

ACTIVE PARENTS KIT

GET ACTIVE!
SINGAPORE EDITION



HAVE YOU HEARD ABOUT GETACTIVE! SINGAPORE?

GetActive! Singapore is an annual campaign that brings Singaporeans from all walks of life together to bond and celebrate National Day through Sport!

This year, GetActive! Singapore campaign focuses on providing everyone with content and activities for their enjoyment at home while meeting the need to stay healthy and fit.

So in this kit, we hope to help parents get active with your children and use this opportunity to spend quality family time through our various resources and programmes!

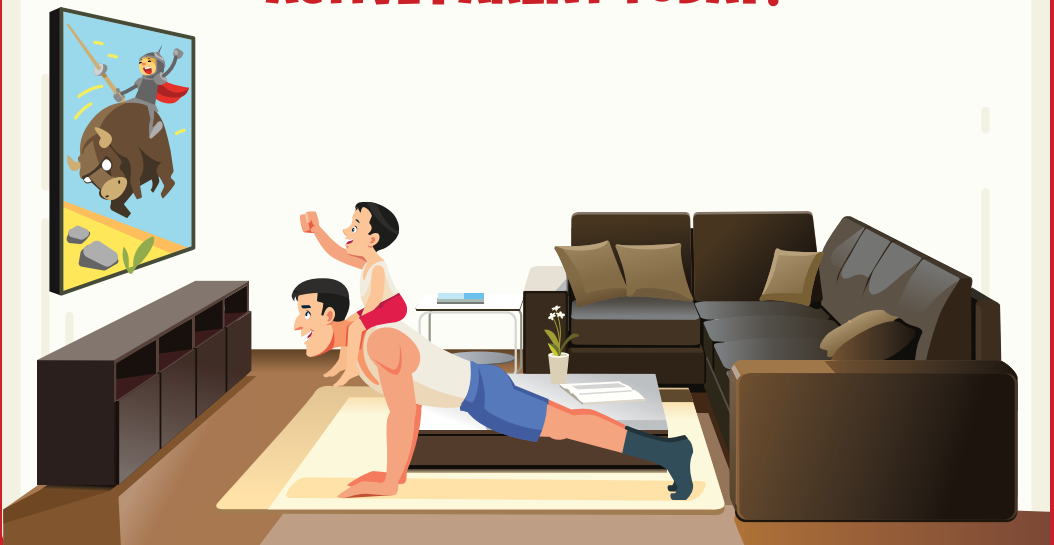


WHY IS IT IMPORTANT FOR PARENTS TO GET ACTIVE WITH YOUR CHILD?

Every child's encounter with physical literacy, key movement milestones, health and fitness, are almost always learnt from role-modelling or guidance by the child's own parents.

Parents' positive examples and abilities provide teachable moments at home and set the foundation for the inculcation of important character and values, life skills, habits and essential problem-solving skills.

**SO LET'S BE AN
ACTIVE PARENT TODAY!**





ACTIVE PARENT

Being an active parent involves playing an active role in your child's life and sporting journey, and learning more about your child and yourself.

HOW CAN I BE AN ACTIVE PARENT?



BE PRESENT IN YOUR CHILD'S LIFE

1

SHOW INTEREST IN WHAT YOUR CHILD DOES

SPEND QUALITY TIME AND LISTEN TO THEIR STORIES



PLAY A SUPPORTING ROLE

2

PRAISE AND ENCOURAGE YOUR CHILD FOR HIS/HER EFFORT

BE PROACTIVE AND LEARN HOW TO HELP YOUR CHILD



BE A ROLE MODEL

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 get active and stay healthy!

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!**

LET'S GET STARTED!

In the next few pages, check out some activities that you can do with your child in the comfort of your home!



GETACTIVE! WORKOUT

Have a grooving good time and get active as a family with a quick workout along to National Day 2020's theme song!



#GETACTIVESG 2020 NATIONAL
DAY WORKOUT: EVERYTHING I A...

Get Active TV

▶ Play Video

Scan here for video



PARENT-CHILD WORKOUT!

