

# MY ACTIVE PARENT JOURNEY

GETACTIVE!@HOME  
NATIONAL DAY EDITION

Issue 7



# Our Heart For Singapore

Stories • Songs • Gratitude • Pledges

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

**This National Day, check out various activities we have in stored for you, to get active with your child and use this opportunity to spend quality time 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!



# START YOUR DAY WITH HOMEMADE BREAKFAST

## BREAKFAST WRAP

WAYS TO GET YOUR CHILD INVOLVED!

- STIR EGG MIXTURE • PICK VEGETABLES OFF THE STEM
- PLATE THE FOOD • SET THE TABLE

### INGREDIENTS:



VEGETABLES



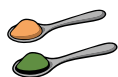
OIL



EGG



WRAP



HERBS  
(SEASONING)



PEPPER  
(SEASONING)



SALT  
(SEASONING)

TIME: 20 MINS

SERVING: 1

### DIRECTIONS:

1. Heat up the pan and drizzle some oil
2. Add your onions and stir fry till translucent
3. Add your vegetable and saute it
4. Season the vegetables with herbs, pepper and salt
5. Add the eggs and swirl it around the pan
6. Immediately place the whole meal wrap on top of the eggs
7. After 1 minute, flip the wrap over, turn the heat down to low
8. Add cheese, season with salt and pepper

Roll it up to form a wrap and enjoy your meal!



Scan here for  
video and more  
fuss free  
nutritious yummy  
recipe!



# GET ACTIVE! 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



# SPACE YOGA ADVENTURE

Join your child on a Space Yoga Adventure, put on your Spacesuit and let's blast off into the galaxy!

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!

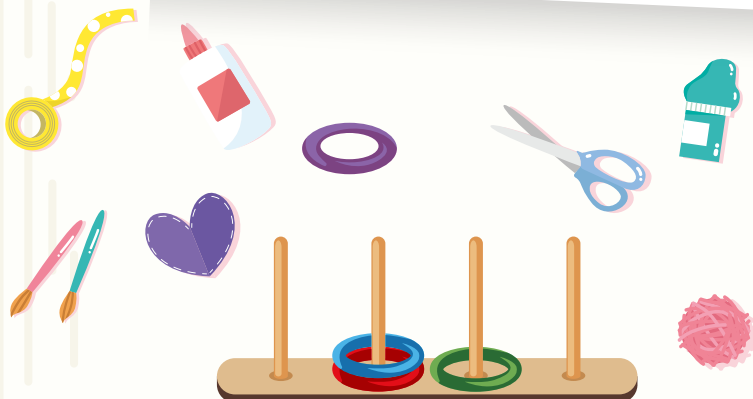
Scan here for video and more creative movement fun videos!



GO.gov.sg

# Home-made CRAFTS!

Make your own ring toss with easy to find household items and relieve those carnival moments!



Scan here for video  
and more artsy  
craft ideas!





