape, gets distracted or agitated before second legs can be lowered
3. **Lying or sitting for > 2 mins, infrequently distracted** – Frequently sitting and relaxing but unable to consistently sit for longer periods due to distractions or agitations, but can be moved to have one or both feet onto the surface with more ease, but still gets agitated with the full movement
4. **Will easily lie, completely relaxed** - Able to sit or lie and relax and sustain this throughout acceptable distractions, doesn't become agitated, and will either try to get feet from raised surface to floor or will happily be supported with the move

Exercise 5 - Running and change direction

Adjustment for those unable to stand: Move forwards around the room on back, seat or in a wheelchair trying to tell them to go in different directions or allow them to move to markers.

- 0 **No signs they wish to explore the room** - They don't move around the room whether seated, lying or standing
- 1 **Shows signs they wish to move around the room** - But get easily agitated and distracted < 1 min so therefore do not move far
- 2 **Shows signs they wish to move around the room** - Gets less agitated and distracted and move around the room with or without support, while on back, seat or standing for > 1 min but < 2 mins
- 3 **Show they wish to move around the room** - With only slight agitation and distraction, with or without support moves around the area either on back, seat or feet may show signs of leg movement towards a skipping action (but not essential) > 1.5 mins but < 2 mins
- 4 **Show they wish to move around the room** - With little or no distraction or agitation, and move around for >2 minutes with or without support

Exercise 6 - Balance on one leg for 8 seconds

Adjustment for those unable to stand: Lie on back with one leg tucked to stomach.

0. **Unable to lie** - Agitated and will not sit or lie or unable to adjust to surroundings.
1. **Will lie for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie with bent leg <1 min but soon gets back up or gets distracted / agitate
2. **Lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With support can lie or can be moved into one leg tuck, not always distracted but can be.
3. **Lying or sitting for > 2 mins, infrequently distracted** - Frequently lying and relaxing but unable to consistently lie for longer periods due to distractions or agitations, but can be moved or they move themselves into one leg tuck position
4. **Will easily lie, completely relaxed** - Able to lie and relax and sustain this throughout acceptable distractions, doesn't become agitated, and will either try and get into one leg tuck and stay for >1min

Exercise 7 - With hands on floor, hop on one leg

Adjustment for those unable to stand: Lie on a cylinder or exercise ball with support and support 1 leg off the floor then back on.

0. **Unable to lie on cylinder / shape** - Agitated and so will not lie or unable to adjust to surroundings
1. **Will lie on cylinder for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie on cylinder <1 min but soon gets back up or gets distracted / agitate
2. **Lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie on cylinder and can-do small movement or have one leg moved up off the floor
3. **Lying > 2 mins, infrequently distracted** - Frequently lying and relaxing but unable to consistently lie for longer periods due to distractions or agitations, can have the one leg moved with or without support
4. **Will easily lie, completely relaxed** - Able to lie and relax and sustain this throughout acceptable distractions, doesn't become agitated, will either try and lift the one leg independently or with support

Exercise 8 - Balance bean bag on two parts of the body (lying, sitting or standing)

0. **Unable to lie** - Agitated and so will not sit or lie or unable to adjust to surroundings
1. **Will lie for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie, sit or stand with a bean bag <1 min, soon gets back up or gets distracted / agitated
2. **Lying, sit or standing for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie, sit or stand with balanced bean bag, frequently distracted
3. **Lying or sitting for > 2 mins, infrequently distracted** - Frequently lying and relaxing but unable to consistently lie for longer periods due to distractions or agitations, can put or have someone place a bean bag upon them
4. **Will easily lie, sit or stand, completely relaxed** - Able to lie and relax and sustain this throughout acceptable distractions, doesn't become agitated, will either try and balance a bean bag or have a bean bag placed on them for >2mins

Exercise 9 - Balance on one hand and two feet, or one foot and two hands

Adjustment for those unable to stand: Lie on a cylinder or exercise ball on stomach with support and lift one hand off floor or one foot off floor.

