

MY ACTIVE PARENT JOURNEY

GETACTIVE!@HOME
PRESCHOOLS EDITION

Issue 1



WELCOME MESSAGE



SportsG6 LEO Lim Teck Yin with his father

My late father was an “Active Parent”.

It was not a term that was used then to describe how he nurtured a love for sport in me. It is clear to me now that the time we spent playing together, spectating at sport events and the encouragement he gave to me in my sporting journey shaped the person I am and how I value the camaraderie and friendships that give purpose and meaning to my personal and professional life. Teamwork is something that I learned early in life through sport. As a child, I could not intellectually break it down into the skills required for good teamwork, but my intuition was built through the numerous experiences with teammates during play and competition. I was by no measure a talented sporty kid. I was obese and not terribly fit, but I dare say I could hit a ball or a shuttlecock well enough, and I developed a foundation of movement skills that would enable me to confidently participate in physical activity and sport throughout my life.

My father taught me to swim after I had a near drowning episode. He would then push me to build my stamina in the pool, one lap at a time; challenging me to race him or to see whether I could beat my personal best time in a single lap. In primary two, during a school swimming PE lesson I surprised myself in being able to complete one lap of 50m. I remember the sense of achievement and pride I felt when I got home to tell him. That experience continued throughout my childhood as he introduced me to table-tennis, badminton, and tennis, while I tried to play football and all the other recess games that children make up.

cont. →

Little did I know it, but his fatherly challenges to me in arm wrestling, push ups, badminton or tennis rallies, and even football penalty kicks, enabled me to relish the idea of getting better at the sport or the challenge. I did not beat my father in swimming till I trained seriously in junior college; and I did not beat him in tennis till I was in my late twenties and he was already in his sixties. Over the years he shared with me that the secret was in consistency and practice, and developing and playing on one's strengths (his tennis backhand was so consistent!). He emphasised that it was important for me to get fitter before National Service (I could not do a single chin-up until I was sixteen).

With sport, my father was present for me throughout my childhood; building our relationship and building me up. He supported me with time, instruction, challenge and praise when I made a good effort. He was a role-model in how he worked hard but made time for sport and exercise for himself, and for me. Most of all, he was my friend in all my ups and downs, and when I went through new challenges as I journeyed through the ages. We had special memories together in sport. As I grew up, I did eventually get fitter and stronger, I did eventually focus more on one sport, even as I learned to play and compete in some others in the Army, like boxing and rugby. All because I had a foundation that my active parent lovingly nurtured in me.

I hope this booklet will encourage you in your active parenting journey. It is a journey of love with a lifetime of memories.



LIM TECK YIN
SportSG CEO

The illustration at the bottom of the page depicts a vibrant park scene. A large yellow banner, tilted downwards from left to right, features the name 'LIM TECK YIN' in bold red capital letters and 'SportSG CEO' in a smaller, italicized red font below it. The banner is set against a background of green rolling hills and several stylized green trees. In the foreground, a blue and white checkered pattern represents a swimming pool or a paved area. To the left, four people are engaged in various activities: a woman in a black top and white pants is stretching, a man in a red shirt and black shorts is performing a pull-up on a yellow bar, a man in a blue shirt and black pants is lying on a yellow mat, and a woman in a white top and black pants is standing. To the right, a large, stylized red figure, resembling a person in a dynamic pose, is set against a background of more green trees and a blue sky.

MY ACTIVE PARENT JOURNEY

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

- *Matthew L Jacobson*



ACTIVE PARENT

Being an active parent involves learning more about your child and yourself, and adjusting your parenting approach as your child grows through sport! More importantly, it is to always play an active role in your child's life & sporting journey.



WHAT DOES THIS MEAN FOR YOU?



BUILDING A STRONG RELATIONSHIP WITH YOUR CHILD THROUGH SPORT

is our priority.

We are committed to starting this journey with you and your little one and create sporting moments together!

Being there for your child every step of the way is important and we would like to equip you to be that pillar of support for him or her, especially starting at home.

DEVELOPING YOUR CHILD HOLISTICALLY THROUGH SPORT

sits at the centre of our work and it extends beyond the programmes your child participates in.

We hope to help you unlock the different elements that make up your child's development.

From knowing what it takes to having an active start, this kit shall be your guide!

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*



ACTIVE START

Children should be encouraged to play freely and learn about the world on their own terms right from infancy, whether they play by themselves, with parents or with their peers.

Apart from developing their muscles, bones and brain, an active start creates the conditions for their holistic development in the following areas:



The early years are crucial for helping children develop Fundamental Movement Skills.

WHAT ARE FUNDAMENTAL MOVEMENT SKILLS?

Fundamental Movement Skills (FMS) form the building blocks that underpin daily living activities.

Generally, children with good movement skill competency are more likely to acquire sport specific and complex movement skills in their growing years.

It's never too young to start exercising! Help children get an active start in life with fun age-appropriate physical activities, for them to enjoy an active healthy lifestyle and grow smart.

MOTOR DEVELOPMENTAL PHASES





NURTURE KIDS

WHAT IS NURTURE KIDS?

Nurture Kids is an exercise and movement programme developed by experts to help preschoolers grow up healthy, strong and resilient.



OBJECTIVES OF NURTURE KIDS

In partnership with preschools, Nurture Kids aims to develop physical literacy among preschoolers, for them to enjoy an active and healthy start to life.

