

# My ACTIVE PARENT JOURNEY

GETACTIVE!@HOME  
PRESCHOOLS EDITION

Issue 2



# MY ACTIVE PARENT JOURNEY

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

- *Matthew L Jacobson*



# ACTIVE PARENT

THE ROLES APPLY WHETHER YOU  
ARE AT HOME OR OTHERWISE!



BE PRESENT IN  
YOUR CHILD'S LIFE



PLAY A SUPPORTING ROLE  
IN YOUR CHILD'S  
SPORTING JOURNEY

HOW CAN I BE AN  
ACTIVE PARENT?



BE A ROLE MODEL IN  
ADOPTING AN  
ACTIVE LIFESTYLE

# BE PRESENT IN YOUR CHILD'S LIFE



1

**SHOW INTEREST  
IN WHAT YOUR  
CHILD DOES**

2

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



Photo credit: SportsSG



Photo credit: Chrong Meng / SportsSG



Photo credit: Djan Jhina / SportsSG

# PLAY A SUPPORTING ROLE IN YOUR CHILD'S SPORTING JOURNEY

3

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

GOOD JOB!



4

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



# BE A ROLE MODEL IN ADOPTING AN ACTIVE LIFESTYLE



Photo credit: SportSG



5

RUN!

6

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

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



Photo credit: SportSG



Photo credit: Dian Jhia / SportSG

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](https://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!**

# 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, SET, GO!

As your child starts his/her sporting activities, here's how you can journey with them



# READY

Chart fun into your child's everyday!

Set aside and plan time for physical activity with your child daily with

## MY ACTIVE CHART

### MONDAY ACTIVITY

Skipping Rope



### TUESDAY ACTIVITY



### WEDNESDAY ACTIVITY



### THURSDAY ACTIVITY



### FRIDAY ACTIVITY



### SATURDAY ACTIVITY



### SUNDAY ACTIVITY



# 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**



Scan here for  
demo video



**& THEN WE WARM OUR ENGINES UP  
WITH SOME EASY EXERCISES!**

# **WARM-UP EXERCISES (JUNGLE ADVENTURE)**



**IT'S TIME  
FOR FRUITS**  
Fruit Salad Dance



**HIDE FROM THE TIGER**  
Starfish squat  
and reach

Find out how you can  
tell a story with these  
exercises here



**INCH OUT OF  
THE TIGER'S DEN**  
Squat to crawl out



**OH NO! THERE  
ARE MOSQUITOES!**  
Step, Slap, Hurray!



**ESCAPE THE BATS**  
Low side-to-side  
squat slides

# SET

After setting daily activity goals with your child, the next step is to create a **conducive environment** for them to enjoy participating in physical activities.

## BE SUPPORTIVE & ENCOURAGING

Being an Active Parent means that you will be there to support him/her every step of the way!

A simple way to boost your child's confidence in physical activity is to offer words of encouragement at the right moments.

**DID YOU LEARN ANYTHING NEW TODAY?**



**ENCOURAGE & AFFIRM**

**WHICH PART OF THE ACTIVITY DID YOU ENJOY THE MOST?**



**YOU ARE DOING GREAT, KEEP IT UP!**



**LISTEN & CONNECT**

# BE PRESENT & SHOW THE WAY

Get creative and play alongside them to help develop their Fundamental Movement Skills

## WHAT ARE THE FUNDAMENTAL MOVEMENT SKILLS?



### LOCOMOTOR SKILLS

Movement skills that involve moving the body from one location to another.

E.g. Walking, Running, Jumping

### OBJECT CONTROL SKILLS

Movement skills that require your child to control an object using part of the body or using an implement.

E.g. Catching, Throwing, Kicking



### STABILITY SKILLS

Movement skills that involve maintaining and acquiring balance.

E.g. Balancing, Bending, Twisting

**Go!**



**USE THE ACTIVITY IDEAS TO GET STARTED**

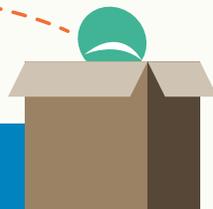
**LOOK OUT FOR THE ULTIMATE**

**CHALLENGE AT THE END!**

# ★ ACTIVITY 1

## MY BEST SHOT!

### THROW IT INTO THE BOX



### HOW TO PLAY?

- 1 Put 2 boxes/pails at a distance as targets. You can use a bigger one for the child and a smaller one for the parent.
- 2 Stand away from targets. 1 big step away for the child and 2 big steps away for the parent.
- 3 Aim to score into the targets with a ball. (Make a crushed newspaper ball or just use soft toys!)
- 4 First to score 5 times wins!

Scan here for  
demo video



### VARIATIONS



- ★ Try throwing with your other (non-dominant) hand
- ★ Explore both underarm and overarm throws
- ★ Increase distance from target or decrease size of target

## ★ ACTIVITY 2



### HOW TO PLAY?

- 1** Lay out a magic carpet for each person – use a floor mat or a towel
- 2** Stand on the magic carpet with feet shoulder width apart. Hold your arms out like an aeroplane for balance!
- 3** With feet “stuck” to magic carpet, bring feet together, then apart again. Repeat this action to move sideways across the room.
- 4** Race to see who can move from one point to another faster!

### VARIATIONS



Race to transport multiple items from one point to another



Make it a family relay race! Parents vs children perhaps?