0. **Unable to lie on front** - Agitated and will not sit or lie or unable to adjust to surroundings
1. **Will lie for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie on front upon a cylinder or ball etc. for <1 min, soon gets back up or gets distracted / agitate
2. **Lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie on front upon the cylinder or ball for >1 min <2 mins
3. **Lying or sitting for > 2 mins, infrequently distracted** - Frequently lying and relaxing, unable to consistently lie for longer periods due to distractions or agitations, can lift one foot or one hand off floor with or without support with more ease
4. **Will easily lie, completely relaxed** - Able to lie and relax and sustain this throughout acceptable distractions, doesn't become agitated, and will lift one foot or 1 hand off floor with or without support for > 2 mins

Exercise 10 - Hold onto bar and, with support, touch both feet on the bar

Adjustment for those unable to stand: Sitting with or without support have bar lowered enough so that they can grip without leaving floor. Next, with or without support, touch both feet onto the bar whilst bottom is still in contact with the floor. This can be done by building up blocks or mats to gradually increase leg height.

0. **Unable to lie** - Agitated and will not sit or lie or unable to adjust to surroundings
1. **Will lie / sit for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily sit in position (with or without support) with legs slightly lifted <1 min but soon gets back up or gets distracted / agitated
2. **Lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will sit with or without support can sit with support and legs are lifted off the floor with support or mats etc., infrequently distracted
3. **Lying or sitting for > 2 mins, infrequently distracted** - Frequently sitting with or without support and relaxing, unable to consistently sit for longer periods due to distractions or agitations, can be moved or supported into position and have legs higher (aim towards a 45-degree angle) with more ease
4. **Will easily lie, completely relaxed** - Able to sit (with support or without) and relax throughout, doesn't become agitated, will either allow feet to touch the bar with support or by mats etc. to prop legs up

Exercise 11 - Hand Apparatus Sit with legs apart, roll ball to partner

Adjustment for those unable to sit: Can be propped up with shapes, mats or against a padded wall. Then, with or without support, can roll a ball to a partner.

0. **Unable to Sit** - Agitated and will not sit or unable to adjust to surroundings
1. **Will sit for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily sit with legs apart showing excitement when seeing a ball <1 min, soon gets distracted / agitated
2. **Sitting for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will sit with legs as apart (as much as they can), and will show actions of wishing to push the ball though distracted
3. **Sitting for > 2 mins, infrequently distracted** - Frequently sitting and relaxing but unable to consistently sit for longer periods due to distractions or agitations, but can have legs apart and showing actions towards or actually pushing a ball to a partner with or without support
4. **Will easily sit, completely relaxed** - Able to sit and relax and sustain this throughout acceptable distractions, doesn't become agitated, can have legs apart and showing actions towards or actually pushing a ball to a partner with or without support > 2 mins

Exercise 12 - Bench Work Lying on front, pull and slide forwards or backwards along bench

Adjustment for those unable to lie: Can sit on bench and with support move along forwards or backwards, or if possible, go towards lying on stomach even if its not flat and move along bench forwards or backwards. Feet can be touching the floor either side of the bench if necessary.

0. **Unable to lie** - Agitated and will not sit or lie on bench, gets agitated when near the bench and unable to adjust to surroundings
1. **Will lie or sit for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie or sit on the bench for < 1 min but soon gets back up moves away or gets distracted / agitated
2. **Lying or sitting for longer periods (>1 min < 2 mins), distraction and / or agitation is reducing** - With assistance will lie or sit and can be moved or initiate movement on the bench, not always distracted but can be
3. **Lying or sitting for > 2 mins, infrequently distracted** - Frequently lying or sitting and relaxing but unable to consistently lie or sit for longer periods due to distractions or agitations, can be or initiate movement along the bench with more ease
4. **Will easily lie or sit, completely relaxed** - Able to lie or sit and relax and sustain this throughout acceptable distractions, doesn't become agitated, and will either try and initiate movement or will allow or show they wish to have supported movement along the bench forwards or backwards

