

WHAT IS KIDDO GIPPSLAND?



GippSport
Gippsland Regional Sports Assembly



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WHAT IS KIDDO GIPPSLAND?

A program bringing FUN physical activity to 2-8yr olds!

The KIDDO program has been scientifically designed to help nurture a love of physical activity that will last a lifetime.

Data shows that physically literate kids have better communication skills, are happier and more confident, and have improved attention and concentration levels.

ABOUT OUR SESSIONS

KIDDO is a FUN physical activity program that aims to improve children's movement skills and confidence to be active, to ensure that every child has the opportunity to enjoy and participate in sport and exercise.

Types of sessions:

Early Learning Centre & Kindergarten program
Playgroup program
Primary School Program
Community session program

What's included?

- 1 x 45 minute session per week for the entire term (full term package)
- 2 x fundamental movement skills per term
- 2 x movement assessments per term
- 1 - 2 x Qualified coaches to facilitate the session at your facility
- Take home recourses after each week

BENEFITS / OUTCOMES



Have a lot more fun being active



Have better social skills



Are happier and more confident



Have improved attention and concentration levels



Have developed a love for physical activity that they will take with them into adulthood

NEED MORE INFORMATION?



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