



TWO RIVERS
HIGH SCHOOL

Two Rivers High School

Rebound Knowledge and Skills Overview

	Autumn 2022-23		Spring 2022-23		Summer 2022-23	
Grade 1						
1. Lies or sits on soft object e.g. beanbag						
2. Enjoys being bounced while lying or sitting on beanbag						
3. Enjoys movement with parachute						
4. Enjoys rocking motion of bed when lying down						
5. Being bounced in back lying position – maintains shape						
6. Differentiates stillness and movement						
7. Anticipates cause and effect						
8. Waits patiently for turn on trampoline						
9. Maintains eye contact when appropriate						
10. Show and hold star position						
11. Enjoys being bounced in hands and knees position						
12. Initiates bouncing in hands and knees position						
13. High kneeling position						
14. High kneeling – swimming arm movement						
15. Sits facing adult in stillness						



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16. Compensates for movement when trampoline bed is moved in front, behind and to the side of student						
17. Regains sitting position when moved off balance						
18. Enjoys being bounced in sitting position						
19. Sitting position – initiates movement by pushing into bed with hands						
20. Sitting position – swimming arm movement to initiate bounce						
21. Standing in stillness with feet flat on bed						
22. Standing position – maintains shape while being gently bounced						
23. Standing position – initiate bounce (bobble)						
24. Standing position – swimming arms to initiate movement						
25. Standing position – hang and bounce						
26. Standing position – pogo in centre						
27. Standing position – bounce and stop - stillness						
28. Climb onto trampoline, locate centre of bed and climb off again safely						
Grade 2						
1. Sitting position with hand support – pop to stand – stillness						
2. Sitting position – pop to stand – stillness (support on landing if necessary)						



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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 turns in sitting position						
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. Pogo – moving around trampoline, understands and performs forwards, backwards and sideways movements						
12. Haka (fast knees up together and touch)						
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						
16. Log roll in horizontal position, showing control						
17. Walk along centre line, turn round and walk back						
18. Run on spot in centre						
19. Run on spot in centre – alternate knee slapping						



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20. Run on spot – low crossover (right hand to left leg, left hand to right leg)						
21. High kneeling – pop to stand to stillness						
22. High kneeling – swimming arms to stand – stillness						
23. High kneeling position – twist to long sitting (Harrison swivel)						
24. Harrison swivel – to stand – stillness						
25. Harrison swivel – to stand – stillness – able to perform left and right twist						
26. Hands and knees position – slide to plank (on mattress)						
27. Quarter turns in hands and knees position						