

This report on children across Australia aims to provide a snapshot of fundamental movement skill (FMS) development, to provide up-to-date information for educators, practitioners, and policy-makers alike. The development of FMS throughout early childhood has positive associations with life-long health behaviours and outcomes such as physical activity participation, physical fitness, weight status, and perceived physical competence. Thus, the assessment of FMS is an important part of monitoring children’s development and ensuring children who need it, receive additional assistance in developing these essential skills. As a component of its school physical literacy programs, KIDDO ([kiddo.edu.au](http://kiddo.edu.au)) collects FMS assessment data of 3-8 year-olds using the KIDDO Challenge assessment tool.

### The KIDDO Challenge-

The KIDDO challenge is an outcome-oriented FMS assessment tool. That is, it measures the outcomes of FMS performances, such as time and distance, making it feasible and reliable in school settings. The KIDDO Challenge assesses the performance of five FMS tasks; single-leg balance, 50m sprint run (30m for 3 & 4 year-olds), horizontal (broad) jump, kick for distance, bounce & catch. More information on the KIDDO Challenge can be found [HERE](#).

### Interpreting this report-

This annual report presents data from KIDDO Challenge assessments collected in 2021. In total 13,289 children were assessed, with 6100 children completing the full assessment (educators have the option to assess a subset of tasks depending on their time constraints).

#### Demographics

	3 y/o	4 y/o	5 y/o	6 y/o	7 y/o	8 y/o	Total
Males	127	992	2031	1691	1276	402	<b>6519</b>
Females	114	979	2134	1611	1276	362	<b>6476</b>

*Note: 294 children's gender was not noted in their assessment profile*

#### Skill overviews

Skill overviews presented within the report show the average outcome score for each age band within coloured circles. The task descriptions for skills are as follows::

*Balance* – Sum of best single leg balance time (s) on each leg (up to 40 seconds per leg)

*Jump* – Distance jumped (cm)

*Kick* – Distance kicked (m), soccer kick with 2m run up

*Bounce & catch* – Number of successful catches of a basketball in 20 seconds

*Run* – Time taken (s) to sprint 50m (\*30m for 3 and 4 year-olds)

#### Historical data comparisons

The development graph on each page shows the change in average score from assessments made in 2020 to assessments made in 2021. Comparisons to historical data from 1994 are reference and normative data from: Stay in Step: A gross motor screening test for children in K-2. D Larkin, GE Revie (1994)

#### Low movement proficiency

Low movement proficiency is represented by children who averaged below the 20<sup>th</sup> percentile for their age across all 5 KIDDO Challenge tasks.