



**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.



**“KIDDO helped me realise the importance of teaching the fundamentals”**

Rachel Ortlepp  
AFL Coach

### **Developing Confident and Competent Movers**

Get ideas for training sessions to help with the development of fundamental movement skills.

Use our challenges to see which skills you need to focus on and learn how to teach them.

KIDDO runs programs at UWA, Primary Schools and Early Childhood Education and Care (ECEC) Centres. See over for more details.

enquire online at  
**[www.KIDDO.edu.au](http://www.KIDDO.edu.au)**

# KIDDO Program Options

We have a range of programs to suit groups of all sizes and budgets. Choose from our packages or ask us about how we can create a unique program just for you.

## IN-SCHOOL PROGRAM

KIDDO runs incursions for schools, teachers and students. Includes:

- ✓ 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

**COST: \$820 + GST**

## 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! Get certified with our 'Online Physical Literacy' 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.

**To be among the first to know when this program will be available register your details at [www.KIDDO.edu.au](http://www.KIDDO.edu.au)**

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