



London Region

Working with the London Borough of Enfield Physical Education Team

Is offering

A 2 day Rebound Therapy course Monday 4th and Tuesday 5th July 2022

Through

Rebound Therapy.org

At

Waverley School, 105 the Ride, Enfield, Middlesex, EN3 7DL

There are only 12 places available for this 2 day course

Cost £261.00 inclusive of resources per delegate

The phrase 'Rebound Therapy' is used to describe the use of trampolines in providing opportunities for movement, therapeutic exercise and recreation for people across the whole spectrum of special needs. Rebound Therapy 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 to improve communication skills.

It is popular in **special needs schools** and is becoming increasingly popular in **mainstream schools** with a special needs unit; partly because the trampoline is a piece of apparatus that virtually all people, regardless of their abilities, can access, benefit from and enjoy. It 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 unique properties of the trampoline offer ample opportunities for everybody to enhance movement patterns. The work is intrinsically motivating and enjoyable and returns high value in therapeutic terms for the time and the effort involved.

The closing date for all applications is Thursday 12th May 2022

Course Outline on next page

Rebound Therapy Staff Training Course Programme

Programme – Day One Monday 4th July 2022

- **9.00 am** Welcome and registration.
- Benefits of and contra-indications for Rebound Therapy discussion
- Risk assessments – the environment
- Safety Introduction. Practical demonstration of safe handling of trampolines
- Practical work: Moves and progressions for Rebound Therapy exercises (working with course members)
- Programmes for defined special needs – discussion and practical examples
- Parachute Techniques
- Popping and riding techniques
- **12.30 - 13.00 Lunch.** Opportunity for discussion and information sharing
- Damping
- Practical work: Moves and progressions for Rebound Therapy exercises (working with course members)
- Developing empathy discussion and practical examples
- **15.30 pm** Put trampoline away and lock up

Programme – Day Two Tuesday 5th July 2022

- **9.00 am** Get trampoline out.
- Discussion of matters arising
- Risk assessments – the individual
- **10.30 am** Practical session – work with students, if available, using techniques learned on day one
- The transition from Rebound Therapy to disability trampolining (working with course members)
- Preliminary self-assessment paper. Results will determine afternoon programme
- **12.30 – 13.00 Lunch.** Opportunity for discussion and information sharing
- Huddersfield Functional Index - measuring and recording outcomes for students with profound and complex needs
- Recap, based on results of self-assessment papers and tutor's observations
- Snapshot review of all techniques and exercises
- Put away and lock trampoline
- **15.15 pm** Final self-assessment paper.
- Certification
- **15.30 pm** Close of course

If results of second self- assessment paper suggest it is necessary, recommendation for recapping will also be advised.

Video recording (by agreement) is made of major aspects of the course (Copyright held by course tutors, course organisers and course members).

Rebound Therapy International Ltd
Registered in England. Registration Number: 1122437

Application form for Rebound Therapy International 2 day Course
Monday 4th and Tuesday 5th July 2022

at

Waverley School, 105 the Ride, Enfield, Middlesex, EN3 7DL

The closing date for all applications is Thursday 12th May 2022

School

Local Authority:

Name:

Email address:

Mobile:

For certification delegates must attend on both days

Address for invoice: (include telephone number and email address)

Please complete and return by email to, j.ianson45@btinternet.com if possible or by post to the address below

John I'Anson

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