

Just like reading and writing kids need to learn how to move

What is KIDDO?

KIDDO is a FUN program based at your child's school that aims to improve children's movement skills 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 using fun activities and games. 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. The KIDDO website, www.kiddo.edu.au has more information on the KIDDO program and many great resources on the development of movement skills.

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.

Physically literate kids:

- ❖ Have a lot more fun being active
- ❖ Have better social skills
- ❖ Are happier & more confident
- ❖ 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.

How is KIDDO different to other sports programs that are available?

- KIDDO is based on the latest evidence on how to best develop movement skills in children.
- KIDDO employs undergraduate and recent graduate sport science coaches.
- KIDDO is run on a low cost-recovery basis.
- KIDDO's program is tailored to the individual skill level of each child.
- Parents receive Fundamental Movement Skills assessment report each year.
- KIDDO develops resources for coaches, teachers and parents all available on our website: www.kiddo.edu.au

HOW IS PHYSICAL LITERACY DEVELOPED?

Kids develop physical literacy gradually through a variety of structured and unstructured activities. The nature of these activities changes as kids grow in age and ability.



0-3 years
Encourage early movement.



3-5 years
Expand on play, and keep it fun.



5-8 years
Increase the focus on fundamental movement skills.



8-12 years
Introduce more complex skills as kids are ready.

Important Details:

Who: Children in Pre-Primary - Year 1

When: Mondays after school

Where: School oval at Subiaco Primary School

Time: 3:20pm-4:05pm

Parent Week: Monday 25th March

Dates: Sessions start in Week 3 of school on **Monday 18th Feb** and run until **Monday 8th April**

Cost: \$100 for Term 1

Focusing on the skills of Overarm Throwing and Balancing in Term 1

ENROL NOW: www.KIDDO.edu.au/enrolment

When will my child's movement be assessed?

If your child is enrolled **before** the start of school term they will have a brief movement assessment before the start of the KIDDO program in Week 1 or 2 of the school term. If your child is enrolled **after** the first day of school term they will not be assessed. 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 kiddo-sseh@uwa.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 **Monday 25th 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.

Who coaches the sessions?

Coaches are graduates and final year students from Exercise and Sport Science at UWA. All sessions will have a maximum coach: participant ratio of 1:8.

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.

Contact KIDDO:



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