

25 October 2022

This report provides you with a snapshot of Ronan's Fundamental Movement Skill development, as assessed using KIDDO (www.kiddo.edu.au).

Balance



Kick for Distance



Bounce and Catch



Run



* Note: No improvement indicator is shown against run times when the distance has changed from 30m to 50m.

Jump for Distance



Fundamental Movement Skills (FMS) such as run, jump, throw, catch and kick are the essential foundational skills a child needs to develop to allow them to enjoy the benefits of physical activity in childhood and as an adult.

The ages of 3–8 years are a time of rapid development of FMS. Children need both opportunity and instruction to learn and master FMS.

Skill development is one component of Physical Literacy. Children also need to develop the confidence, motivation and knowledge to be active. You can learn more about Physical Literacy, Fundamental Movement Skills, activities to do at home with your child and the KIDDO Challenge at www.kiddo.edu.au.

Notes about the KIDDO Challenge:

Please do not be alarmed if your child has not progressed in any of the skills assessed. Children in early childhood develop at different ages and rates. This is just an indication that you should keep an eye on their development in this area and try and engage them in regular outdoor play opportunities to further their development and exposure to these skills.

If improvement wasn't what was expected please keep in mind the following:

- Length of time between assessments e.g. if there is only 3–6 months between assessments this may not be enough time to show an improvement in skill level
- Amount of instruction and opportunity to practice Fundamental Movement Skills received between assessments
- Assessment at this age may be affected by factors including concentration, fatigue, weather and mood



Balance Twister

Age: 3–5 years, 5–8 years, 8+ years
Participants: 1–20
Time: 5 minutes
Equipment: None



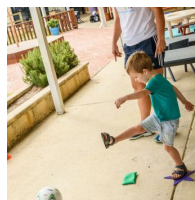
Hopping/Jumping Patterns

Age: 3–5 years, 5–8 years, 8+ years
Participants: 1+
Time: 10 minutes
Equipment: Cones, flat markers



Catch the Magical Creatures

Age: 3–5 years, 5–8 years, 8+ years
Participants: 1–30
Time: 10 minutes
Equipment: Hoops, beanbags, variety of objects including balls, cones, witches hats, flat markers, bucket



Target Practice

Age: 3–5 years, 5–8 years, 8+ years
Participants: 4–30
Time: 10 minutes
Equipment: Soccer balls, targets, beanbags (1), cones, witches hats, flat markers



Wall Ball

Age: 5–8 years, 8+ years
Participants: 1–10
Time: 10 minutes
Equipment: Basketballs (or similar bouncy balls), tennis balls, markers



Netflix

Age: 3–5 years, 5–8 years, 8+ years
Participants: +
Equipment: None