Dear parent/guardian,

[Your school name] has been selected to pilot the Skillhouettes app in our Physical Education classrooms. Our school is constantly looking for ways to improve and feel that this tool will help us provide you with more frequent communication and timely feedback on how your child’s skills are developing.

Mastering fundamental motor skills (kick, throw, catch, dodge, jump, etc) is linked to an [enormous range of benefits](https://researchonline.nd.edu.au/cgi/viewcontent.cgi?article=1066&context=health_article) to children’s social, emotional and physical health, both short and long term.

Each of these fundamental motor skills take around 7-10 hours of instruction to master. This provides an ideal training ground for developing a growth mindset (i.e. my efforts make a difference – by practising I will improve).

We’ve outlined some simple things you can do to get involved and make the most of this experience below.

**How the app works?**

The Skillhouettes app provides teachers with the ability to track and provide instant feedback on your child’s motor skill development.Click [or copy] the following link to watch a 2-minute video about how the app works. [www.youtube.com/watch?v=37okRf5enkw](http://www.youtube.com/watch?v=37okRf5enkw)

Each student will be set up with their own account and log in details. To access this account at home, download the Skillhouettes app for FREE from Google Play or the App Store.

Students will be introduced to fun characters ‘Skillhouettes’ who help break down each skill into manageable components. Teacher feedback appears live on student accounts so you can see exactly what your child has achieved and what they still need to work on.

Students can use the app to upload 6 second videos of themselves performing each skill which their teachers will be able to watch and evaluate. These videos can also be watched side-by-side with experts so children can compare their movements and refine their technique.

**How can you get involved?**

* Download the ‘Skillhouettes’ app FREE from Google Play or the App Store.
* Check the app to see what your child has achieved and celebrate their accomplishments.
* Practise skills at home by focusing on components your child is yet to master.
* Complete challenges at home, like dribbling a basketball blindfolded or catching an egg without it breaking.
* Take videos of your child performing skills and upload them to the app.
* Play together. Your direct involvement can inspire a lifetime of enjoying physical activity.

We are excited to showcase the work of our physical education program and your child’s skill development. We also hope this tool can make motor skill development clearer so you can become more involved in your child’s physical education.