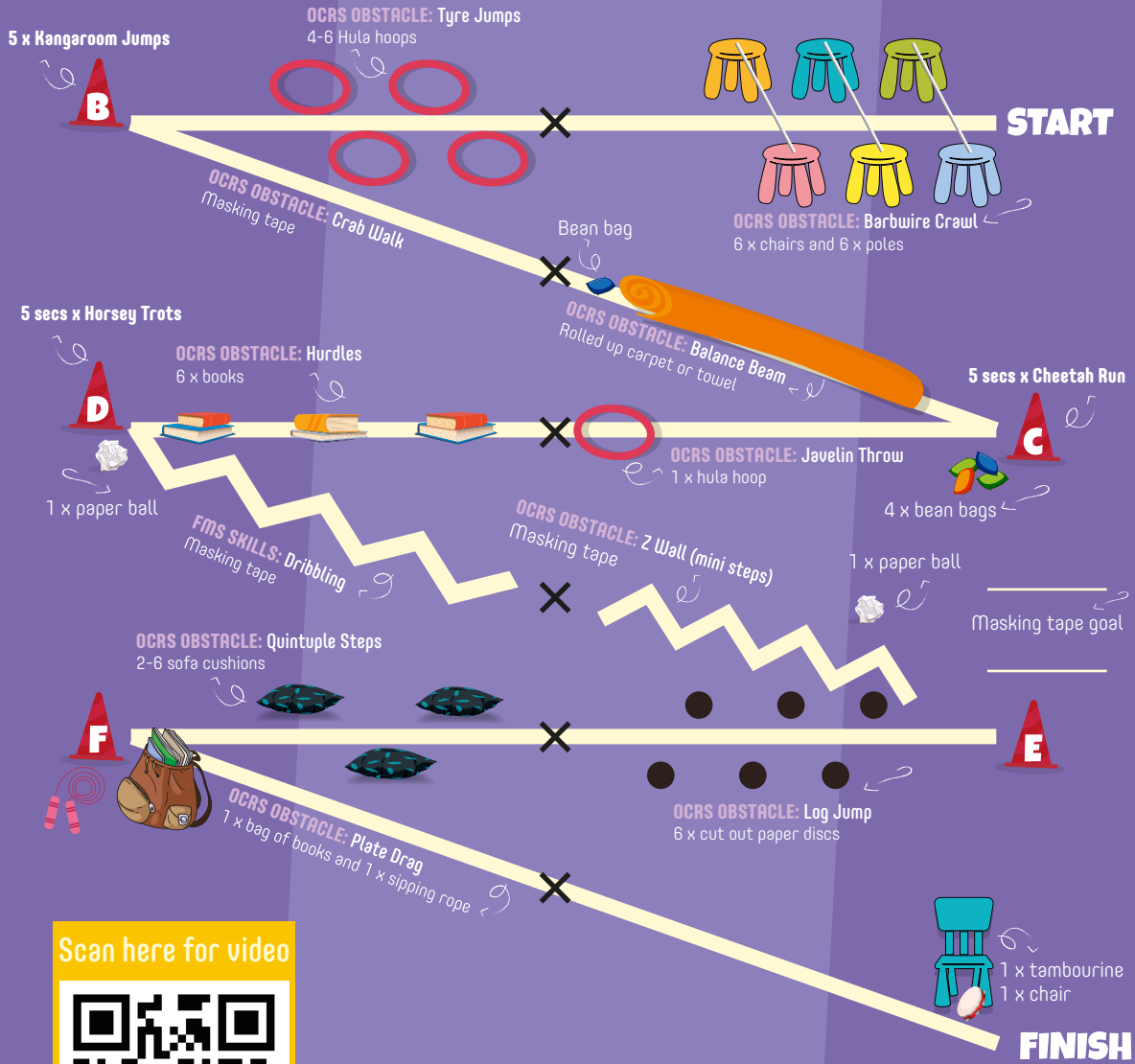
Give it a go and build your own version of obstacle course and have a challenge with your child! Not only will they love the challenge, they will also be working on their gross motor skills!

Be awed by your little ones and guide them as they display their strength and agility, and navigate through the obstacle course!

Upon completing the course, design your own overcomer trophy!



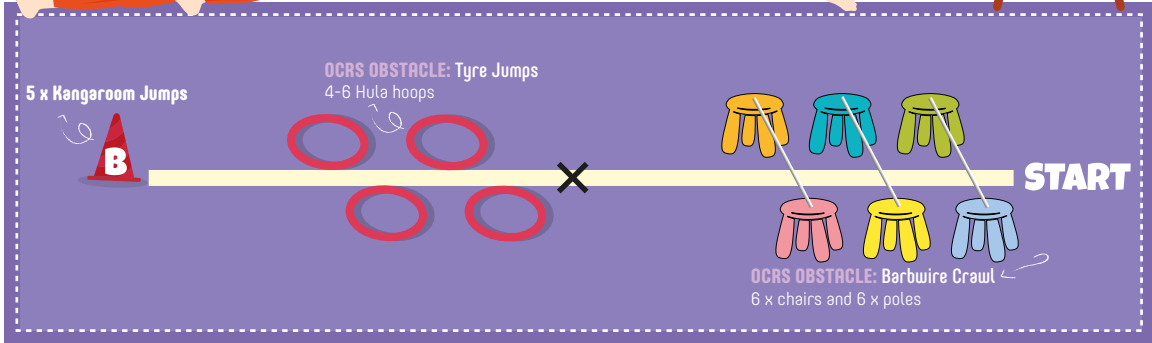
# OBSTACLE PLAYGROUND LAYOUT



Scan here for video



# LANE 1: START - POINT B



**OCRS OBSTACLE:** Barbwire Crawl | Tyre Run | Kangaroo Jumps

**EQUIPMENT -** 2 cones, 4-6 hula hoops, 6 tall cones, 3 poles, marker (cones or any small object)

## SET UP

- Place 1 cone at starting point (*Point A*) and one at the end of the 5-metre course (straight line)
- Place a marker at the midpoint
- **Barbwire Crawl** - Create a tunnel-like structure using the tall cones and poles
- **Tyre Run** - Place hula hoops in a staggered pattern along the length.

