



**There's Always A Sport for Every Child!**

# Support your Child's Active Start

Children are encouraged to participate in a wide range of movement activities and age-appropriate sport from young. A strong foundation in movement competency in childhood prepares your child for lifelong participation in sport and physical activity, and has multiple benefits in developing their muscles, bones and brain.

An Active Start creates the conditions for their holistic development in the following areas:



# Support your Child's Active Start



The early years are crucial for helping children develop a wide range of movement skills. Learn about the recommended age-appropriate sport that children can participate in!

Age Group	Pre-schoolers	Primary School Children		
<p><b>Recommended Sport</b></p>	<p><b>Foundation</b> Fundamental movement skills that are transferable to other sport</p> <p>Examples</p> <ul style="list-style-type: none"> <li>• Athletics (Run, Jump, Throw)</li> <li>• Gymnastics (Balance, Co-ordination, etc.)</li> <li>• Swimming</li> </ul>	<p><b>Territorial Games</b> 2 teams compete within an area that offers possibilities for offensive and defensive play. The goal is to invade the opponent's territory to score.</p> <p>Examples</p> <ul style="list-style-type: none"> <li>• Basketball</li> <li>• Hockey</li> <li>• Floorball</li> <li>• Football</li> <li>• Flying Disc</li> <li>• Water Polo / Flippaball</li> </ul>	<p><b>Net/Wall Games</b> 2 players/teams compete within an area, often separated by a barrier, e.g. a net.</p> <p>Examples</p> <ul style="list-style-type: none"> <li>• Badminton</li> <li>• Table Tennis</li> <li>• Tennis</li> <li>• Volleyball</li> </ul>	
	<p>Fundamental movement skills can also be acquired through other sport (e.g. football, martial arts, etc.) with age-appropriate design and instruction.</p> 	<p><b>Striking &amp; Fielding Games</b> 2 teams compete within an area that offers possibilities for offensive and defensive play. The goal for the battling team is to strike an object so that it eludes the defenders.</p> <p>Examples</p> <ul style="list-style-type: none"> <li>• Baseball</li> <li>• Softball</li> <li>• Cricket</li> </ul> 	<p><b>Target Sport</b> Players propel an object with the aim to place it on, in or near a target to obtain the best possible score.</p> <p>Examples</p> <ul style="list-style-type: none"> <li>• Archery</li> <li>• Shooting</li> <li>• Bowling</li> </ul> 	<p><b>Cyclical Endurance Sport</b> Typically regarded as individual sport, participants develop cardiovascular fitness, muscular endurance and sense of rhythm through regular practice. Relays and team events create extra elements of fun and competition.</p> <p>Examples</p> <ul style="list-style-type: none"> <li>• Athletics (Sprints, Middle Distance &amp; Long Distance Running)</li> <li>• Canoe/Kayak</li> <li>• Cycling</li> <li>• Swimming</li> </ul> 

It is also important to expose your child to multiple sport. With greater involvement in a variety of sport, your child will benefit from:

- ✓ Improved coordination and muscle control
- ✓ Increased aerobic fitness
- ✓ Gained confidence
- ✓ Stronger fundamental movement skills



# Support your Child's Active Start with ActiveSG Academies & Clubs

Would you like your child to develop his or her fundamental movement skills?  
Or come onboard a pathway to excel in the sport(s) of their interest?

Check out the range of ActiveSG Academies and Clubs programmes!

Designed with fun and quality as key considerations, our sport programmes teach sporting skills, and inculcate your child with values such as honour, resilience and teamwork as well as life skills such as communication, time management and goal setting.

Regardless of ability or fitness level, there is always a sport for every child!

## PROGRAMMES WE OFFER

### SCHOOL HOLIDAY PROGRAMME (SHP)

*A short format sport tryout during the school holidays to experience the sport.*

### SEASONAL PROGRAMME

*A 10-week programme\* to build a strong interest and foundation through regular play for lifelong engagement.*

### DEVELOPMENT CENTRE

*Programmes assigned by skill/potential levels with appropriate daily training and competition environment to optimise potential and performance.*

\*SportCares Bursaries are available for eligible applicants.

[go.gov.sg/sportcares-bursary](https://go.gov.sg/sportcares-bursary)

# ActiveSG Academies & Clubs

List of Academies & Clubs with programmes established across the island:

**Aikido**



**Athletics**



**ActiveGroove**



**Basketball**



**Canoe**



**Football**



**Gymnastics**



**Hockey**



**Silat**



# ActiveSG Academies & Clubs

Table Tennis



Taekwondo



Tennis



Volleyball



Water Polo



For enquiries, email:

**ActiveSG\_Academies\_and\_Clubs@sport.gov.sg**

Find out more and register for  
Academies & Clubs programmes!



<https://go.gov.sg/anc>

**[go.gov.sg/anc](https://go.gov.sg/anc)**

# Support your Child's Active Start with SportSG initiatives for Families

## ACTIVE PARENTS

A movement to enable and empower parents to play an active role in their child's life and sporting journey!

Active Parents welcomes first-time and seasoned parents to embark on a journey to kickstart their child's Active Start to life. We have a full suite of resources, educational series, as well as sporting activities and ideas for the entire family to live better through sport.



Together, let's create happy and active parent-child moments!

Sign up as an Active Parent



<https://go.gov.sg/activeparentssg>

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# Support your Child's Active Start with SportSG initiatives for Families



A national movement for sport where Singaporeans can experience and share the joy of living better through sport.

ActiveSG offer individuals and families the opportunities to get active with a diverse and exciting line-up of sporting activities suited for all!

Sign up for your FREE ActiveSG membership\* and get ActiveSG \$100 which can be used for:

- Payment for ActiveSG programmes (*up to 30% off the programme price*)
- Purchase of swimming complexes and gym entry passes
- Purchase of MyActiveSWIM and MyActiveGYM passes
- Booking of ActiveSG sport facilities

- \* *Singaporeans & Permanent Residents only.*
- \* *ActiveSG \$100 will only be issued to each member, upon account verification.*
- \* *Parents/legal guardians may apply for supplementary membership for children below 12yo*

Limited Time Only!  
Offset up to 50% for all  
ActiveSG Academies & Clubs  
programme fees



<https://go.gov.sg/about-activesg-membership>



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