Who says working out together with your kids needs to be complex? Try this workout that you can do with your kid.

OVER AND UNDER

- Alternate between high pike and plank position.
- Get your child to crawl under the pike or to hop over the plank!
- This will help develop balance, strength, coordination, agility and timing!

SUMO SQUATS + TWIST

- Stand in sumo squat position with back facing each other.
- Twist and pass a weighted item you can find in the house (eg: bottle).
- This will help build endurance of lower body and core muscles!

TOWEL SLIDERS

- Grab 2 small towels and place them on your feet!
- Use the towel to slide your feet while engaging your muscle!
- This will help you engage different muscle groups using body weight



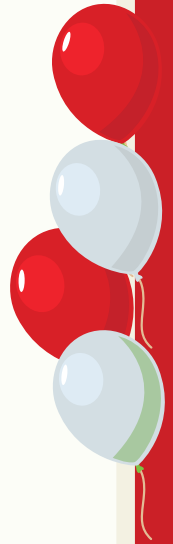
**3 SETS
10 - 15 REPS
PER EXERCISE**

Scan here for video



SAFARI YOGA ADVENTURE

Children benefit greatly from yoga!
It helps in their physical development by
enhancing their flexibility, strength,
coordination and body awareness. It also helps
build concentration and the sense of calmness!



Scan here for video



HOME-MADE CRAFTS!

Make an exercise-themed dice that you
can roll away for some fun-filled
exercise with your family!



Scan here for video



TUNA POTATO PATTIES

How about some healthy and tasty treats
for you and love ones?

Recipe

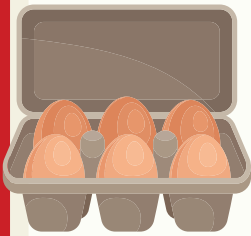
Ingredients:

500g potatoes
2 tinned tuna flakes
½ cup corn kernels in brine
2 Spring onion (chopped)
1 Egg

Juice of 1 lime
Small handful of coriander
(Chopped)
1 tsp Garlic & Onion Herbs
seasoning
Salt and Pepper
Breadcrumbs (super fine)
Oil for pan frying

Instructions:

1. Peel and cut potatoes into chunks.
2. Boil and cook the potatoes until tender, drain and mash
3. Add the tuna, spring onion, lime juice, coriander, egg and stir until combined.
4. Shape the patties with your hands.
5. Roll the patties in the breadcrumbs until coated
6. Heat a non-stick frying pan and lightly drizzle with oil
7. Fry the cakes on both sides until golden!
8. ENJOY YOUR MEAL!



Scan here for video



GAME ON! E-SPIRATION FIT FOR LIFE (EFL)

GAME FOR SOME CHALLENGE AS A FAMILY?

Anytime Anywhere Everyone
Get Active, Keep Healthy and Be Rewarded!



EFL consists of various thematic lifestyle functional workout modules for participants to learn and try out. Activities are designed with the concept of basic functional Fitness.

Activities also aim to train participants of all ages on skills of Strength, Endurance, Speed and Agility, Balance and Coordination, Mental Resilience, and Knowledge and Learning.

Challenge yourself by accomplishing challenges, accumulating points and get rewarded!

**EFL IS FREE FOR EVERYONE TO
SIGN UP AND PARTICIPATE.**



Scan here for video



LOOKING FOR MORE PHYSICAL ACTIVITIES FOR YOUR CHILD TO GET INVOLVED IN?

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

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



Photo Credit: Chong Meng/SportSG

A WIDE PORTFOLIO OF SPORT

affordable, accessible and
available at our islandwide
centres

DEVELOPMENTAL PATHWAYS

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



Photo Credit: Charles Loh/SportSG



Photo Credit: SportSG

**INTENTIONALLY DESIGNED
PROGRAMMES & EXPERIENCES**
Fun, enjoyable and specially curated
for maximum benefits

QUALITY COACHING
Values-based coaching that
develops character and life
skills



Photo Credit: Charles Loh/SportSG

An initiative by



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Partner in Sport



Supported by



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