Exercise 13 - Warm Ups Join in action songs whilst lying, sitting or standing

0. **Unable to lie, sit or stand** - Agitated and will not sit, lie or stand unable to adjust to surroundings, and will not partake within the warm up
1. **Will lie, sit or stand for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie, sit or stand and showing with reactions that they wish to partake within the warm up for <1 min but soon gets back up or gets distracted / agitated
2. **Lying, sitting or standing for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie, sit or stand and can participate within the warm up or show they wish to with or without support or show they wish to not always distracted but can be
3. **Lying, sitting or standing for > 2 mins, infrequently distracted** - Frequently lying, sitting or standing and relaxing but unable to consistently lie, sit or stand for longer periods due to distractions or agitations, but can participate within the warm up or show they wish to with or without support with more ease
4. **Will easily lie, sit or stand completely relaxed** - Able to lie, sit or stand and relax and sustain this throughout acceptable distractions, doesn't become agitated, and will either try and participate within the warm up or show they wish to with or without support

																							<p>Badge and certificate award sets are available for these grades. To download an order form or order awards online, please visit: www.Winstrada.com</p> <p>Winstrada</p> <p>PRIMER GYMNASTICS Grade 3 (Blue)</p> <p>Assistance may be given if required</p> <p>To gain the award, complete 8 of the floor skills below, plus the Hand apparatus, Bench work and Warm up sections Or To accurately measure outcomes, this scheme can be used with the Gymnastics Functional Index. A minimum GFI score of 30 is recommended to complete the grade</p>
																							Floor Skills
																							1) Lying on front, pull to slide up a sloped bench
																							2) Throw a ball, let it bounce and then catch it
																							3) Balance on one foot for 10 second
																							4) Sideways roll on floor (log roll) keeping body straight
																							5) Forward roll on floor or slope
																							6) Show Dish and Arch position
																							7) Squat shape landing on knees on a vault or soft shape with support
																							8) Throw bean bag at a target
																							9) Hold onto bar and swing forwards and backwards
																							10) Hold onto bar in tuck position for 3 seconds
																							11) Hand Apparatus Throw a ball to a partner
																							12) Bench Work Jump from bench with controlled landing
																							13) Warm Ups Join in action songs with hand apparatus
																							GFI Total (If used)
																							Date grade passed

Further copies of this sheet can be downloaded from the following website: www.winstrada.com

Winstrada Gymnastics Exercises for Primer Grade 3 (Blue)
Section C GFI Notes

Exercise 1 - Lying on front, pull to slide up a sloped bench

Adjustment for those unable to lie: Can sit on bench with legs either side of the bench (**safety point:** *ensure a coach or support is close just in case the participant falls to the side*). Move along forwards, or if possible, progressing to lying on stomach even if it's not flat and move along bench forwards.

0. **Unable to lie** - Agitated and will not sit or lie on bench, or gets agitated when near the bench and unable to adjust to surroundings
1. **Will lie or sit for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie or sit on the bench for < 1 min but soon gets back up moves away or gets distracted / agitated
2. **Lying or sitting for longer periods (>1 min < 2 mins), distraction and / or agitation is reducing** - With assistance will lie or sit and can be moved or initiate movement on the bench, frequently distracted
3. **Lying or sitting for > 2 mins, infrequently distracted** - Frequently lying or sitting and relaxing but unable to consistently lie or sit for longer periods due to distractions or agitations, but can be or initiate movement forwards along the inclined bench with more ease
4. **Will easily lie or sit, completely relaxed** - Able to lie or sit and relax and sustain this throughout acceptable distractions, doesn't become agitated, will either try and initiate movement or will allow or show they wish to have supported movement along the bench forwards on the incline (this incline can be reduced if needed but not to flat)

Exercise 2 - Throw a ball, let it bounce and then catch it

Adjustment for those unable to throw catch: Can be fully supported, and if they are unable to sit, they can lean against a padded wall or shape or coach.

Adjustment for those unable to Catch: Can be fully supported, or alternatively have them sitting down with a hoop in front of them. If it lands within the lap or hoop this would then count as completing the movement. If they are unable to sit, they can lean against a padded wall or shape or coach.

