

MY ACTIVE PARENT JOURNEY

GETACTIVE!@HOME
PRESCHOOLS EDITION

Issue 5



Our Heart For Singapore

Stories • Songs • Gratitude • Pledges

In the next few editions, we want to help families celebrate National Day through our GetActive! Singapore campaign!

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

Also as part of National Day, we want to connect Singaporeans to tell the story of this unprecedented chapter in Singapore's History as part of the "Our Heart For Singapore" project.



So let's start getting active and building shared memories this National Day!

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

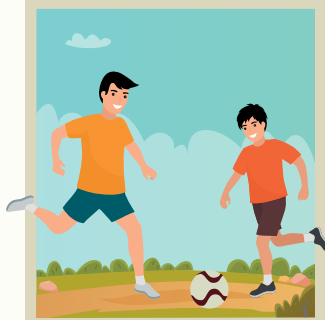


BE PRESENT IN YOUR CHILD'S LIFE

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

CREATING STORIES WITH YOUR CHILD

BUILD A STRONG FAMILY FOUNDATION!

CREATE SHARED MEMORIES WITH YOUR CHILD AS THEY GROW AND DEVELOP

**MAKE SURE YOU ALLOCATE TIME TO DO ALL SORTS OF THINGS WITH YOUR CHILD!
GIVE THE GIFT OF TIME!**



CHECK OUT SOME FUN FAMILY ACTIVITIES TO GET YOU STARTED:



SCALING MOUNT EVEREST WITH HIS LITTLE MAN

READ ABOUT HOW THIS DAD CHOSE MOUNT EVEREST AS HIS
WAY TO CREATE HIS STORY WITH HIS SON





U.Thuraijasingam (Raj), father of three beautiful kids and the proud owner of The Right Fit, a 24-hour gym, trekked up Everest Base Camp (EBC) with his oldest kid, Darrshan Raj Thuraijasingam, back in 2019. This amazing feat earned Darrshan a certificate from the Singapore Book of Records for the youngest Singaporean to reach Everest Base Camp at the age of 8. Now, that's not something that most Dads can boast of doing with their kids! Raj is also an exemplar active parent to his kids and aspires to be their role model forever.

Raj's involvement in his kids' active lifestyle is one that is constantly developing. Darrshan, who is also a participant of the ActiveSG Football Academy, was personally coached by his father for the EBC climb through treadmill running, skipping, cycling and jumping, on top of his twice-weekly football training.

The gruelling training sessions also provided Raj with opportunities to strengthen their father-son relationship and this allowed Darrshan to observe his Dad hard at work with his clients.



Seeing Darrshan very much involved with Raj in an active lifestyle, the younger two kids, Kaaviyaa and Puvendrasingam followed in the footsteps of their older sibling and father by attending weekly soccer training sessions and swimming classes. In order to utilise his time wisely while waiting for his kids during their soccer training sessions, Raj even got himself certified as a soccer coach for kids at the grassroots level.

When asked whether parents play an important role in nurturing sports development in our youths, Raj said: "Yes, I believe every parent should provide encouragement, support and access to activities that enable their child to develop skills in areas such as psychomotor, social and emotional development, etc. That's why it is often said a parent is a child's first teacher and coach."

As a Dad and a gym owner cum personal instructor for all age groups, Raj shared the challenges he faces to motivate children of this generation to be active or play sports. He mentioned that kids today have become obsessed with computing games and gadgets which have led to a sedentary lifestyle. As such, he encourages parents to embark on an active lifestyle before encouraging their kids to do so. Reason being our children are mirrors, reflecting images of what happens around them.

Given the current COVID-19 situation, Raj's family still remains active. Their routine now involves cycling along the Park Connector Network (PCN) routes or doing some functional workouts at home as a family.



REMEMBERING YOUR STORIES TOGETHER

Sometimes, beyond just doing things together, take the time to also record your family memories together!



HERE ARE 3 REASONS WHY IT IS A GREAT IDEA TO RECORD FAMILY MEMORIES:

1

It is a simple way to connect and reflect with your child together!

2

To remember the everyday moments and relive proud, happy and special times – not just the major events but little things too!

3

Recording family memories help preserve parts of the identity and impact of your lives



FAMILY MOMENTS AT HOME



How about remembering some of your favourite family moments with your child during the stay home period?



An activity we did together:

New skill we learnt:

Something new we learnt about each other:

Our best meal together:

Or try making your very own memory box
(See bonus activity at the end!)



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

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

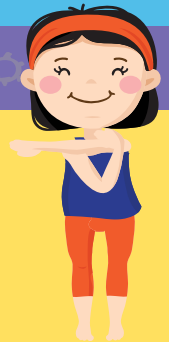
Start standing with your feet hip-distance apart.
Keep your legs straight and your knees slightly bent
with your arms extended down by your side.
Bend forward at the torso and let your fingers hang
down toward your toes



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

MINI STEPS

Cones or small objects

DIAMOND DRIBBLE

4 cones or small objects, and a paper ball, and 2 chairs

PAPER BALL OBSTACLE COURSE

Cones, masking tape, and paper ball

KICK AND CRAWL

1 Adult 4-legged table and chairs, paper ball, and a cone

HULA RUN

6 hula hoops, paper ball, masking tape and a cone

WOOSH BALL

3 hula hoops, paper ball, and a cone

*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
FOOTBALL!



PLAY & HAVE FUN TOGETHER!

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

MINI STEPS

Mini Steps is a great exercise to practice footwork and agility. These are very important skills in football.

Did you know that this is a scaled down version replicating the Z Wall of an obstacle course race?



