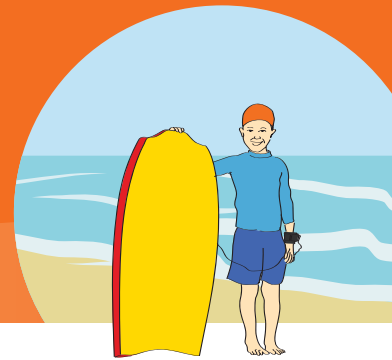


U6 Development Progression Pathway



Foundations of junior skills: 'Float and survive'

Craft: Bodyboard

Fundamental movement skills | Ngā pukenga matua



1. Swim

Move 5 m or more using any stroke. Participants can stop, stand up and start again.

Float on your back and recover to standing.



2. Run

Move from point to point using arms and legs in an opposite synchronised way. Upright starts from lunge with arms opposite to legs.



3. Surf negotiation

Play and dive under the water and grab the bottom.



4. Surf survival

Float on or with an object in the water for 30 seconds, starting and finishing standing up.

Surf lifesaving skills | Ngā pukenga whakaora ngaru



1. Rescue

Float using an object in open water without touching the bottom.



2. Board

Hold a body board to the side and run into flat water. Catch a broken wave.



3. Team

Participate in a group activity with a problem-solving element.



4. Lifesaving sport

Participants follow direction described by group leader to complete a marked course.

Teamwork | Mahi tahi



1. Communicate

Role play calling 111 or telling an adult about a problem or danger.



2. Group

Make positive comments to their peers during team activities.



3. Lead

Have an opportunity to lead or go first in a team with adult support.



4. Hauora

Discuss how doing junior surf makes them feel.

Safety | Marutau



1. Know

Identify calling 111 in an emergency and get an adult for help.



2. My safety

Give the signal for assistance in the water. Check the water before entering and check with an adult.



3. Experience

Identify patrol flagged swimming areas. Identify surf lifeguards and a rescue tube.



4. Kaitiakitanga

Packing up and cleaning up the beach after junior surf. Take care of our environment.