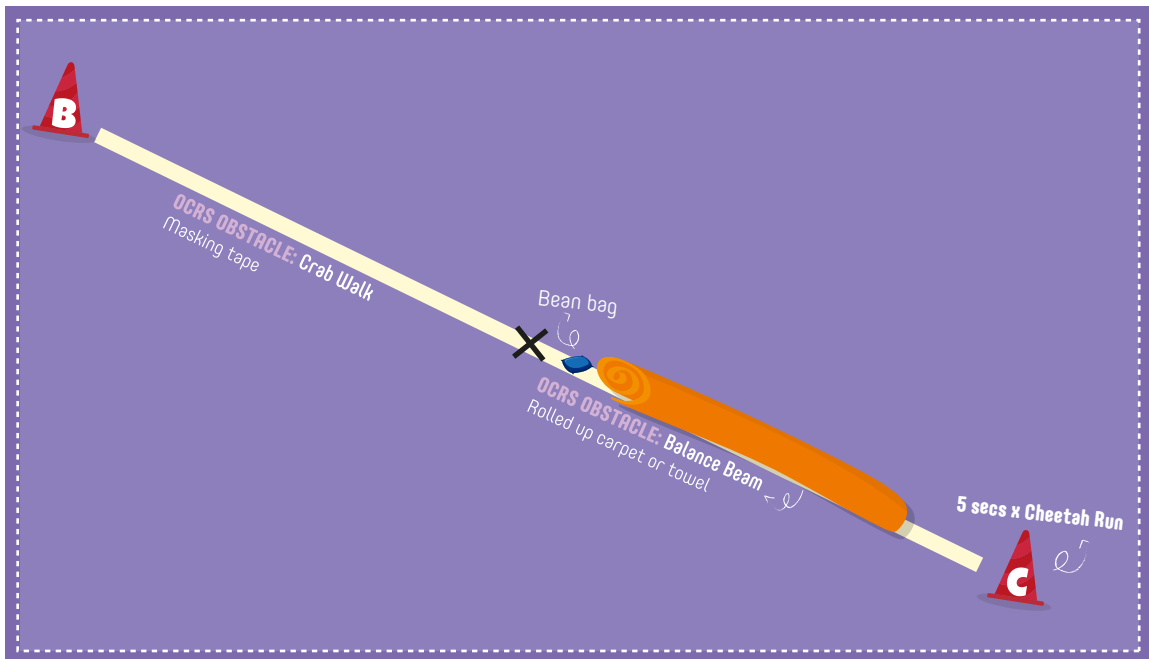
## INSTRUCTIONS

- Start at *Point A* by crawling through the **Barbwire Crawl**
- Stand up at the midpoint, and run through the hula hoops (alike a **Tyre Run**, stepping inside each hula hoop - left foot on left hoop, right feet on right hoop) to *Point B*
- Perform **5 Kangaroo Jumps** (*at Point B*)

## ANOTHER OBSTACLE OPTION

**LOW CRAWL** | The barbwire can be substituted with a table. Connect tables to create a longer tunnel challenge.

# LANE 2: POINT B - POINT C



**OCRS OBSTACLE:** Balance Beam | Crab Walk | Cheetah Run

**EQUIPMENT-** masking tape, rolled-up towels, bean bag

**ALTERNATIVE-** Rolled-up towels -> masking tape

## SET UP

- From **Point B**, set up a diagonal route to **Point C** that is set 1.5m directly below **Point A**
- The **Crab Walk** will be at the start of Point B to the midpoint, so no equipment is needed
- After that, place a rolled-up carpet, towels (to make a 2-metre length **Balance Beam**) in a diagonal line to **Point C**

## INSTRUCTIONS

- Start at **Point B**, **Crab Walk** to the **Balance Beam**
- Pick up bean bag, balance it on the head, then walk on the **Balance Beam** to **Point C**
- Perform 5 seconds of **Cheetah Run** at **Point C**

## ANOTHER OBSTACLE OPTION

**HOPPING BUNNIES** | Replace Crab Walk with Hopping Bunnies, or you can also do a combination of both. For example - do 2 Hopping Bunnies and then Crab Walk to the midpoint.

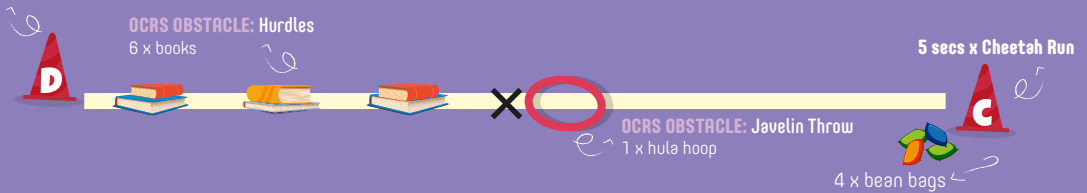
# LANE 3: POINT C - POINT D



5 secs x Horsey Trots

OCRS OBSTACLE: Hurdles  
6 x books

5 secs x Cheetah Run



**OCRS OBSTACLE:** Javelin Throw | Hurdles | Horsey Trots

**EQUIPMENT -** 4 bean bags, 1 hula hoop, 6 books

## SET UP

- From *Point C*, set up a straight line to *Point D*
- Place 4 bean bags at *Point C*, and a hula hoop at the middle of the stretch
- To build **Hurdles**, use 3 stacks of books using 6 books (2 books per stack). Set them at least half a metre apart

