Authority Gymnastics Functional Index (AGFI)

Indicators cross referenced page-to page with Client record sheets

**The Winstrada student progress record sheets can be downloaded from:** [**www.winstrada.com**](http://www.winstrada.com/)

**Winstrada Gymnastics Exercises for Primer Grade 1 (Red)**

**Section A AGFI Notes**

Exercise 1 - Lying on back show Tuck and star Shape

1. **Unable to lie -** Agitated and will not sit or lie or unable to adjust to surroundings.
2. **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 or legs apart towards a star position of <1 min but soon gets back up or gets distracted / agitate
3. **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.
4. **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.
5. **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 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

1. **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.
2. **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 lye on front or on shape towards hands and knees for <1 min but soon gets back up or gets distracted / agitated easily.
3. **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.
4. **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.
5. **Will easily lye 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

1. **Unable to stand or touch towards the sky -** Agitated and will not stand or stretch or unable to adjust to surroundings.
2. **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.
3. **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.
4. **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.
5. **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

1. **Unable to stand / attempt to hop -** Agitated and will not lie or unable to adjust to surroundings.
2. **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 lye or stand with pushing leg towards attempted hop can be with full support <1 min but soon gets distracted / agitated easily.
3. **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 lye or stand with pushing leg with less support not always distracted but can be.
4. **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.
5. **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.

1. **Unable to lie still -** Agitated and will not lie still or unable to adjust to surroundings.
2. **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.
3. **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.
4. **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.
5. **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)

1. **Unable to lie or show they wish to roll -** Agitated and will not sit or lie or unable to adjust to surroundings.
2. **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
3. **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
4. **With help will lie, and roll with support -** Able roll or be rolled sidewards on floor or slope and sustain this throughout acceptable distractions, may get agitated.
5. **Will easily lie, and roll with or without support -** Able roll or be rolled sidewards 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.

1. **Unable to stand or lie down to show action of jumping -** does not show they wish to partake and get easily distracted
2. **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.
3. **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.
4. **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.
5. **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, and 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

1. **No signs they wish to explore the room -** They don’t move around the room whether seated, lying or standing
2. **Shows signs they wish to move around the room -** But get easily agitated and distracted < 1 min so therefore do not move far
3. **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.
4. **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

1. **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

1. **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
2. **Shows signs of interest for short amount of time but mostly agitated or distracted** - But will look at the bean bag or shape
3. **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
4. **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
5. **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

1. **No signs they wish to partake –** Easily distracted and agitated
2. **Shows signs they wish to jog -** Show movements, but get easily agitated and distracted so therefore only slight leg movement
3. **Shows signs they wish to jog or show movements** - Get less agitated and distracted and with support bend one leg
4. **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.
5. **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

1. **Unable to lie -** Agitated and will not sit or lie or unable to adjust to surroundings.
2. **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
3. **Lying for longer periods (>1 min < 2 mins), distraction and / or agitation reducing -** With assistance watching patterns
4. **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
5. **Will easily sit / lie, completely relaxed -** Able to sit / lie and relax and sustain this throughout acceptable distractions, doesn’t become agitated, and 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

1. **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.
2. **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.
3. **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
4. **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
5. **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 ¾ 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.

1. **Unable to relax -** Agitated and will not lie or unable to adjust to surroundings.
2. **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.
3. **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.
4. **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.
5. **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 AGFI Notes**

Exercise 1 - Sitting on floor, show Tuck, Pike and Star shape

1. **Unable to sit or lie -** Agitated and will not sit or lie or unable to adjust to surroundings.
2. **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
3. **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.
4. **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.
5. **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)

1. **Unable to sit -** Agitated and will not sit or lie or unable to adjust to surroundings.
2. **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
3. **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.
4. **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.
5. **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

1. **Unable to lie -** Agitated and will not sit or lie or unable to adjust to surroundings.
2. **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
3. **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.
4. **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
5. **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 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)

1. **Unable to sit -** Agitated and will not sit or lie or unable to adjust to surroundings.
2. **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
3. **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, but then gets distracted or agitated before second legs can be lowered.
4. **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.
5. **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.

1. **No signs they wish to explore the room -** They don’t move around the room whether seated, lying or standing
2. **Shows signs they wish to move around the room -** But get easily agitated and distracted < 1 min so therefore do not move far
3. **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.
4. **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

1. **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.

1. **Unable to lie -** Agitated and will not sit or lie or unable to adjust to surroundings.
2. **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
3. **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.
4. **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
5. **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.

1. **Unable to lie on cylinder / shape -** Agitated and will not lie or unable to adjust to surroundings.
2. **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
3. **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.
4. **Lying > 2 mins, infrequently distracted -** Frequently lying and relaxing but unable to consistently lie for longer periods due to distractions or agitations, but can have the one leg moved with or without support.
5. **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 lift the one leg independently or with support.

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

1. **Unable to lie -** Agitated and will not sit or lie or unable to adjust to surroundings.
2. **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 but soon gets back up or gets distracted / agitate
3. **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, not always distracted but can be.
4. **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 put or have someone place a bean bag upon them.
5. **Will easily lie, sit or stand, completely relaxed -** Able to lie and relax and sustain this throughout acceptable distractions, doesn’t become agitated, and 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.

