

MY ACTIVE PARENT JOURNEY

GETACTIVE!@HOME
PRESCHOOLS EDITION

Issue 3



MY ACTIVE PARENT JOURNEY

“Behind every young child
who believes in himself is a parent
who believed first.”

- *Matthew L Jacobson*





WHAT DOES IT MEAN TO BE AN ACTIVE PARENT



1

**SHOW INTEREST IN
WHAT YOUR CHILD DOES**

**SPEND QUALITY TIME
AND LISTEN TO
THEIR STORIES**



2

**PRAISE AND
ENCOURAGE
YOUR CHILD FOR
HIS/HER EFFORT**

**BE PROACTIVE AND
LEARN HOW TO HELP
YOUR CHILD**



3

**WALK THE TALK -
STAY ACTIVE IN
YOUR DAILY LIFE**

**INCORPORATE SPORT &
EXERCISE INTO YOUR
FAMILY BONDING TIME**

With your active involvement, your child will be encouraged to participate in sport, enjoy their experience and better reach their potential.

Join us and begin your journey to be an **ACTIVE PARENT!**



Head over to our
ActiveParents.myActiveSG.com
and join our Parents Network



Like our Active Parents Facebook Page @
www.facebook.com/ActiveParentsSG
to follow the latest news and contests

**Be part of our movement and let's build a
strong Active Parents community together!**

BE PRESENT

CONVERSATION OF THE WEEK



FAVOURITES

Ask your child some of these questions and note them down together!

WHAT IS YOUR FAVOURITE THING TO DO WITH THE FAMILY?

WHAT IS YOUR FAVOURITE PART OF THE HOUSE?

WHAT IS YOUR FAVOURITE FRUIT?

WHAT IS YOUR FAVOURITE COLOUR?

SUPPORT

FOCUSING ON



F.U.N. DAMENTALS

THE FUN DESIGN



F

UNDAMENTALS

Do you remember what the FMS are?

LOCOMOTOR
OBJECT CONTROL
STABILITY

Refer to issue 2 for more

Fundamental Movement Skills (FMS) are the key building blocks for movement and they form the foundation for your child to enjoy Sport For Life. We need to ensure they learn these essential skills and are given many opportunities to practice them in its various forms.





U

NDERSTANDING

When teaching FMS, it is important not only to teach your child how to do them, but also help them understand why they do it and when they can apply these skills.

Provide a variety of situations to practice, apply and build problem-solving creativity!

Progressive teaching and guided questioning can also be really helpful.



**TIP:
DISCOVER
THROUGH PLAY AND
EXPLORATION!**



N

URTURING



It is important to help create a positive learning environment for your child with praises and lots of positive feedback. Try using simple affirming gestures like these to motivate your child and build their confidence and enjoyment in the process:

Clapping, Smiling, Hi 5-ing and giving your child a pat on the back!



STAY ACTIVE ROLE MODEL

FOR PARENTS



Lifestyle Activity (everyday)

Aim to reduce sedentary time with small bouts of movement e.g. Active Commuting (Cycling, walking), taking the stairs

Strength Activity

Muscle-bone-and-joint strengthening activities should be done at least 2 or more days per week, involving major muscle groups e.g. dragon-boat, rock climbing, pilates, tai chi etc

Aerobic Activity

National guidelines recommend at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity per week. Individuals can combine both intensities of activities too!



STAY ACTIVE

FOR PRESCHOOLERS

Everyday Activities

Minimise the time sitting in strollers/ high chairs.

Encourage more walking/cycling to school, park or home

Active Play

Aim to clock at least 180 minutes of play throughout the day involving movement of all major muscle groups e.g. chasing/ catching, riding on a tricycle/bicycle, water-based activities

Fundamental Movement Skills

LOCOMOTOR: Running, jumping, hopping, galloping
STABILITY SKILLS: Balancing, turning, twisting

OBJECT CONTROL: Catching, throwing, bouncing, dribbling

MY CHILD'S ACTIVE START @ HOME

"All kids need is a little help,
a little hope, and someone
who believes in them."

- *Magic Johnson*



READY

AT NURTURE KIDS, WE START OUR
ENGINES WITH A CHEER!