0. **Unable to sit** - Agitated and will not sit / throw and catch unable to adjust to surroundings.
1. **Will sit for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will attempt throw and catch for <1 min with frequent distractions
2. **Sitting for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will sit, throw and catch, infrequently distracted
3. **Sitting for > 2 mins, infrequently distracted** - Frequently sitting and relaxing but unable to consistently sit for longer periods due to distractions or agitations, throw and catch with or without support with ease
4. **Will easily sit, completely relaxed** - Able to sit and relax and sustain this throughout acceptable distractions, doesn't become agitated, will either try and throw and catch with or without support

Exercise 3 - Balance on one foot for 10 second

Adjustment for those unable to balance on 1 leg: Can be fully supported, either build up mats or block, to they are standing on one leg (virtually straight) and the other leg is bent with either toe touching or one-legged kneeling on mat / block.

Adjustment for those unable to stand: Lying on back one leg straight the other leg bent with the student with or without support holding a scarf or band / rope so it goes around the bottom of the foot and they are pulling the one leg into a bent position.

0. **Unable to lie / stand** - Agitated and will not lie or stand unable to adjust to surroundings
1. **Will lie or stand for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie with bent leg with scarf around or stand with one leg toe or knee touching mat, for <1 min but soon gets back up or gets distracted / agitate
2. **Lying or standing for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie with leg bent with scarf around or standing with toe or knee touching mat, frequently distracted
3. **Lying or standing for > 2 mins, infrequently distracted** - Frequently lying or standing and relaxing, unable to consistently lie or stand for longer periods due to distractions or agitations, can lie assisted leg bent and scarf around or standing with toe or knee touching mat easily
4. **Will easily lie or stand, completely relaxed** - Able to lie and relax and sustain this throughout acceptable distractions, doesn't become agitated, with assistance will lie with leg bent with scarf around or standing with toe or knee touching mat

Exercise 4 - Sideways roll-on floor (log roll) keeping body straight

Adjustment for those unable to roll: If the participant is having issues sideways rolling, they can go into a soft tube or tunnel and ensuring the participant is happy they should be slowly rolled sideways ensuring they are happy, if they seem unhappy movement should be stopped.

0. **Unable to lie** - Agitated and will not sit or lie or unable to adjust to surroundings.
1. **Will lie for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance can temporarily lie and rock side to side or in a tube be happy rocking side to side <1 min, soon gets back up or gets distracted / agitated
2. **Lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie and rock side to side or in a tube be happy rocking side to side or complete sideways roll with infrequent distraction
3. **Lying for > 2 mins, infrequently distracted** - Frequently lying and relaxing but unable to consistently lie for longer periods due to distractions or agitations, lie and rock side to side or in a tube be happy rocking side to side or complete rotation with more ease
4. **Will easily lie, completely relaxed** - Able to lie and relax and sustain this throughout acceptable distractions, doesn't become agitated, and will either try and lie either flat or in a tube and happily do a full sideways rotation

Exercise 5 - Forward roll-on floor or slope

Adjustment for those unable to forwards roll: Do 5 forward and backward rocks

0. **Unable to lie** - Agitated and will not sit or lie or unable to adjust to surroundings.
1. **Will lie for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie with bent legs and can have slight rock with full support <1 min but soon gets back up or gets distracted / agitated
2. **Lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie or and can be moved into tuck with support more of a rock motion but always distracted
3. **Lying or sitting for > 2 mins, infrequently distracted** - Frequently lying and relaxing but unable to consistently lie on back for longer periods due to distractions or agitations, but can be moved from back in tuck position into upright tucked sitting position
4. **Will easily lie, completely relaxed** - Able to lie and relax and sustain this throughout acceptable distractions, doesn't become agitated, and will either try and get into tuck sitting upright and rocking to back can be with support >1min

Exercise 6 - Show Dish and Arch position

Adjustment for those unable to show dish or arch: For those that are unable to show dish or arch, lie them on back or front and build a slight slope for head and another for feet to raise them up to the correct angle for dish and arch.

