



FTEM Pathway Model - WAG

FTEM Stages	Non-Elite (Foundation Movement)			Pre-Elite (Potential to be Elite)				Elite (Senior International)		
FTEM Phases	F 1	F 2	F 3	T 1	T 2	T 3	T 4	E 1	E 2	M 1
	Learning and Acquisition of Basic Movement Foundations	Extension and Refinement of Basic Movement Foundations	Sport Specific Commitment and/or Competition	Demonstration of Potential	Talent Verification	Practicing and Achieving	Breakthrough and Reward	Senior National Representation	Podium Success	Sustained Podium Success
Age	0 to 5	5 to 7	7 to 9	8 to 10	10 to 14	13 to 17	16 to 24	18 to 30	18 to 30	18 to 30
Fundamental Movement	Non-Gymsport Specific Activities	Non-Gymsport Specific Activities								
Competition Skill Curriculum		Foundation Levels 1 to 2	Foundation Levels 3 to 5	Foundation Levels 5 to 7	Foundation Level 10, FIG Junior	FIG Junior, FIG Senior	FIG Senior	FIG Senior	FIG Senior	FIG Senior
Skill Curriculum			Complement Competition Curriculum	Complement Competition Curriculum	Complement Competition Curriculum					
Individualised Technical Development					Developing strengths	Developing strengths	Developing strengths	Maintain and develop bigger skills	Maintain and develop bigger skills	Maintain and develop bigger skills
Physical Curriculum	General Movement	General Movement	Physical Literacy	Physical Literacy	Sport Specific Movement and Strength	Sport Specific Movement and Strength	Sport Specific Movement and Strength	Sport Specific Movement and Strength	Sport Specific Movement and Strength	Sport Specific Movement and Strength
Primary Development Location	KinderGym	KinderGym	Clubs	Clubs and National Training Centre	National Training Centre	National Training Centre	National Training Centre	National Training Centre, NCAA	National Training Centre	National Training Centre
Sport Science/Sport Medicine			Sport Specific Medical and Physiotherapy	Strength and Conditioning, Sport Specific Medical and Physiotherapy	Strength and Conditioning, Psychology, Sport Specific Medical and Physiotherapy	Strength and Conditioning, Psychology, Nutrition, Sport Specific Medical and Physiotherapy	Strength and Conditioning, Psychology, Nutrition, Sport Specific Medical and Physiotherapy	Strength and Conditioning, Psychology, Nutrition, Sport Specific Medical and Physiotherapy	Strength and Conditioning, Psychology, Nutrition, Sport Specific Medical and Physiotherapy	Strength and Conditioning, Psychology, Nutrition, Sport Specific Medical and Physiotherapy
SG National Programmes			SGDP	SGDP	SGDP, National Junior Squad	National Junior Squad, National Senior Squad	National Senior Team	National Senior Team	National Senior Team	National Senior Team
Coach Development and Accreditation	Fundamentals, NROC Provisional	Fundamentals, NROC Provisional	Intermediate, NROC Provisional	Intermediate, FIG 1, NROC Full	FIG 1, FIG 2, NROC Full	FIG 1, FIG 2, NROC Full	FIG 3, NROC Full	FIG 3, NROC Full	FIG 3, NROC Full	FIG 3, NROC Full
Key Competitions			National Championships	National Championships and Singapore Open	National Championships and Singapore Open	Youth Olympic Games, Asian Junior Championships, World Junior Championships	World Cup, Asian Championships, Commonwealth Games, SEA Games	World Cup, Asian Championships, Olympic Games, World Championships, Asian Games	World Cup, Asian Championships, Olympic Games, World Championships, Asian Games	World Cup, Asian Championships, Olympic Games, World Championships, Asian Games
Talent ID system			School visits - Primary 1, 2 and 3. National School Games, Club Competitions	Open Trials, NTC	Open Trials, NTC	Open Trials, NTC				
SPEX Carding Eligibility				Y/Y+	Y/Y+	Y, E3, ET3, E2P, ET2P	S2, S2P, S3	S1P, S2, S2P, S3	S1	S1
Singapore Factors					Key School Year 12yo PSLE	Key School Year 16/17yo GCE O Levels, N Levels or IB	Key School Year 18-20 GCE A Levels or Diploma			

Technical Curriculum

Physical

Daily Training Environment

Competitions

Other

Technical Curriculum

Physical

Daily Training Environment

Competitions

Other