1. **Unable to lie on front -** Agitated and will not sit or lie or unable to adjust to surroundings.
2. **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 but soon gets back up or gets distracted / agitate
3. **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.
4. **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 lift one foot or one hand off floor with or without support with more ease.
5. **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, then 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 height of legs.

1. **Unable to lie -** Agitated and will not sit or lie or unable to adjust to surroundings.
2. **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 / agitate
3. **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., not always distracted but can be.
4. **Lying or sitting for > 2 mins, infrequently distracted -** Frequently sitting with or without support and relaxing but unable to consistently sit for longer periods due to distractions or agitations, but can be moved or supported into position and have legs higher (aim towards a 45-degree angle) with more ease.
5. **Will easily lie, completely relaxed -** Able to sit (with support or without) and relax and sustain this throughout acceptable distractions, doesn’t become agitated, and 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 to help rolling a ball to a partner.

1. **Unable to Sit -** Agitated and will not sit or unable to adjust to surroundings.
2. **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 and showing excitement when seeing a ball <1 min but soon gets back up or gets distracted / agitated
3. **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 not always distracted but can be.
4. **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.
5. **Will easily sit, completely relaxed -** Able to sit and relax and sustain this throughout acceptable distractions, doesn’t become agitated, but 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.

1. **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.
2. **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.
3. **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.
4. **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 along the bench with more ease.
5. **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

1. **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.
2. **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
3. **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.
4. **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.
5. **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

**Winstrada Gymnastics Exercises for Primer Grade 3 (Blue)**

**Section C AGFI 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) and with support move along forwards, or if possible, go towards lying on stomach even if it’s not flat and move along bench forwards.

1. **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.
2. **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.
3. **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.
4. **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.
5. **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 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, and 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.

1. **Unable to sit -** Agitated and will not sit / throw and catch unable to adjust to surroundings.
2. **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 but soon gets back up or gets distracted / agitated
3. **Sitting for longer periods (>1 min < 2 mins), distraction and / or agitation reducing -** With assistance will sit, throw and catch, not always distracted but can be.
4. **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 throw and catch with or without support with more ease.
5. **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 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.

1. **Unable to lie / stand -** Agitated and will not lie or stand unable to adjust to surroundings.
2. **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
3. **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, not always distracted but can be.
4. **Lying or standing for > 2 mins, infrequently distracted -** Frequently lying or standing and relaxing but unable to consistently lie or stand for longer periods due to distractions or agitations, but can with assistance lie with leg bent with scarf around or standing with toe or knee touching mat with more ease.
5. **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 sidewards rolling, they can go into a soft tube or tunnel and ensuring the participant is happy they should be slowly rolled sidewards ensuring they are happy, if they seem unhappy movement should be stopped.

1. **Unable to lie -** Agitated and will not sit or lie or unable to adjust to surroundings.
2. **Will lie for short periods (e.g., one minute). Easily distracted and / or agitated -** After persuasion and with assistance will temporarily lie and rock side to side or in a tube be happy rocking side to side <1 min but soon gets back up or gets distracted / agitate
3. **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 sidewards roll not always distracted but can be.
4. **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.
5. **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 sidewards rotation.

Exercise 5 - Forward roll-on floor or slope

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

1. **Unable to lie -** Agitated and will not sit or lie or unable to adjust to surroundings.
2. **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
3. **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.
4. **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
5. **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.

1. **Unable to lie -** Agitated and will not sit or lie or unable to adjust to surroundings.
2. **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
3. **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.
4. **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.
5. **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.

1. **Unable to move -** Agitated and will not move towards or unable to adjust to surroundings.
2. **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
3. **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.
4. **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.
5. **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

1. **Unable to sit and throw -** Agitated will not sit and throw, unable to adjust to surrounding
2. **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 / agitate
3. **Sit for longer periods (>1 min < 2 mins), distraction and / or agitation reducing -** With assistance will sit and attempt to throw a beanbag, not always distracted but can be.
4. **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.
5. **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:**

1. 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.
2. Alternatively, if they can hold weight for short periods with support help swing forwards and rest then backwards and rest.
3. **Unable to hold bar -** Agitated and will not hold bar or unable to adjust to surroundings.
4. **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 / agitate
5. **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.
6. **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.
7. **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.

1. **Unable to hold bar -** Agitated and will not hold bar or unable to adjust to surroundings.
2. **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 / agitate
3. **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.
4. **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.
5. **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

1. **Unable to sit / throw -** Agitated and will not sit or throw, unable to adjust to surroundings.
2. **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 / agitate
3. **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, not always distracted but can be.
4. **Sitting for > 2 mins, infrequently distracted -** Frequently sitting and relaxing but unable to consistently lie for longer periods due to distractions or agitations, but can sit and throw a ball with or without support with more ease.
5. **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.

1. **Unable to lie -** Agitated and will not lie or unable to adjust to surroundings.
2. **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 but soon gets back up or gets distracted / agitate
3. **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 not always distracted but can be.
4. **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.
5. **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

1. **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.
2. **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
3. **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.
4. **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.
5. **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