

KIDDO IS A FUN PHYSICAL ACTIVITY PROGRAM THAT AIMS TO IMPROVE CHILDREN'S MOVEMENT SKILLS AND CONFIDENCE TO BE ACTIVE THROUGHOUT LIFE

MOVING STATISTICS

Research shows that Latrobe Valley has low physical literacy levels from children through to adults, encompassing physical skills, social competence and emotional maturity. Latrobe Valley has one of the lowest movement statistics in Victoria leading to more complex health and wellbeing outcomes

IMPROVE YOUR MOVE

Physically literate kids:

- Have fun being active
- Have better social skills
- Are happier and more confident
- Have improved attention, concentration levels and academic success.







HALF TERM PACKAGE

- 45 minute fortnightly sessions facilitated by a KIDDO coach
- Children's movement assessment and reports
- Fortnightly take home resources for students/families
- Fortnightly KIDDO games handout for teachers to deliver sessions on off week

- **FULL TERM PACKAGE**
- 45 minute weekly sessions facilitated by a KIDDO coach
- Children's movement assessmentsand reports
- Weekly take home resources for students/families

\$500



\$1000