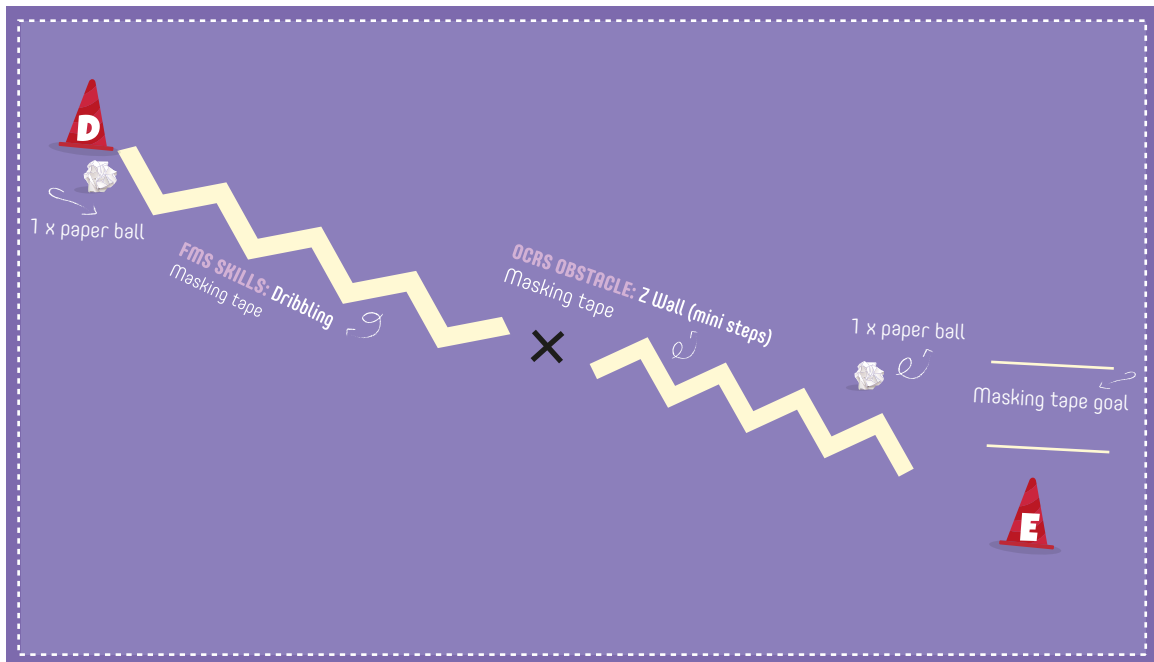
## INSTRUCTIONS

- Starting at *Point C*, throw 4 bean bags into the hula hoop
- Once accomplished, jog to the hula hoop, pick up the bean bags and return them to *Point C*
- Jog back to the midpoint and jump over the stack of books (**Hurdles**) to *Point D*
- Perform 5 seconds of Horsey Trots at *Point D*

## ANOTHER OBSTACLE OPTION

**LOW CRAWL** | Add a table at the midpoint to make the course more challenging.

# LANE 4: POINT D - POINT E



## OCRS OBSTACLE: Z Wall

**EQUIPMENT** - masking tape, 2 paper balls, 8-10 cones

### SET UP

- From **Point D**, set up a diagonal route to **Point E** that is set 1.5m directly below **Point C**
- Place a paper ball at **Point D**
- Create a zigzag length using masking tape reaching the midpoint
- From the midpoint, create another zigzag length to **Point E**
- Use masking tape to make a 50 cm wide goal post in front of Point E. Place the paper ball 1 metre in front of the goal line

### INSTRUCTIONS

- Starting at **Point D**, **Dribble** the paper ball through the masking tape zigzag
- From the midpoint, **Mini Step** through the second zigzag stretch
- Upon reaching the paper ball, score a goal through the goal line towards the cone