0. **Unable to lie** - Agitated and will not sit or lie or unable to adjust to surroundings.
1. **Will lie for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie with slope or support at head and feet for <1 min but soon gets back up or gets distracted / agitate
2. **Lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie with slope or support at head and feet, not always distracted but can be
3. **Lying for > 2 mins, infrequently distracted** - Frequently lying and relaxing but unable to consistently lie for longer periods due to distractions or agitations, but can lie with slope or support at head and feet with more ease
4. **Will easily lie, completely relaxed** - Able to lie and relax and sustain this throughout acceptable distractions, doesn't become agitated, and will lie with slope or support at head and feet

Exercise 7 - Squat shape landing on knees on a vault or soft shape with support

Adjustment for those unable to show squat: with support moving up soft slope or steps to either lye or kneel on vault or soft shape.

0. **Unable to move** - Agitated and will not move towards or unable to adjust to surroundings.
1. **Will move for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily move towards the vault or block, for <1 min but soon gets back up or gets distracted / agitated
2. **Moving for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will move towards vault / shape not always distracted but can be
3. **Lying or sitting for > 2 mins, infrequently distracted** - Frequently lying and relaxing but unable to consistently lie for longer periods due to distractions or agitations, but can be moved into tuck or star shape with more ease
4. **Will easily move and lie or kneel on vault or box, completely relaxed** - Able to move and lie, relax and sustain this throughout acceptable distractions, doesn't become agitated

Exercise 8 - Throw bean bag at a target

0. **Unable to sit and throw** - Agitated will not sit and throw, unable to adjust to surrounding
1. **Will sit for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily sit or stand and attempt to throw a beanbag for <1 min but soon gets back up or gets distracted / agitated
2. **Sit for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will sit and attempt to throw a beanbag, infrequently distracted
3. **Sitting for > 2 mins, infrequently distracted** - Frequently sitting and relaxing but unable to consistently sit or stand for longer periods due to distractions or agitations, but can throw a bean bag towards target with or without support with more ease
4. **Will easily sit, completely relaxed** - Able to sit and relax and sustain this throughout acceptable distractions, doesn't become agitated, and will throw a bean bag at the target with or without support

Exercise 9 - Hold onto bar and swing forwards and backwards

Adjustment for those unable to hold and swing:

- a) Have bar low enough and either in wheel chair or on a board with wheels, have participant holding bar then move the chair or board forwards and back.
- b) Alternatively, if they can hold weight for short periods with support help swing forwards and rest then backwards and rest.

0. **Unable to hold bar** - Agitated and will not hold bar or unable to adjust to surroundings
1. **Will hold for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily hold bar for <1 min, soon gets back up or gets distracted / agitated
2. **Hold bar for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will hold on bar and allow forward and backwards movement, not always distracted but can be
3. **Hold bar for > 2 mins, infrequently distracted** - Frequently holding bar and relaxing but unable to consistently hold bar for longer periods due to distractions or agitations, but can be moved forwards or backwards with more ease
4. **Will easily hold bar, completely relaxed** - Able to hold bar and relax and sustain this throughout acceptable distractions, doesn't become agitated, and will either hold bar and show enjoyment while going backwards or forwards

Exercise 10 - Hold onto bar in tuck position for 3 seconds

Adjustment for those unable to hold bar and tuck: Can lower bar so feet are touching floor or mats with bent legs, or tuck with support.

0. **Unable to hold bar** - Agitated and will not hold bar or unable to adjust to surroundings.
1. **Will hold for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily hold bar for <1 min but soon gets back up or gets distracted / agitated
2. **Hold bar for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will hold on bar and allow tuck shape position, not always distracted but can be
3. **Hold bar for > 2 mins, infrequently distracted** - Frequently holding bar and relaxing but unable to consistently hold bar for longer periods due to distractions or agitations, but can have tuck shape supported or feet touching floor with more ease
4. **Will easily hold bar, completely relaxed** - Able to hold bar and relax and sustain this throughout acceptable distractions, doesn't become agitated, and will either hold bar and show enjoyment while in tuck position

Exercise 11 - Hand Apparatus Throw a ball to a partner

0. **Unable to sit / throw** - Agitated and will not sit or throw, unable to adjust to surroundings.
1. **Will sit for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily sit and attempt to throw ball for <1 min but soon gets back up or gets distracted / agitated
2. **Sit for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will sit or and can be moved into sit position and show they wish to throw a ball with or without support, infrequently distracted
3. **Sitting for > 2 mins, infrequently distracted** - Frequently sitting and relaxing but unable to consistently lie for longer periods due to distractions or agitations, can sit and throw a ball with or without support with more ease
4. **Will easily sit, completely relaxed** - Able to sit and relax and sustain this throughout acceptable distractions, doesn't become agitated, and will either try and sit and throw the ball with or without support

Exercise 12 - Bench Work Jump from bench with controlled landing

Adjustment for those unable to stand: Lying on back with cube or ball and with or without support try and kick the shape or ball away.

