

KIDDO EAST GIPPSLAND

KIDDO is a FUN physical activity program for kids aged 2-8yrs.

KIDDO is something different. Something fun. Something that every child and every parent can enjoy.



Helping children develop the skills and confidence to be able to do things like running, jumping, throwing and catching.

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



Parent's participation is a key component to the Kiddo program, so we encourage parents to get involved and enjoy the fun with their kids!!





Physical literacy is the gateway for active participation, not just in sport, but in life.

Physical Literacy

Just like children learn the alphabet before combining letters into words; basic physical literacy movements such as running and jumping are learned first, then combined into more complex movements like sport.

1 in 4 young people are overweight or obese and only 1 in 10 meet the recommended 60mins of physical activity a day.

The Australian Early Development Census indicated a decline in the physical health and well-being domain, with East Gippsland lower than the state average.

The School Holiday program

- 2 fundamental movement focuses per session
- Take home resources for parents

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