**NURTURE KIDS IS
HAVING FUN!**

**WE EAT OUR GREENS, AND
PLAY IN THE SUN**

**WE LEAVE OUR
PHONES, FAR AWAY**

**WE GET GOOD SLEEP AND
ENJOY THE DAY**

TIME TO WARM UP!



ARM CIRCLES

Stretch both arms out to the side.
Start with 10 small forward circles &
10 small backward circles
Continue with 10 wide forward circles &
10 wide backward circles



10 REPETITIONS PER MOVEMENT



STANDING TOE TOUCH

Start standing with your feet hip-distance apart.
Keep your legs straight and your knees slightly bent
with your arms extended down by your side.
Bend forward at the torso and let your fingers hang down
toward your toes

3 REPETITIONS



CROSS SHOULDER STRETCHES

Grab one arm above your elbow with your opposite hand,
and pull it across your body toward your chest until you feel a stretch
in your shoulder and hold for 5 seconds. Repeat with other arm



HIP ROTATION

Place your hands on your hips and rotate clockwise and anticlockwise

3 REPETITIONS

SIDE BENDS

Start standing with your feet shoulder-distance apart.
Bend at your waist to the right toward the floor.
Do this 5 times per side



5 TIMES PER SIDE

SET

MAKE SURE YOU'RE ALL SET FOR THE ACTIVITIES WITH THE APPROPRIATE EQUIPMENT AND PRECAUTIONS!



equipment

MONKEY JUMPS

5m of space

ANIMAL RACE

Cones or any small object*

5m of space

ATHLETICS OBSTACLE COURSE

Cones, markers or any

small object*

5m of space*

*If there isn't sufficient space, exercises can be done on the spot

*Small objects like a paper ball, masking tape, water bottles...etc



SAFETY PRECAUTIONS

Making sure there are no obstructions for the ANIMAL RACE and ATHLETICS OBSTACLE COURSE lanes

Running, hopping or skipping at a reasonable pace to avoid falling

Ensuring children are in suitable condition to exercise

Washing of hands after exercises

Drink lots of water



OBSTACLE COURSE RACING



IN THESE NEXT FEW ACTIVITIES, WE WILL BE INTRODUCING OBSTACLE COURSE RACING FOR KIDS!

What is Obstacle Course Racing (OCR)

Obstacle Course Racing or OCR is a relatively new sport that takes fitness to a new paradigm! The OCR fusion of running with physical activities like climbing, carrying, crawling and leaping is designed to challenge mental strength and to cap new milestones in physical performances. Excellent for individuals who want to achieve optimal fitness levels (or to shake off the extra inches), courses include trail runs across selected terrains.

Benefits of OCR for children

OCR for kids is a great way to engage them in active play, and to encourage them to get their hands dirty, make friends, and have fun! Kids can also learn many positive life lessons through OCR, beyond developing their sequencing and memory, sensory input, strength and balancing, motor skills and bilateral coordination.

Go!



**PLAY &
HAVE FUN
TOGETHER!**

**WE WILL BE INTRODUCING 2
DIFFERENT OBSTACLE COURSES
YOU CAN CREATE WITH A RANGE OF
ACTIVITIES!**

OBSTACLE COURSE 1 - ANIMAL RACE

In this obstacle course, it's all about learning to move like animals!
Check out how to do each movement in the following pages.



Get a cone and set it 5 meters away from the beginning of the line. Monkey Jump to the end.

1 MONKEY JUMPS



Hop like a Bunny
5 times on each leg

2 HOPPING BUNNY



3 HORSEY TROT



FINISH!

Finish by galloping
back to the start!

Scan here for video



Monkey Jumps

Monkey Jumps are great to build stamina and to strengthen glutes, hamstrings, quads, and leg muscles!



1

Start by squatting down

2

Put your hands in front of you and jump forward like a Monkey!

3

Monkey jump in a straight line for 5 meters and back



HORSEY TROT

Running in place with high knees encourages forefoot push-off, and strengthening of calves and quadriceps. Strong muscles in these areas allows children to run faster and jump further!



1

Horsey Trots are very similar to jogging on the spot, but you lift your knees really high.