0. **Unable to lie** - Agitated and will not lie or unable to adjust to surroundings.
1. **Will lie for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie with bent legs for <1 min, soon gets back up or gets distracted / agitate
2. **Lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie and with or without support will bend legs and attempt a kicking action with frequent distractions
3. **Lying or sitting for > 2 mins, infrequently distracted** - Frequently lying and relaxing but unable to consistently lie for longer periods due to distractions or agitations, can bend legs and attempt to kick supported if required with more ease
4. **Will easily lie, completely relaxed** - Able to lie and relax and sustain this throughout acceptable distractions, doesn't become agitated, and will bend legs with or without support and kick the shape away showing enjoyment

Exercise 13 - Warm Ups Join in action songs with hand apparatus

0. **Unable to lie, sit or stand** - Agitated and will not sit, lie or stand, unable to adjust to surroundings, will not partake within the warm up
1. **Will lie, sit or stand for short periods (e.g., one minute). Easily distracted and / or agitated** - After persuasion and with assistance will temporarily lie, sit or stand and showing with reactions that they wish to partake within the warm up for <1 min, soon gets back up or gets distracted / agitated
2. **Lying, sitting or standing for longer periods (>1 min < 2 mins), distraction and / or agitation reducing** - With assistance will lie, sit or stand and can participate within the warm up, willing to display focus
3. **Lying, sitting or standing for > 2 mins, infrequently distracted** - Frequently lying, sitting or standing and relaxing but unable to consistently lie, sit or stand for longer periods due to distractions or agitations, can participate within the warm up or show willing with or without support easily
4. **Will easily lie, sit or stand completely relaxed** - Able to lie, sit or relax standing and sustain this throughout acceptable distractions, doesn't become agitated, will either try and participate within the warm up or show they wish to with or without support

