



JUST LIKE READING AND WRITING

KIDS NEED TO LEARN HOW TO MOVE

WHAT IS KIDDO?

KIDDO is a FUN physical activity program based at your child's school that aims to improve children's movement skills and confidence to be active, to ensure that every child has the opportunity to enjoy and participate in sport and exercise. Two different skills such as Overarm Throw and Balance will be focused on each term. The program caters to children of ALL abilities as the activities and instruction will be tailored to your child's skill level which will help with their skill development and enhance self-esteem and motivation levels. Parents will receive a report on their child's movement skill development once per year. The KIDDO website, www.kiddo.edu.au has more information on the KIDDO program and many great resources on the development of movement skills.



HOW IS KIDDO DIFFERENT TO OTHER SPORTS PROGRAMS THAT ARE AVAILABLE?

- ✓ KIDDO is based on the latest research on how to best develop movement skills and confidence in children aged 3-8 years.
- ✓ KIDDO employs undergraduate and recent graduates from UWA's Exercise and Sport Science as coaches
- ✓ KIDDO is a not-for-profit program.
- ✓ KIDDO's program is tailored to the individual skill level of each child.
- ✓ Parents receive a report on their child's Fundamental Movement Skill development each year.
- ✓ KIDDO develops FREE resources for coaches, teachers and parents all available on our website: www.kiddo.edu.au

IMPORTANT DETAILS

Focusing on the skills of Throwing and Balancing in Term 1

Who:
Children in Kindergarten - Year 2

Where:
School oval at Mount Hawthorn Primary School

When:
Tuesdays before school

Time: 8:00 - 8:45am

Parent Week: Tuesday 24th March

Dates:
Tuesday 18th February -
Tuesday 7th April

Price: \$125 for Term 1

ENROL NOW:
WWW.KIDDO.EDU.AU/ENROLMENT

Learn more about KIDDO:



@kiddo.edu.au



@KIDDO_Australia



@kiddo_australia



WHY IS THIS PROGRAM IMPORTANT?

There is strong evidence about the importance of physical activity and the development of fundamental movement skills (run, jump, throw, catch etc.) in young children. Early childhood, children aged 3 years to 8 years, represents the key 'window of opportunity' for movement development. Whilst it is possible to enhance older children's skill levels, our research and that of others shows that the development of these basic building block skills is more difficult to develop as children age.

Once a child has developed these skills they can participate in most physical activities with confidence, this is called Physical Literacy. Physical literacy comes from developing a wide variety of movement skills such as running, hopping, jumping, balance, throwing & catching, as well as the confidence and motivation to be active. Physically literate kids:



Have a lot more fun being active



Are happier & more confident



Have better social skills



Improved attention & concentration levels

It takes between 4 and 10 hours of practice and instruction for the average child to learn a movement skill such as throwing; these skills are NOT just acquired naturally.

DO I NEED TO STAY AND WATCH?

Parents are more than welcome to stay and watch their children participate. If you are unable to stay for the session our coaches will take your child to their classroom after the session ends. You can organize for your child to be picked up or taken to class by indicating this on the online enrolment form.

WHEN WILL MY CHILD'S MOVEMENT BE ASSESSED?

To receive a FREE movement assessment and parent report your child needs to be enrolled before the start of the school term. Movement assessments are only performed once per year on each child. Parents and the school will receive a copy of the results in Week 8 of the school term. Participation in the assessment is entirely voluntary and has no bearing on participation in the program.

Please email admin@kiddo.edu.au if you prefer your child not to have a movement assessment. This assessment will enable the activities and instruction to be appropriately targeted for the participant's skill level and help build self-esteem and motivation levels. All data collected will be treated in the strictest confidence.

WHAT HAPPENS IF IT RAINS?

Sessions will not be cancelled due to weather. In the case of inclement weather sessions will be held in the undercover area of the school.



WHAT IS PARENT WEEK?

At the Parent Week session on **Tuesday 24th March** all parents are invited to participate in the session with your child. Children love this session, showing you all that they have learnt that term.

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LEARN MORE ABOUT KIDDO

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