Scan here for  
demo video



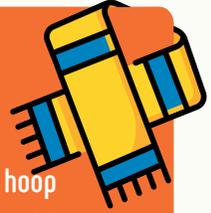


## ACTIVITY 3

# RING OF FIRE!



### HOW TO PLAY?



- 1** Tie 2 ends of a long scarf together to form a hoop (large enough for your child to step through) – or simply use a hula hoop!
- 2** Hold the scarf up with 2 hands
- 3** Imagine you are part of the circus and that the hoop is on fire
- 4** Step through the hoop without touching its sides!

### VARIATIONS



- ★ Hold the hoop in different heights and positions
- ★ Create a "human hoop" with your own arms to let your child step through

Scan here for  
demo video



## ★ ACTIVITY 4



# HOT SOUP



## HOW TO PLAY?

- 1 Have your child hold on to a (non-breakable) bowl – this is the “hot soup”!
- 2 Stand at the opposite end of the room and be the “customer”
- 3 Have your child carry the “hot soup” over to you
- 4 Walk with care so as to not spill the soup

## VARIATIONS



### GIVE YOUR CHILD DIFFERENT SCENARIOS TO MAKE IT MORE CHALLENGING

- ★ A very hungry customer is waiting = Walk faster
- ★ A crowded restaurant = Avoid obstacles (include obstacles, e.g., chairs, pillows)
- ★ Up-sized meal = Fill the bowl with water
- ★ Let's entertain our customers = balance a small book or packet of tissue on his/her head

Scan here for  
demo video





## ACTIVITY 5

# REACH OUT FOR THE STARS



### HOW TO PLAY?

- 1 Prepare a star-shaped cut-out (using a small soft toy will do too)
- 2 Tie the star to the end of a short stick
- 3 Hold the stick just above reach of your child, when his/her hands are fully stretched
- 4 Get your child to jump and reach for the stars!

### VARIATIONS



Scan here for  
demo video



- ★ Hang the stars progressively higher
- ★ Sway the stars at the end of the stick to make it more difficult
- ★ Tie a rope overhead across the room and hang the stars from the rope for your child to jump and reach



## ACTIVITY 6

# CRAWL UNDER THE BRIDGE



## HOW TO PLAY?

- 1 Form a bridge with your body by placing both hands and feet on the floor
- 2 Have your child crawl under and immediately form another bridge for you to crawl under
- 3 Repeat and keep going for 3 times each!

## VARIATIONS



Form a low bridge and get your child to go over



Try to form an upside down bridge instead!

Scan here for  
demo video



## ★ ACTIVITY 7



# DRIBBLE NIBBLES



## HOW TO PLAY?

- 1** Prepare balls to dribble with. You can make crushed newspaper balls or use containers (that you usually put nibbles such as nuts, grapes or cherry tomatoes)
- 2** Create a start line and a “u-turn” point
- 3** Take turns to dribble the ball with your feet from the start line, make a u-turn and return to the start line
- 4** See who can do it faster!

## VARIATIONS

Scan here for  
demo video



Do it relay style and compete with other family members



Create some obstacles throughout the circuit



Use bottles or tin cans as markers spaced 2 feet apart and dribble in and out of the markers

# ULTIMATE CHALLENGE!!

# CREATE YOUR OWN OBSTACLE ADVENTURE!



## HOW?

1

Together with your child, pick 4 - 5 different activities to be included in the obstacle course  
– You can choose from the activities in Issue 1 or in this kit!

Scan here for demo video

2

Set activities up in different parts of the house and number the stations

3

Get your child to complete the activities in sequence



**BEYOND THE ACTIVITIES HERE,**

**WE HAVE MORE  
FOR YOU!**

Scan here



1

## **CHALLENGES**

Participate in contests as a family – have fun and win prizes!

2

## **'LIVE' SPORT PRACTICES**

Join live streaming sessions led by our Nurture Kids Trainers and ActiveSG Academies & Clubs coaches!

3

## **ACTIVITIES & EXERCISES**

More activities and ideas for the family to get active at home!  
Beyond the activities here, we have more for you!



Children should embrace an active start in life with fundamental movement skills and multi-sport exposure.  
Join us at ActiveSG Academies & Clubs

# ACTIVESG ACADEMIES & CLUBS

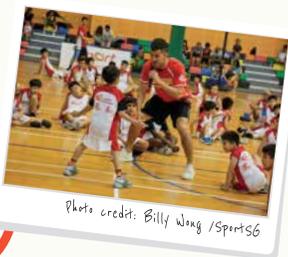


## A WIDE PORTFOLIO OF SPORT

Affordable, accessible and available at our islandwide centres

## DEVELOPMENTAL PATHWAYS

Learn, progress and reach your fuller potential in sport through our programmes



## INTENTIONALLY DESIGNED PROGRAMMES & EXPERIENCES

Fun, enjoyable and specially curated for maximum benefits



## QUALITY COACHING

Values-based coaching that develops character and life skills

# OUR CORE VALUES

Grooming children who strive to be the best version of themselves on and off the field through our values-based coaching.

## HONOUR

- ★ Show respect to all
- ★ Display sportsmanship & integrity
- ★ Stay committed to your goals

## RESILIENCE

- ★ Learn from mistakes
- ★ Rise from setbacks
- ★ Strive to improve

## TEAMWORK

- ★ Play in unity
- ★ Share common goals
- ★ Care for others



**"ABILITY MAY GET YOU THERE TO THE TOP,  
BUT IT TAKES CHARACTER TO KEEP YOU THERE."**

*- John Wooden*

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Giving Hope.  
Improving Lives