# **U10 Development Progression Pathway**

**Developing junior skills**: 'Using the waves' **Craft**: Soft junior surf board (foamie) 6'6" or 8'10"

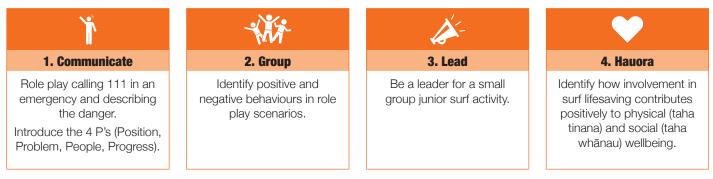
## Fundamental movement skills | Ngā pukenga matua



#### Surf lifesaving skills | Ngā pukenga whakaora ngaru

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1. Rescue	2. Board	3. Team	4. Lifesaving sport
Self rescue with any floating object. Perform both reach and throw rescues in a controlled environment.	Paddling on stomach and knees. Rolling board under a wave and shifting weight on the board to catch broken waves.	Participate in a range of competitive and non- competitive junior surf activities. This could include lifesaving sports team events.	Participate in individual and team events in a formal or informal interclub carnival.

#### Teamwork | Mahi tahi



### Safety | Marutau

