

Rebound Therapy - After School Club

At Breakspeare School our provision for pupils is enhanced by the delivery of rebound therapy. This exists in the physical education curriculum for classes and for individually identified pupils. In addition we provide a Rebound Therapy AfterSchool Club for pupils who attend the school and for those who attend other schools in the wider community.

We have staff that have Rebound Therapy Accredited training to SEN Level 2 and the school is equipped with two full size trampolines.

Rebound therapy is 'the therapeutic use of a trampoline to develop and promote motor skills, body awareness, balance, coordination and communication. Improved health and fitness and greater independence are encouraged, whilst fun and enjoyment and the opportunity to succeed are of paramount importance.

Rebound therapy is accessible to pupils with a range of disabilities and is not an isolated activity but an integral part of the pupils movement programme.



If you are interested in finding out more details about the Rebound Therapy AfterSchool Club then contact the school by email at admin@breakspeare.herts.sch.uk