

Rebound Therapy at The Redway School

Here at The Redway School many of our pupils participate in Rebound Therapy as part of their PE sessions. Rebound Therapy is trampoline therapy which uses a full sized trampoline to provide opportunities for movement, therapeutic exercise and recreation across almost the whole range of special needs. There are only a handful of conditions which prevent anyone from accessing this type of activity. It is a favoured activity by many of our pupils and is suitable for almost every pupil; PMLD, SLD, ASD alike. Activities range from gentle bouncing and manipulation, whilst lying down, to exploring the trampoline, its movements, vibrations and sounds through to independent standing and performing basic 'routines' for our most able pupils. Rebound Therapy makes use of the physical, physiological and therapeutic effects of a trampoline to provide a movement experience that is accessible to all our pupils.

Across the school the trampoline is used for a range of purposes. Some of our more mobile pupils use it for gymnastic purposes (developing strength, endurance and co-ordination as well as agility and balance). Rebound Therapy is primarily a therapeutic approach used to facilitate movement, increase fitness levels of participants, promote balance and sensory integration (SI), and encourage relaxation. It is wonderful; platform to encourage communication; pupils are encouraged, and often spontaneously communicate "more", show opinions through facial expressions and vocalisations. Pupils with highly complex and profound needs use this approach to help them gain better control of their bodies and importantly have fun! The PE Team work closely with the physiotherapy team at school to develop opportunities for the students, and all pupils have a Medical Screening* to ensure they can access this activity. Sessions are planned with specialist input to ensure activities are suited to their individual needs and to maximise the benefit from the time spent on the trampoline.

During sessions on the trampoline pupils work in different body positions including lying, supported sitting, independent sitting, kneeling and standing. Sessions on the trampoline are pupil led; we as facilitators build and develop further the activities the pupils show preference for, making it a fun learning environment. Each pupil will work on individual targets and programmes on the trampoline, focusing on educational and/or physiotherapy targets which include muscle tone, motor skills, improving body awareness, communication, concentration.

Most important thing about Rebound Therapy is about having fun whilst learning! For more detailed information please refer to <https://reboundtherapy.org/>.

*Please ensure that you have completed the Medical Assessment so that we can consider your child for this activity.