1

Start by standing on tiptoes

2

Kids are to zig zag through the cones as fast as they can using mini steps

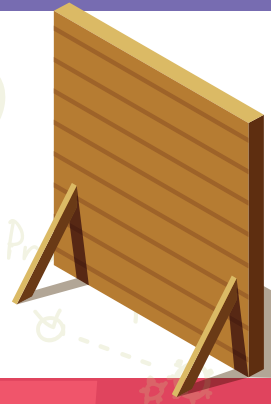
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Mini steps to the end of the cone and back

MINI OBSTACLE 1 - DIAMOND DRIBBLE

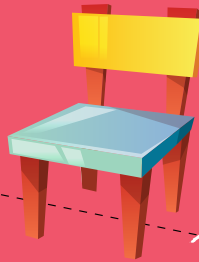
Diamond Dribble helps kids acquire coordination and balance while they climb and negotiate ball control.

Chair climbing - ascending and descending - is a great start towards preparing for the Wall Climb in obstacle course racing.



START!

- 1** Place the cones 1-2 metres apart in a shape of a diamond



- 3** Upon reaching the chair, kick the paper ball under. Next, ascend the chair and then descend. Now kick the paper ball to next cone



- 2** Kids start at the base of the diamond and dribble a paper ball to each cone

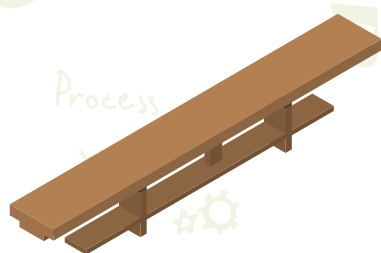
Scan here for video



MINI OBSTACLE 2 - PAPER BALL OBSTACLE COURSE

A fun activity that focuses on speed, agility and footwork. Kids let their feet do the talking.

This is a simulation of the balance beam in an obstacle course race.



1

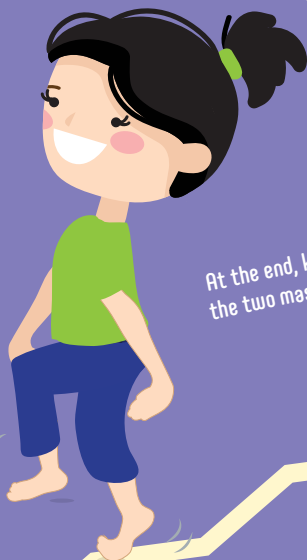
Similar to mini steps, place masking tape along the 5m - 8m length in a zigzag pattern. At the end of the 5-8 metre length, place two cones side-by-side with a 30 cm gap between them. Begin by dribbling a paper ball through the zigzag

START!



At the end, kick the ball through the two masking tapes like a goal

2



3

Finally, mini steps back through the zigzag to the start point

FINISH!

Scan here for video



MINI OBSTACLE 3 - KICK & CRAWL

This activity trains kids to be more nimble-footed, working on ball control and kicking skills.

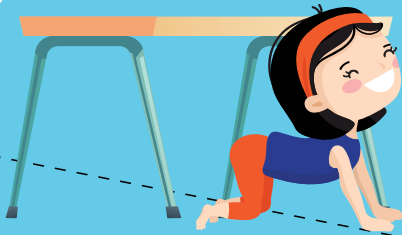
A superb activity to develop basic crawling skills. A lead up to an actual obstacle course barbwire crawl race when they are older.



1

Place the cone at the end of an 8-10m length. Place the table midway through at the 4-5m point. Kids start by dribbling the ball to the table and gently kicking the ball through.

START!



2

Kids have to crawl under the table and get back up to dribble the ball to the cone.



3

Repeat on the way back

FINISH!



Scan here for video



MINI OBSTACLE 4 - HULA RUN

The Hula Run is fashioned after the Tyre Run in an actual obstacle course race. Hula hoop replaces tyre here.



START!

1

Place the cone at the end of a 5-8m length with a paper ball next to it. Use 2 x 20cm strips of masking tape and tape them on the ground, after the cone, with 30cm between them to create a masking tape goal. Arrange hula hoops two-by-two in a line from the start point. Kids have to manoeuvre through the hoops one foot at a time.

2

When they get to the cone, they have to kick the paper ball through the masking tape goal

FINISH!

3

Return back to start manoeuvring through the hula hoops



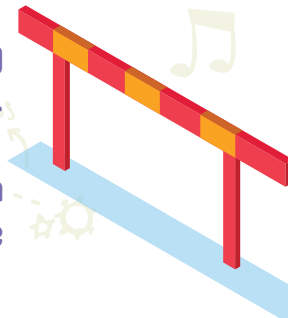
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MINI OBSTACLE 5 - WHOOSH BALL

This activity combines past skills learnt, along with practicing ball control.

The jumping sequence is similar to Hurdles, an obstacle you'll find in an obstacle course race



START!

1

Place cone at the end of a 5m length. Arrange hula hoops in a zig zag position. Kids are to dribble paper ball to the first hoop, jump in and do 5 Jumping Kangaroos

3

Once done, dribble to the last hoop and do 5 secs of Mini Steps. Dribble the ball to the cone, and then dribble back following the same route

2

And then dribble to the next hula hoop and do Horsey Trots for 5 secs

FINISH!

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!**

MEMORY BOX

**Make your own memory box and store
your favourite moments today!**



All you need is a box, glue,
and things to decorate
with like paint, pens, and
paper.



Now it's time to decorate
your memory box! It can
look however you want.

Once it's dry, it's time to
start filling it. Photos,
little keepsakes, or written-down
memories.



Now you have something
special you can look at or
share with friends and
family!



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



www.preschoolersgetactive.com/gallery

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

SCAN HERE TO ENTER



x x
x x
x x
x x



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