



Improving the fundamental movement skills of kids aged 3-8, KIDDO offers physical literacy programs and resources for educators, coaches and parents.

Improve your Move

KIDDO is something different. Something fun. Something that every child, every parent and every educator can enjoy.

Ever heard of 'physical literacy'? Basically, it's helping children develop the skills and confidence to be able to do things like running, jumping, throwing and catching.

Physically literate kids:

- Have a lot more fun being active
- Have better social skills
- Are happier and more confident
- Have improved attention and concentration levels

Working specifically with children aged 3 – 8, the **KIDDO** program has been scientifically designed by the team at UWA to help nurture a love of physical activity that will last a lifetime.



“My son’s development has been just amazing!”

Sonia Siamos, Parent
Mt Hawthorn Primary School

Developing Confident, Competent and Healthy Movers

As parents we always want our kids to be the best version of themselves.

KIDDO is about nurturing a love of physical activity for your child that will, quite literally, benefit them for life.

Does your child’s school or ECEC centre run KIDDO? If not then get in touch and we can let them know about the programs we have available. See over for more details.

enquire online at
www.KIDDO.edu.au

KIDDO for your child

We have a range of programs on offer to Schools and Early Childhood Centres. If you would like your child's School or Early Childhood Centre to offer a KIDDO program get in touch and we can let them know what we have to offer.

IN-SCHOOL or ECEC PROGRAM

KIDDO can run programs at your child's school or Early Childhood Education & Care Centre. These include:

- ✓ 4 week KIDDO program (4 x 45 min sessions) during school time
- ✓ Focus on two different skills
- ✓ Run by experienced UWA staff members with expertise in the development of fundamental movement skills
- ✓ Parent session where parents are invited along to participate in the session
- ✓ Training for teachers and educators to continue delivering KIDDO program after KIDDO team have left
- ✓ Movement skill assessment and report for every child

COST: Enquire at KIDDO.edu.au

BEFORE/AFTER SCHOOL PROGRAM

Designed for students in Kindergarten – Year 2. Includes:

- ✓ 8 week KIDDO program at your school before or after school
- ✓ Emphasis on fun, participation & skill development
- ✓ Movement skill assessment for every participant
- ✓ Small groups and a high quality evidence-based fundamental movement skill program
- ✓ Two different skills each team
- ✓ Delivered by UWA Exercise & Sports Science staff and students

OR

COST: \$112/child/term



SCHOOL HOLIDAY PROGRAM AT UWA

Introduce your child to KIDDO with the school holiday program based at UWA. Includes:

- ✓ Small groups (maximum of 8 children per coach)
- ✓ Qualified coaches - UWA Exercise and Sports Science graduates and final year students
- ✓ Emphasis on fun, skill development and age appropriate activities
- ✓ Introduce your child to a range of sports

COST: \$35/child/morning

Coming soon! Learn more about Physical Literacy and how it can benefit your child with our online course.

Packed with exclusive content from both experienced UWA staff as well as some of the most qualified experts from around the globe, this practical, engaging and interactive course will help you learn the theory behind physical literacy and develop the practical skills to implement with your child.

To be among the first to know when this program will be available register your details at www.KIDDO.edu.au

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