

MY ACTIVE PARENT JOURNEY

GETACTIVE!@HOME
PRESCHOOLS EDITION

Issue 4



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**

In your child's early years of discovery, there are bound to be challenges. As a parent, it is important to help them learn how to face and tackle challenges with confidence and positivity!



**OVERCOMING
CHALLENGES
TOGETHER**

BE THERE EVERY STEP OF THE WAY

ENCOURAGEMENT

NOT INSTRUCTION!



**Be present as your child faces challenging moments.
But this doesn't mean to hover and over-instruct!**

**Guide them in the right direction while providing the space
that he/she needs to learn and explore – giving the feeling
of trust and confidence that he/she can succeed without
your assistance.**

BUILDING A POSITIVE GROWTH MINDSET

A positive growth mindset is especially important to help your child become confident and resilient learners.

HELP YOUR CHILD BUILD A POSITIVE MINDSET THROUGH HIS/HER OWN WORDS:



Don't forget that your child is listening so use positive words when you face your own challenges too!

PLAY TO LEARN - PRACTICE MAKES EASY!

Sports and games are good ways to teach
your child to be more resilient!



Exposure to a wide variety
of activities develop
creativity for
problem-solving.



Obstacles and challenges
decrease as they are
tackled again and again.

Try our obstacle course-based activities or
even the bonus challenge at the end!

OUR CORE VALUES

VALUE THROUGH SPORT

There's no better chance to teach your child the right values than during sports and activities!

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

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!

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

TAKE THIS OATH BEFORE STARTING THE EXERCISES TO REMIND YOUR CHILD ABOUT THE IMPORTANT VALUES



**I, __ (name) __, PROMISE TO
RESPECT MY COACH AND
TEAMMATES.**

**I WILL CARE FOR MY FRIENDS
AND CHEER THEM ON.**

**I PLEDGE TO DO MY BEST AND
NOT GIVE UP.**

**I WILL UPHOLD THESE VALUES IN
SPORT AND IN EVERYTHING I DO.**



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

SWING SWING

2 bean bags or water bottle

SWING SWING TOSS TOSS

4 paper balls/bean bags, a cone, and 5m of space

SWIRLING TORNADOS

1 balloon

FIRE THE CANNONS

3 bean bags, hula hoop or masking tape

ROCKING ROLLERS

3 bean bags or cones, hula hoop or masking tape

WALK THE PLANK

1 bean bag and masking tape

*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 in the activity 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!

THE MOVEMENTS
THAT YOU WILL LEARN
ARE USEFUL FOR
A SPORT LIKE
BASKETBALL!

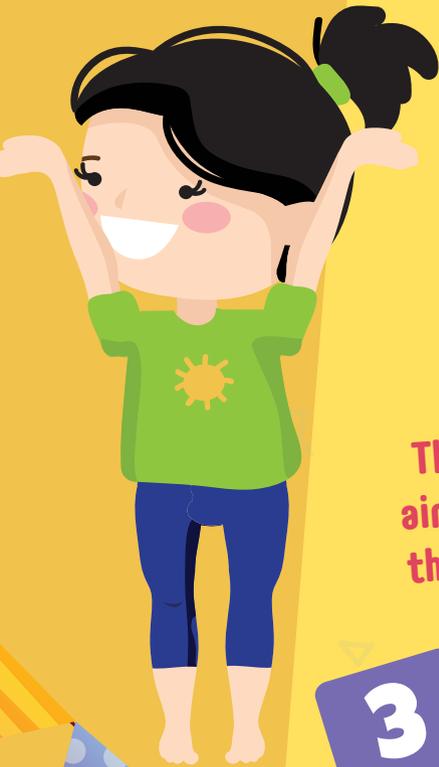


PLAY & HAVE FUN TOGETHER!

**WE WILL BE INTRODUCING 4
new mini OBSTACLE
COURSES IN THIS ISSUE!**

SWIRLING TORNADOS

Swirling tornados is great for hand and eye coordination, and is a very helpful activity to improve catching skills!



1

Blow up a balloon to medium size

2

Throw the balloon in the air, spin around, and catch the balloon before it falls

3

Do this 3 times clockwise, and 3 times anticlockwise



SWING SWING

Also known as weighted swings, this exercise is great for building arm and core muscles!



1

Hold a bean bag in each hand. Kids can also use water bottles or any small object with a little weight

2

Place feet slightly apart and bend knees to a half squat

3

Swing arms back and stand as they swing forward. Repeat motion for 2 sets, 10 reps each



MINI OBSTACLE 1 - SWING SWING! TOSS TOSS!

In this obstacle course, it's all about swinging and tossing!
Let's strengthen our arms!



Get a cone and set it 5 meters away from the beginning of the line. Start with 10 Swing Swings using 2 bean bags or 2 water bottles, and then jog to the cone

1 SWING SWING!

START!



Start off with an overhead throw as far as you can, followed by an underhand throw. Alternate the throwing styles between the 4 objects

2 TOSS TOSS!



3 JOG BACK



Finish the obstacle course by jogging back to the start!



Scan here for video



FINISH!

MINI OBSTACLE 2 - FIRE THE CANNONS!

This activity works on balance and accuracy, which are key basketball skills! This is also good to prepare for Spear Throwing, a common obstacle in Obstacle Course Racing!



START!

Place hula hoop, or create a masking tape square at the end of the 5 metre length. Start by throwing 3 bean bags into or as close to the hula hoop or masking tape square

1 HOP HOP HOP



2 COLLECT BEAN BAGS

Collect the bean bags and hop back to the start!



3 HOP BACK

Hop on one leg back to the start!



FINISH!

Scan here for video



MINI OBSTACLE 3 - ROCKING ROLLERS!

Rocking Rollers is a great activity to work on balance, coordination, and agility. These are skills that will come handy on the basketball court.

Did you know this activity is also good preparation for HURDLES, which are part of an Obstacle Course Race!



START!

Set up 3 bean bags in a straight line, with some distance between them. Jump over the bean bags one by one

1 JUMP JUMP JUMP

Jump in once you get to the hula hoop or masking tape square!
*place some bean bags on the hula hoop so it won't shift around

2 JUMP IN!



3 JUMP BACK

Jump back over the bean bags to the start!

FINISH!

Scan here for video



MINI OBSTACLE 4 -WALK THE PLANK!

Walk the Plank is a fun way to practice balance!
In Obstacle Course Racing this activity is similar
to the Balance Beam



START!

Use a masking tape to construct 2 x 10 metre lines,
with 20 centimetres of width between them

1 MAKE THE PLANK



Place bean bag on head and walk
in-between the masking tape line,
being careful not to step out

3 WALK BACK

Walk to the end and
back!

2 BALANCE!



Scan here for video



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!**

WORD SEARCH

FIND THESE WORDS IN THE PUZZLE BELOW!

BRAVE STRONG LEARN BETTER



**HOW ABOUT TRYING TO SPELL THESE
WORDS USING FMS SKILLS?**

TRY IT HERE!

<https://go.gov.sg/fms-word-up>

SCAN HERE TO PLAY



SHARE YOUR MOMENTS WITH US!

Capture your moments with your child in-action with any of the activities, and share them so all other parents can also learn and be inspired



**GET CREATIVE AND DESIGN
YOUR OWN COURSE WITH
THE NEW ACTIVITIES
LEARNED THIS WEEK!**



www.preschoolersgetactive.com/gallery

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