

SWIMMING

Foundation: The foundation stage of swimming is for children aged 5-7 years. It is a time when children are learning to swim and are developing basic swimming skills. The focus is on water safety, basic strokes, and simple games. The aim is to build confidence and enjoyment in the water.

Participation: This stage is for children aged 8-10 years. They are learning to swim more confidently and are developing more advanced skills. They are also learning to swim for longer periods of time and are beginning to understand the importance of technique.

Performance: This stage is for children aged 11-14 years. They are learning to swim more efficiently and are developing more advanced skills. They are also learning to swim for longer periods of time and are beginning to understand the importance of technique.

Excellence: This stage is for children aged 15 years and over. They are learning to swim more efficiently and are developing more advanced skills. They are also learning to swim for longer periods of time and are beginning to understand the importance of technique.

TENNIS

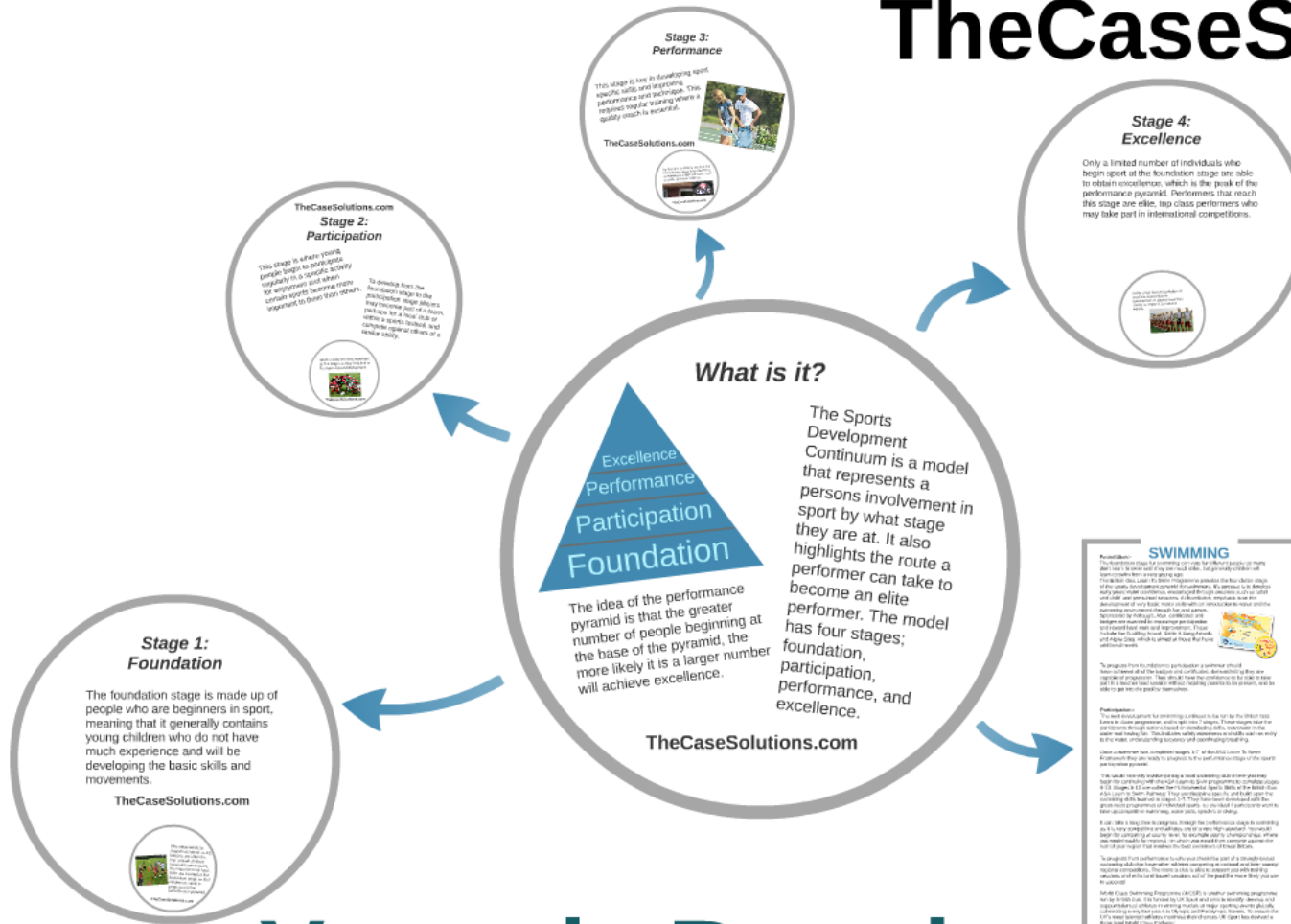
Foundation: The foundation stage of tennis is for children aged 5-7 years. It is a time when children are learning to hold a racket and are developing basic tennis skills. The focus is on water safety, basic strokes, and simple games. The aim is to build confidence and enjoyment in the water.

