

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



1. Swim

Swim at least 100 m without stopping, in a pool or flat open water environment.
Tread water or survival float for 1 minute with no floatation aid.



2. Run

Be aware of your body while running and actively change pace or direction to adapt to the situation.



3. Surf negotiation

Connect wading to dolphin diving, and swimming to dolphin diving to navigate broken waves.



4. Surf survival

Recover from a wipe out by curling up in a ball and waiting for things to calm down.

Surf lifesaving skills | Ngā pukenga whakaora ngaru



1. Rescue

Self rescue with any floating object.
Perform both reach and throw rescues in a controlled environment.



2. Board

Paddling on stomach and knees. Rolling board under a wave and shifting weight on the board to catch broken waves.



3. Team

Participate in a range of competitive and non-competitive junior surf activities. This could include lifesaving sports team events.



4. Lifesaving sport

Participate in individual and team events in a formal or informal interclub carnival.

Teamwork | Mahi tahi



1. Communicate

Role play calling 111 in an emergency and describing the danger.
Introduce the 4 P's (Position, Problem, People, Progress).



2. Group

Identify positive and negative behaviours in role play scenarios.



3. Lead

Be a leader for a small group junior surf activity.



4. Hauora

Identify how involvement in surf lifesaving contributes positively to physical (taha tinana) and social (taha whānau) wellbeing.

Safety | Marutau



1. Know

Identify 5 surf safety rules.
Identify what a rip is.
Identify the dangers of your body getting too hot or too cold.



2. My safety

Assess potential dangers at the beach.
Float with unusual objects, and signal for assistance.



3. Experience

Perform the 3 R's in open water where participants can touch the bottom.
Float using a rescue tube or alternative equipment.



4. Kaitiakitanga

Connect with another local aquatic group and explore shared values e.g., waka ama club, board riders club, or other surf clubs.