

Rebound

Rebound Therapy is the use of the trampoline to transfer controlled movements, provided by an operator to a pupil. This operator is a fully trained rebound therapist trained in the techniques and benefits of rebound therapy. Rebound is a valuable therapeutic intervention for all pupils. All pupils at Fox Wood have the opportunity to access to rebound therapy on a rotational basis taking into account individual medical needs.

Pupils find it fun and motivational which enhance their learning opportunities throughout a session. It incorporates cross curricular learning as a meaningful and exciting challenge. It improves physical fitness, balance, coordination, motor skills and gives confidence in body awareness and movement. Builds self-esteem, confidence, independence and promotes positive relationships. It increases eye contact and vocalisations whilst meeting pupil individual sensory needs.

Benefits of Rebound Therapy

- Opportunity for intensive interaction
- Developing eye contact
- Follow simple instructions and movement
- Encouraging physical touch
- Expending energy
- Developing control and posture of body parts
- Relaxation and massage
- Learning new skills
- Following a structured physiotherapy programme