

24 October 2023

As part of UWA's KIDDO program at KIDDO Workshop School, Amir Habib participated in a movement skill assessment. This helps us to understand Amir's movement skill development and put in place programs to help him improve.

**The following skills were assessed and Amir received the following results:**

**Balance**

The child is asked to stand on one leg with their hands on their hips for as long as they can (up to 40 seconds). Both legs are tested. Score is the total of time balanced on both legs.

Amir Scored

80 seconds

Amir's Percentile

91%

**Bounce and Catch**

The child is asked to bounce and catch the ball with both hands as many times as possible in 20 seconds.

Amir Scored

30 catches

Amir's Percentile

88%

**Jump for Distance**

From a stationary position the child jumps as far as they can for distance.

Amir Scored

120 centimetres

Amir's Percentile

86%

**Kick for Distance**

The child kicks the ball as far as they can.

Amir Scored

34 metres

Amir's Percentile

77%

**Run**

The child is asked to run as fast as possible. Three year olds and Kindergarten children will run 30 metres and Pre-Primary-Year 3 children will run 50 metres.

Amir Scored

12 seconds

Amir's Percentile

64%

**What is a percentile ranking?**

The scores of students are arranged in a rank order with all the other children from the same year group who have taken part in the KIDDO assessment across Australia. The lowest score is in the 1st percentile, the highest score is in the 99th percentile. If your child scored in the 66th percentile that means they scored as well as or better than 66% of the group. Turn over to learn more about interpreting the results.

## Interpreting the results

0–25th percentile	This skill is still in the beginning stages of development and needs to be focused on by providing opportunities to practice and learn.
25–50th percentile	Skill is developing and needs ongoing opportunities to continue to improve.
50–75th percentile	Above average skill performance for age.
75–100th percentile	Excellent skill performance for age.

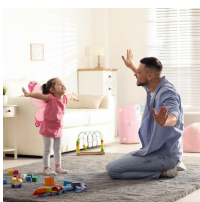
## When looking at Amir's results above please keep the following points in mind:

You should expect big improvements in children's fundamental movement skills from the ages of 3 – 8 years, provided they have opportunities to practice and instruction to learn the skills.

- This is just an indication, rather than a definitive assessment, of children's fundamental movement skills. Please do not be alarmed if your child has a low percentile ranking in any of the skills.
- It is typical to not be proficient in one or two of the skills, and at this age may indicate simply a lack of opportunity to practice these skills. These are the areas you may wish to focus more attention on when assisting with their skill development.

## What can I do to help?

A great way to practice and develop these skills is to play KIDDO's "At home" activities with Amir. They are specifically designed to improve their skills and confidence to be active. Have a go at these ones below or explore hundreds more at [kiddo.edu.au/home](http://kiddo.edu.au/home).



### Musical Balances

**Age:** 2–3 years, 3–5 years, Kindergarten / Pre-school, Foundation, Year 1, Year 2 and Year 3

**Time:** 10 minutes

**Equipment:**

- Speaker & music player (optional)



### Shrinking Goals

**Age:** 3–5 years, Kindergarten / Pre-school, Foundation, Year 1, Year 2, Year 3, Year 4, Year 5 and Year 6

**Participants:** 2 +

**Time:** 10 minutes

**Equipment:**

- Soccer balls
- Flat markers (optional)
- Soccer goals



### Blast Off

**Age:** 3–5 years, Kindergarten / Pre-school, Foundation, Year 1, Year 2 and Year 3

**Participants:** 1 +

**Time:** 10 minutes

**Equipment:**

- Markers (optional)



### All Types of Catching

**Age:** 2–3 years, 3–5 years, Kindergarten / Pre-school, Foundation, Year 1, Year 2 and Year 3

**Participants:** 1 +

**Equipment:**

- Balls
- Beanbags (optional)
- Balloons (optional)
- Soft toys (optional)