

U12 Development Progression Pathway

Intermediate junior skills: 'Saving myself'

Craft: Fibreglass board or soft junior surf board (foamie) 8'10"



Fundamental movement skills | Ngā pukenga matua



1. Swim

Swim continuously 200 m in 7 minutes in a pool or flat open water.

Tread water or float for at least 1 minute.



2. Run

Develop an efficient running style to complete a sprint race, beach flags or running section of a lifesaving sports event.



3. Surf negotiation

Combine wading, dolphin diving, and streamline to transition from shallow to deep water.

Putting on fins.



4. Surf survival

Be an active patient in a rescue scenario using floating or streamline.

Surf lifesaving skills | Ngā pukenga whakaora ngaru



1. Rescue

Introduction of 2 participants on a board.

Use a rescue tube to assist others to float.



2. Board

Extend techniques for negotiating surf (roll, punch, pop).

Catching all types of waves, including rolling and shifting from knees to stomach while catching waves.



3. Team

Take part in team activities in roles that match participants skills and confidence level.



4. Lifesaving sport

Develop race techniques across all disciplines such as starts, finishes, paddling or swimming with others in a group.

Teamwork | Mahi tahi



1. Communicate

Role play calling 111 and describe the 4 P's in a scenario.



2. Group

Be part of a team or group and give helpful contributions.



3. Lead

Take a turn at being a group leader during a problem solving or team building activity.



4. Hauora

Identify at least 3 things that contribute to wellbeing through participating in junior surf.

Safety | Marutau



1. Know

Identify 10 surf safety rules including 3 R's.

Identify the importance of removing someone from the beach if they are too hot or cold.



2. My safety

Know how to use floatation equipment if we see someone in trouble, use reach or throw rescues.



3. Experience

Perform the 3 R's in open water where participants can't touch the bottom, e.g. in a small inshore current.

Observe a rip.

Place someone in the recovery position.



4. Kaitiakitanga

Explore how our choices impact on the local environment.

e.g. dune restoration.