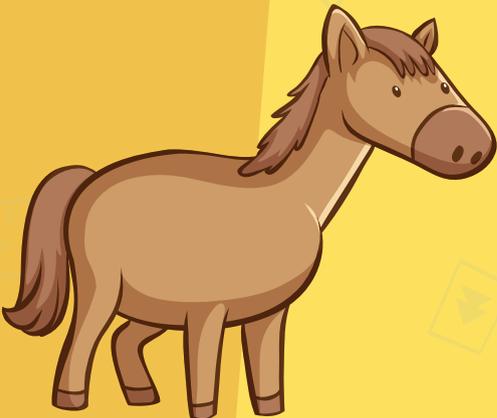
Stretch your arms out and try and touch your hands with your knees

2

3

Horsey Trot for 5 seconds. Do this 3 times

Horsey Trots in this activity is the same as galloping!



HOPPING BUNNIES

Movements such as hopping and jumping help strengthen children's bones. Aerobic exercises help let oxygen into their muscles, pump blood faster to their vital organs, and improve their cardiovascular efficiency



1

It's time to get hoppity just like a bunny! Stretch your arms out for balance

2

Now stand on one leg and start hopping!

3

Hop 5 times on each leg!
Repeat this 3 times!



OBSTACLE COURSE 2 - ATHLETICS OBSTACLE COURSE

In this obstacle course, we will learn some movements related to the sport of Athletics! Check out how to do each movement in the following pages.



Get a few cones, and set one 5 metres away from the beginning of the line. Walk like a crab to the end. Position the remaining cones so kids can weave through them

START!

1 WALKING CRAB

Use half - one meter of masking tape and stick on the floor after the cone. Kangaroo jump from side to side, over the masking tape

2 KANGAROO JUMPS

3 CHEETAH RUN

Finish the race by weaving through the cones/obstacles, running like a Cheetah!

FINISH!

Scan here for video



WALKING CRAB

Crab walks are great to strengthen your calves, glutes, hamstrings, quads and leg muscles, which are important for explosive power



1

Start by sitting down on the floor

2

Secondly, place your hands on the floor behind you

3

Third, push up and start moving!

4

Finally, crab walk in a straight line for 5 metres and back



JUMPING KANGAROOS

Kangaroo jumps are really good to help you run faster! It can even help you balance better

Kangaroo jumps can even help you stand straighter because it strengthens your back and core muscles



1

It's time to jump, jump, jump like a kangaroo! Just like a kangaroo, you have to make big jumps!

2

Bend your knees like you're about to jump, and hold your hands in front of you

3

Now take 10 big kangaroo jumps! You have to do this twice!



CHEETAH RUN

Jogging on the spot is a great cardiovascular exercise. This means it's really good for your heart and stamina!



1

Begin by standing with the feet shoulder-width apart, hand by your side

2

Lift your feet only an inch or two off the ground, pushing off from foot to foot

3

Move your arms as you jog on the spot. Jog for 5 seconds, take a break, and then do 2 more!



TIME TO COOL DOWN!



BUTTERFLY STRETCH

Sit up straight and bring the soles of your feet together
Grasp your feet and ankles and slowly lean forward
Place your elbows on the tops of your thighs and gently press down until you feel a stretch for 5 seconds. Do this 3 times

SEATED TOE TOUCH

In a seated position, extend the left leg straight forward, toes pointing up
Bend your right leg and place your sole along the knee of the left leg
Reach forward toward the toes of the left foot until you feel the hamstring stretch. Hold for 5 seconds



3 REPETITIONS

QUAD STRETCH

With the left arm on the chair,
bend the right leg and grab it with the right hand
Gently press the foot toward the body until you feel the stretch in the front of the thigh
Hold for 10 to 30 seconds, and then switch legs



2 REPETITIONS

REACH FOR THE STARS

In sitting or standing, reach your arms over your head to stretch your shoulders, arms and chest toward the stars.
Hold for 5 seconds



3 REPETITIONS

**BONUS
ACTIVITY!**

SUPERFRUIT SMOOTHIE

ingredients

250ml milk
1 small banana, sliced
6 strawberries or
1/2 an apple, sliced

toppings:

1 teaspoon of oats (optional)
A handful of blueberries
for that extra crunch

blend milk,
banana
& strawberries
together



add oats and
blueberries for
that extra crunch



+QR code to video



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