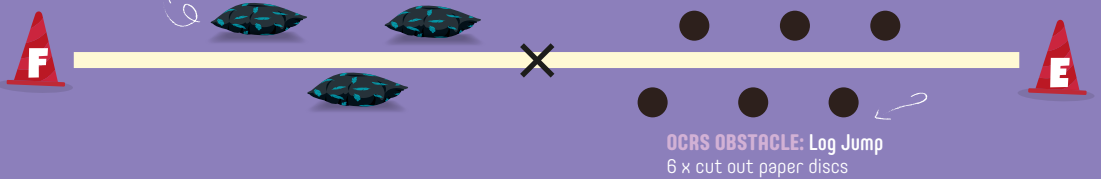
## ANOTHER OBSTACLE OPTION

**WARPED WALL** | For a more challenging option, add a chair at the midpoint to create the "warped wall"

# LANE 5: POINT E - POINT F



**OCRS OBSTACLE: Quintuple Steps**  
2-6 sofa cushions



**OCRS OBSTACLE: Log Jump**  
6 x cut out paper discs

**OCRS OBSTACLE: Quintuple Steps | Log Jump**

**EQUIPMENT -** 6 round paper discs, 2 sofa cushions, water bottles

**ALTERNATIVE -** 2 sofa cushions -> 2 - 4 square mats

## SET UP

- From *Point E*, set up a straight route to *Point F*
- At *Point E* place 6 paper discs half a metre apart in a zigzag pattern to the midpoint
- From the midpoint, place 2 sofa cushions half a metre apart in a zigzag pattern to *Point F*

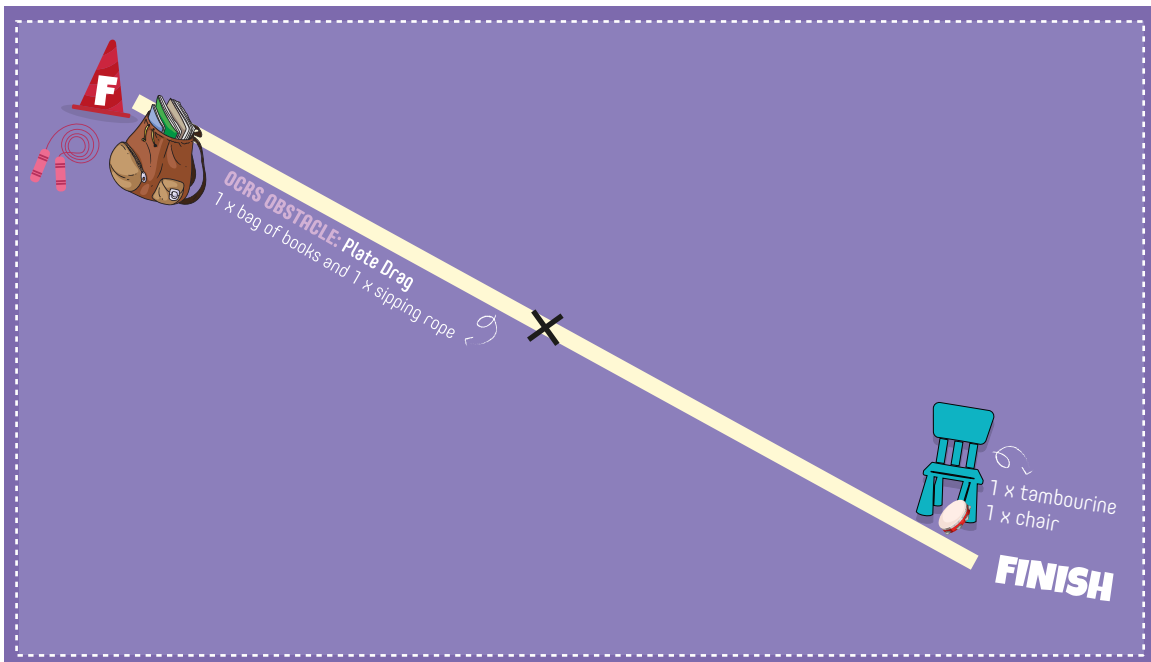
## INSTRUCTIONS

- Starting at *Point E*, hop through the round discs to the midpoint
- Jump across the sofa cushions to *Point F*
- Perform 5 **Swing Swings** at *Point F*

## ANOTHER OBSTACLE OPTION

**HORSEY TROTS |** Place a hula hoop at the midpoint and get kids to do 5 Horsey Trots

# LANE 6: POINT F - FINISH POINT



**OCRS OBSTACLE:** Plate Drag

**EQUIPMENT -** 1 Rope/skipping rope, 1 bag of books, 1 chair, 1 musical instrument

## SET UP

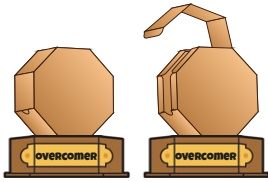
- From *Point F*, set up a diagonal route to the Finish line that is set 1.5m directly below *Point E*
- Place a few books in a bag. Tighten with a skipping rope or rope. Weight should be calibrated so that kids can drag slowly along
- Place a chair at the finish line with the musical instrument on it

## INSTRUCTIONS

- Starting at *Point F*, pick and drag bag of books to the midpoint and back
- Run as fast as possible to the finish line, pick up the musical instrument and celebrate