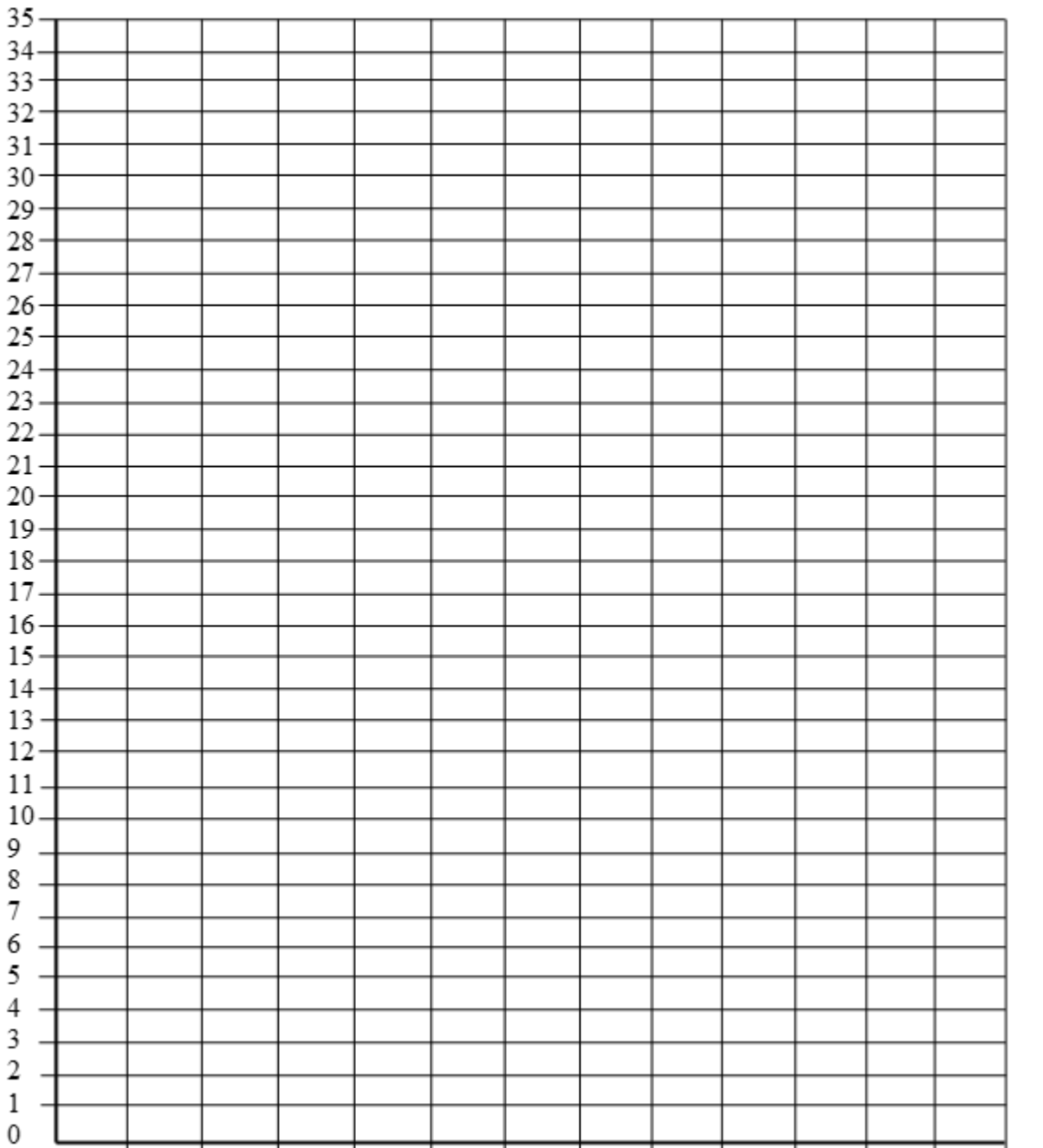


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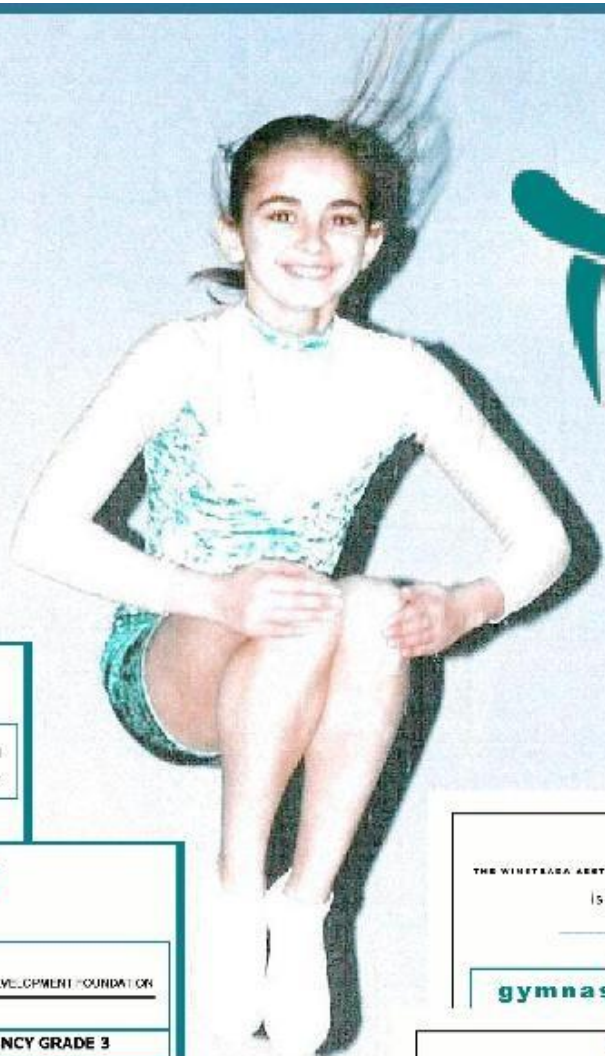


