





# U8 Development Progression Pathway







**Beginner junior skills:** 'Building surf skills'

**Craft:** Bodyboard





## Fundamental movement skills | Ngā pukenga matua

			
<p><b>1. Swim</b></p>	<p><b>2. Run</b></p>	<p><b>3. Surf negotiation</b></p>	<p><b>4. Surf survival</b></p>
<p>Use any stroke to swim at least 25m in water at participant's waist to chest depth. Float for 30 seconds.</p>	<p>Consistently coordinate body to use a synchronised running style.</p>	<p>Wade and dolphin dive in small waves and flat water.</p>	<p>Catch a broken wave in a streamline position and recover to standing.</p>





## Surf lifesaving skills | Ngā pukenga whakaora ngaru

			
<p><b>1. Rescue</b></p>	<p><b>2. Board</b></p>	<p><b>3. Team</b></p>	<p><b>4. Lifesaving sport</b></p>
<p>Float unassisted and swim to a nearby floating object. Try reach and throw rescues. Familiarise yourself with a rescue tube and other rescue equipment.</p>	<p>Confidently move through flat water and small surf on a bodyboard.</p>	<p>Take part as a team member in both a race and a problem-solving style activity. e.g. body board relay or rob the nest.</p>	<p>Understand the difference between team and individual races for a marked course. e.g. beach sprint vs beach relay.</p>

## Teamwork | Mahi tahi

			
<p><b>1. Communicate</b></p>	<p><b>2. Group</b></p>	<p><b>3. Lead</b></p>	<p><b>4. Hauora</b></p>
<p>Role play calling 111 if someone needs help and state location.</p>	<p>Identify 2 ways to be a good team member and support others.</p>	<p>Have an opportunity to lead a group with or without adult support.</p>	<p>Understand that being physically active (taha tinana) contributes positively to wellbeing.</p>

## Safety | Marutau

			
<p><b>1. Know</b></p>	<p><b>2. My safety</b></p>	<p><b>3. Experience</b></p>	<p><b>4. Kaitiakitanga</b></p>
<p>Identify 3 surf safety rules.</p>	<p>Signal for assistance while floating in the water. Check the water before entering.</p>	<p>Open water swim, any stroke where participant can't touch the bottom.</p>	<p>Complete a visual beach survey. e.g. Who uses the beach?</p>