## ANOTHER OBSTACLE OPTION

**BALANCE BEAM** | This can be added right after the midpoint instead of dashing to the finish line



# you've won THE OVERCOMER TROPHY

Congratulations on completing all the obstacle course challenges! You are an OVERCOMER and here is a well deserved trophy from us!! Your trophy is also a special memory box for you to keep any small precious items you have

**PAGE 1**

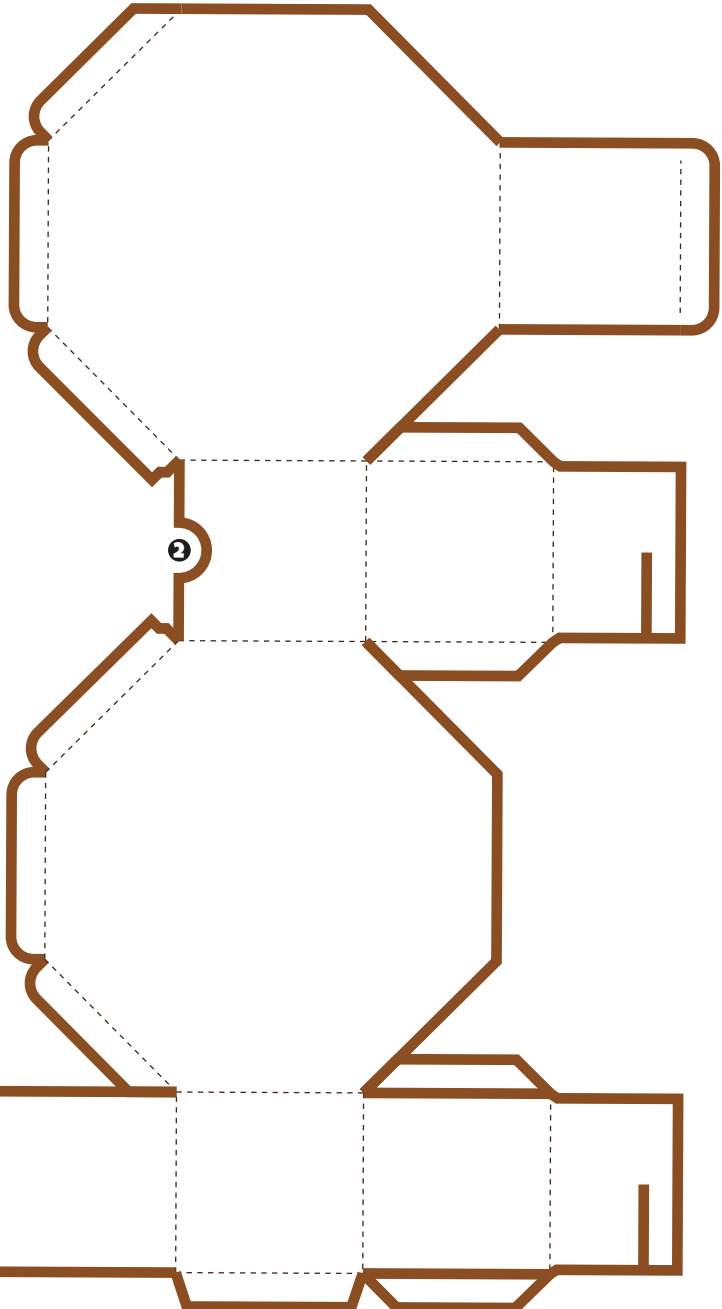
## INSTRUCTIONS

### ❶ TROPHY BODY PART 1:

- **PRINT** pages 1 - 3 on art card paper for best results
- **DESIGN** and decorate trophy body with anything you like

### ❷ TROPHY BODY PART 2:

- **CUT** around the perimeter of the trophy body
- **FOLD** along all the dashed lines
- **ASSEMBLE** trophy body using paste