Enhance
Movement Skills
of Preschoolers

Teacher's
Capability
Development

FMS Trainers
Partner Teachers
During Lessons



PHYSICAL ACTIVITY GUIDELINES






DID YOU KNOW?

Children capable of walking unaided should be physically active for at least 180 minutes, spread throughout the day in safe environments

Reference: Health Promotion Board, www.hpb.gov.sg



BEFORE YOU START!

-  Ensure a safe physical environment - inspect the activity area and equipment before the start of the activity
-  Remember that children learn at different rates - modify the activities to fit the activity space and the age/level of your child
-  Anybody and everybody can guide your child through the activities - you just need to participate and play alongside your child

GET ACTIVE! @ HOME CHALLENGE



Complete the Hopscotch!

Hop a square a day and do the activity in each square as a family!

More details on each activity can be found in the following pages



ACTIVITY 1

COLOURS OF THE RAINBOW

HOW TO PLAY?

1

Write the 7 colours of the Rainbow on separate pieces of paper. Roll them up and throw them in a cup!

2

Randomly pick a paper from the cup and see what colour it is

3

Now both parent and child are to find 3 items in the house of the picked colour

4

The first person to bring all 3 items back to the starting point wins

5

Keep going until you finish all 7 colours!

Scan here for
demo video



VARIATIONS



Increase the number of items for each colour



Use different locomotor skills to go find items
—walking/running, hopping, crawling etc.



WALK THE *TIGHTROPE!*

HOW TO PLAY?

1

Tape a line or zig-zag lines across the living room floor



2

Take turns to walk the line as if on a balance beam

3

See how long it takes to reach the finish line!

VARIATIONS



- ★ Explore walking at different speeds (fast vs slow) or patterns (e.g. tippy-toes or squat down low)
- ★ Be creative with the lines on the ground (zig-zag lines, curves or even shapes/patterns)
- ★ Add obstacles along the pathway (e.g. add pillows to elevate surfaces or add hurdles to cross)

Scan here for
demo video



★ ACTIVITY 3

ROLLY POLLY

HOW TO PLAY?



1

Crush newspaper to make a ball

2

Place various household objects at a distance as targets (e.g. chairs, bottles, shoeboxes)

3

Take turns to roll the ball to the target. Either through the target (e.g. chair's legs) or hit the target (e.g. bottles)

4

Earn points for successful tries and the one with the most points win!

Scan here for demo video



VARIATIONS



- ★ Increase distance to make it more challenging
- ★ Try using your other (non-dominant) arm
- ★ Use different sizes or types of balls



KEEP

IT

UP

HOW TO PLAY?



1

Find household items that can act as a bat – Frying pans, plastic plates, cardboard or your palm works too!

2

Make or find a ball – Crush a newspaper, blow a balloon or use a ball (e.g. ping pong ball, tennis ball)

3

Use the bat and keep the ball up as long as possible

VARIATIONS



Keep the ball up by passing to one another. Get a rally going!



Add a pail or box at the end and make it a race to bring the object from a start line to scoring into the goal

Scan here for demo video





ACTIVITY 5

STRETCH IT OUT!

HOW TO PLAY?

Find a chair for everyone to sit

Perform these seated exercises – 30 seconds for each exercise!

1



2



3



4



5



6



Scan here for demo video



CUES

Head rotation
(e.g. look left / right / up / down)

Stretch your fingers

Stretch your shoulders and cross arms like an elephant trunk

Stretch and touch your toes

ACTIVITY 6

SHRINKING NEWSPAPER



HOW TO PLAY?

1

Place a newspaper sheet on the floor

2

Balance on the newspaper and hold the position for 30 seconds

3

With each successful balance-and-hold, fold the newspaper in half, and repeat the balance-and-hold

4

See how many folds you and your child can achieve

VARIATIONS



Increase the amount of time to hold the position (e.g. 1 min)



Be creative and have different holding positions (e.g. both to hold position on 1 leg)

Both parent and child stand together on the same newspaper

Scan here for demo video



★ ACTIVITY 7

BATTLEFIELD



HOW TO PLAY?

1 Divide your family into 2 teams (e.g., parent vs kids, girls vs boys etc.) and position at opposite ends of the playing area

2 Each team to prepare 5 (or more) rolled up socks, and find a household item to use as a shield/fort (e.g. chairs, pillows, cardboard boxes)

3 When both teams are ready, start firing (throwing) the socks at the other team's fort. You may pick up thrown socks to continue playing

4 Use your shields to protect yourself or dodge with body movements

5 At the end of 5 mins, the team which was hit less, wins!

Scan here for
demo video



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

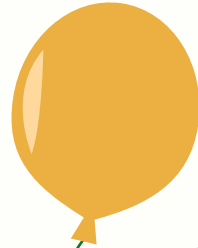
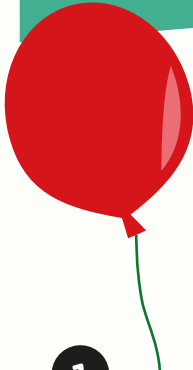
'LIVE' SPORT PRACTICES

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!



An initiative by

Sport
SINGAPORE

Brought to you by

ActiveSG

Partner in Sport

**tote
board**

Giving Hope.
Improving Lives