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WINSTRADA - THE AESTHETIC SPORTS DEVELOPMENT FOUNDATION

REBOUND EXERCISES GRADE 1

- ALL MOVEMENTS MUST BE PERFORMED WITH THE FEET TOGETHER AND THE KNEES BENT.
- ~ LIES OR SITS ON BACK
 - ~ ENJOYS BEING BOUNDED
 - ~ ENJOYS MOVEMENT
 - ~ ENJOYS KICKING
 - ~ BEING BOUNCED IN
 - ~ DIFFERENTIATES BETWEEN
 - ~ WAITS PATIENTLY
 - ~ MAINTAINS EYE CONTACT
 - ~ SHOWS AND HOLDS
 - ~ ANTICIPATES CALLS



WINSTRADA - THE AESTHETIC SPORTS DEVELOPMENT FOUNDATION

GYMNASTICS PROFICIENCY GRADE 3

MINIMUM AWARDING LEVEL OF GRADE 3 SKILLS (GRADES 1-2 ONLY.)
TO GAIN THE AWARD, COMPLETE 8 OF THE SKILLS BELOW

- ~ BALANCE ON BACK IN
- ~ BUNNY HOPS INTO AIR
- ~ BALANCE ON TUMMY
- ~ ROLL FORWARDS FRC
- ~ REVERSE MARCH IN AIR
- ~ FRONT SUPPORT, JUMP
- ~ HULA HOOP.
- ~ ACTION SONG TO MUSIC
- ~ AT LEAST 3 SKIPS ON
- ~ LINK A JUMP, & ROLL

NAME	DATE	ROLL FORWARDS FRC	BUNNY HOPS INTO AIR	BALANCE ON TUMMY	BALANCE ON BACK IN	FRONT SUPPORT, JUMP	HULA HOOP	ACTION SONG TO MUSIC	AT LEAST 3 SKIPS ON	LINK A JUMP, & ROLL
ALICE	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
ANNA	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
CHARLIE	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
DAVID	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
EMMA	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
FRANK	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
GRACE	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
HEIDI	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
IAN	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
JANE	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
JOHN	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
KATE	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
LEO	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
MIA	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
NICK	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
OLIVIA	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
PETER	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
QUINN	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
RUBY	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
SEAN	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
SHARON	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
THOMAS	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
URSULA	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
WALTER	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
XENIA	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
YVES	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓
ZOE	10/10/20	✓	✓	✓	✓	✓	✓	✓	✓	✓

Grade 3 and Proficiency award sets are available for these grades. To purchase or order more or other awards online, please visit www.winstrada.com

Winstrada Aesthetic Sports Development Foundation

TRAMPOLINE PROFICIENCY GRADE 3
The transition from Rebound Exercise to Trampoline

When a candidate may be given Proficiency grade 3 only.

To gain the award, complete 4 skills in section A, 4 skills in section B and 4 skills in section C.

SECTION A - COMPLETE ALL SKILLS


- ✓ Landing with one foot on mat
- ✓ Two jump
- ✓ Half twisting jump

SECTION B - COMPLETE 3 SKILLS

- ✓ Straight jump over bar
- ✓ One hand
- ✓ One hand jumps from hands and knees position
- ✓ One hand jumps from standing to feet

SECTION C - COMPLETE 4 SKILLS

- ✓ Trampoline 50 hand, one position
- ✓ One hand



THE WINSTRADA AESTHETIC SPORTS DEVELOPMENT FOUNDATION

is proud to certify that _____

has attained

gymnastics grade 1



THE WINSTRADA AESTHETIC SPORTS DEVELOPMENT FOUNDATION

is proud to certify that _____

has attained

trampoline grade 1



THE WINSTRADA AESTHETIC SPORTS DEVELOPMENT FOUNDATION

is proud to certify that _____

has attained

gymnastics grade 2



THE WINSTRADA AESTHETIC SPORTS DEVELOPMENT FOUNDATION

is proud to certify that _____

has attained

trampoline grade 2

Date: _____

Signature: _____

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