







SW Region Swimming Championships 2018 Parents Talk

- [presentation](#) from the 2018 Parents Talk
- document on The [Youth Physical Development Model](#).

View video which brings to life the 'Youth Physical Development Model' by defining each term used and explaining the differences between the male and female versions.

UK Coaching and Sport Scotland developed the animation and what this means for the development of 'Fundamental Movement Skills'. The model was developed by Dr Rhodri Lloyd and Dr Jon Oliver of Cardiff Metropolitan University, recognised as two world leading experts in the field, and is based on evidence that shows that participants of both genders are responsive to training throughout childhood and adolescence. Coaches really can make a difference at all stages of development.

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