Participation: This stage is for children aged 8-10 years. They are learning to hold a racket more confidently and are developing more advanced skills. They are also learning to play for longer periods of time and are beginning to understand the importance of technique.

Performance: This stage is for children aged 11-14 years. They are learning to hold a racket more efficiently and are developing more advanced skills. They are also learning to play for longer periods of time and are beginning to understand the importance of technique.

Excellence: This stage is for children aged 15 years and over. They are learning to hold a racket more efficiently and are developing more advanced skills. They are also learning to play for longer periods of time and are beginning to understand the importance of technique.

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SWIMMING

Foundation: The foundation stage of swimming is for children aged 5-7 years. They will be learning the basic skills of swimming, such as floating, kicking, and breathing. They will be developing their confidence in the water and learning to follow instructions. They will be developing their basic swimming skills, such as floating, kicking, and breathing. They will be developing their basic swimming skills, such as floating, kicking, and breathing.

Participation: The participation stage of swimming is for children aged 8-11 years. They will be developing their swimming skills, such as floating, kicking, and breathing. They will be developing their basic swimming skills, such as floating, kicking, and breathing. They will be developing their basic swimming skills, such as floating, kicking, and breathing.

Performance: The performance stage of swimming is for children aged 12-15 years. They will be developing their swimming skills, such as floating, kicking, and breathing. They will be developing their basic swimming skills, such as floating, kicking, and breathing. They will be developing their basic swimming skills, such as floating, kicking, and breathing.

Excellence: The excellence stage of swimming is for children aged 16-18 years. They will be developing their swimming skills, such as floating, kicking, and breathing. They will be developing their basic swimming skills, such as floating, kicking, and breathing. They will be developing their basic swimming skills, such as floating, kicking, and breathing.

TENNIS

Foundation: The foundation stage of tennis is for children aged 5-7 years. They will be learning the basic skills of tennis, such as the forehand and backhand strokes. They will be developing their confidence in the court and learning to follow instructions. They will be developing their basic tennis skills, such as the forehand and backhand strokes.

Participation: The participation stage of tennis is for children aged 8-11 years. They will be developing their tennis skills, such as the forehand and backhand strokes. They will be developing their basic tennis skills, such as the forehand and backhand strokes. They will be developing their basic tennis skills, such as the forehand and backhand strokes.

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What is it?



The idea of the performance pyramid is that the greater number of people beginning at the base of the pyramid, the more likely it is a larger number will achieve excellence.

The Sports Development Continuum is a model that represents a persons involvement in sport by what stage they are at. It also highlights the route a performer can take to become an elite performer. The model has four stages; foundation, participation, performance, and excellence.

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Stage 1: Foundation

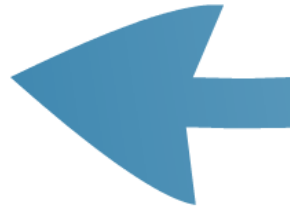
The foundation stage is made up of people who are beginners in sport, meaning that it generally contains young children who do not have much experience and will be developing the basic skills and movements.

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This stage tends to happen at school as PE lessons are often the first contact children have with some sports. It is important that basic skills are learned at the foundation stage so that children are able to progress up the performance pyramid.

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Stage 2: Participation

This stage is where young people begin to participate regularly in a specific activity for enjoyment and when certain sports become more important to them than others.

To develop from the foundation stage to the participation stage players may become part of a team, perhaps for a local club or within a sports festival, and compete against others of a similar ability.

Sports clubs become important at this stage as they help link to the next step of development.



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Stage 3: Performance

This stage is key in developing sport specific skills and improving performance and technique. This requires regular training where a quality coach is essential.



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By the time an Athlete reaches the Performance stage they should be competing at a high standard, such as club, county or regional.



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