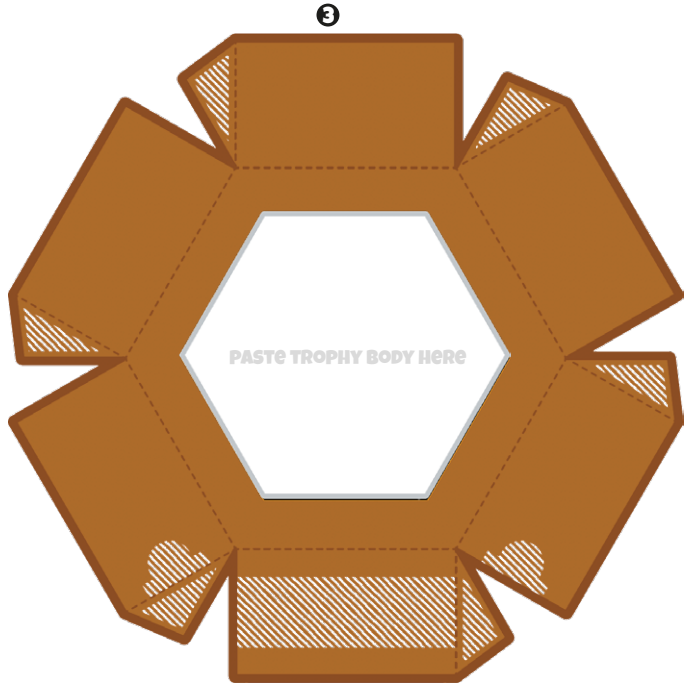




# INSTRUCTIONS CONTINUED...

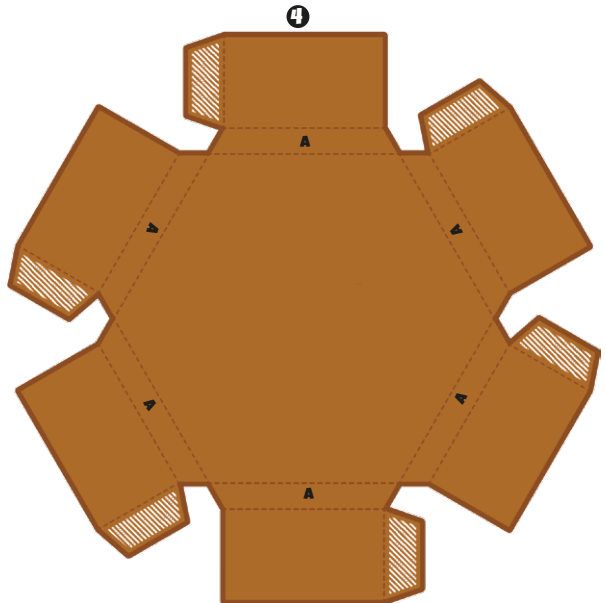
## 3 TROPHY BASE TOP:

- **CUT** around the perimeter of the TROPHY BASE TOP
- **FOLD** along all the dashed lines
- **ASSEMBLE** TROPHY BASE TOP using paste
- **PASTE** TROPHY BODY on the white octagon on the TROPHY BASE TOP



## 4 TROPHY BASE BOTTOM:

- **CUT** around the perimeter of the TROPHY BASE BOTTOM
- **FOLD** along all the dashed lines
- **PASTE** A SECTIONS inside of TROPHY BASE BOTTOM
- **ASSEMBLE** rest of TROPHY BASE BOTTOM using paste together
- **INSERT** into TROPHY BASE TOP



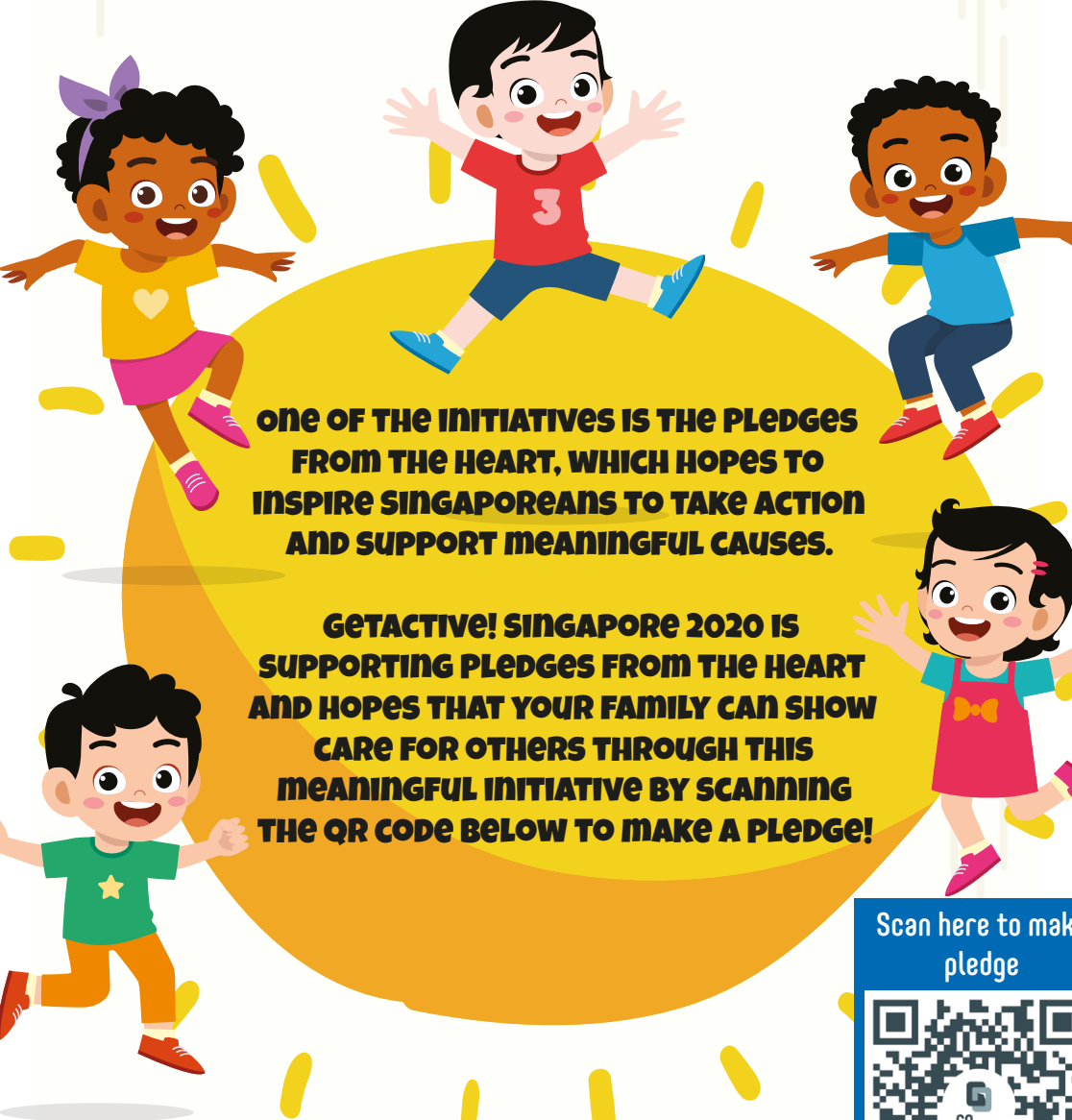
## 5 TROPHY PLATE:

- **CUT** around the perimeter of the TROPHY PLATE
- **FOLD** along all the dashed lines
- **PASTE** TROPHY PLATE to TROPHY BASE TOP



# TO END OFF THE DAY

AS PART OF NDP 2020, "OUR HEART FOR SINGAPORE" PROJECT AIMS TO CONNECT SINGAPOREANS AND TELLS THE STORY OF THE UNPRECEDENTED CHAPTER IN SINGAPORE'S HISTORY



**ONE OF THE INITIATIVES IS THE PLEDGES FROM THE HEART, WHICH HOPES TO INSPIRE SINGAPOREANS TO TAKE ACTION AND SUPPORT MEANINGFUL CAUSES.**

**GETACTIVE! SINGAPORE 2020 IS SUPPORTING PLEDGES FROM THE HEART AND HOPES THAT YOUR FAMILY CAN SHOW CARE FOR OTHERS THROUGH THIS MEANINGFUL INITIATIVE BY SCANNING THE QR CODE BELOW TO MAKE A PLEDGE!**

Scan here to make pledge

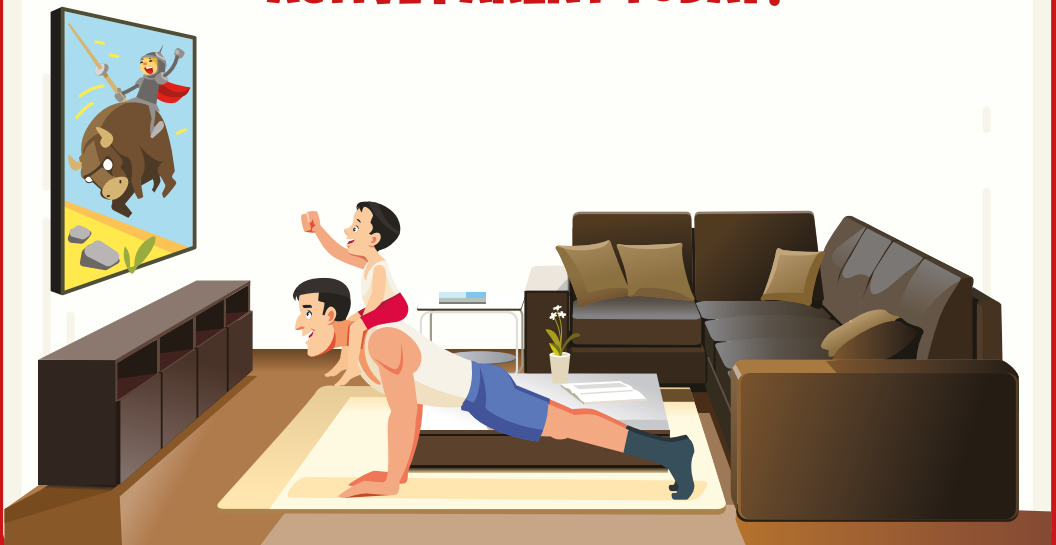


# **WHY IS IT IMPORTANT FOR PARENTS TO GET ACTIVE WITH YOUR CHILD?**

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?



**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](http://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!**

An initiative by



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