

Workshop, Talks and Experiential Activities Description

Updated on 17/7/2019

List of Sports Tryouts and Free to Play Activities

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1. Aquatic Fitness Workout (scheduled timings)
 2. Archery
 3. Athletics (tandem running)
 4. Augmented Reality Games
 5. Badminton
 6. Basketball/Wheelchair Basketball
 7. Boccia
 8. Canoeing (scheduled timings)
 9. Crossfit
 10. Curling
 12. Cycling (scheduled timings)
 13. Football 5-a-side
 14. Fundamental Movement Skills (Hopscotch)
 15. Goalball
 17. Sitting Volleyball
 18. Table Tennis
 19. Tennis/Wheelchair Tennis
 20. Amazing Kampung Race (scheduled timings)
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Active Health Interactive Session

By Active Health @ Our Tampines Hub

These sessions would target both the child and caregiver with the primary objective of sharing some lifestyle habits they can bring home and adopt based on their goal set together.

Participants will learn some chair exercises at the end of the session that can be brought home for family members to do together. There would be a 15 min Q&A session at the end with sharing of Active Health programmes.

To Register:

<https://app.acuityscheduling.com/schedule.php?owner=14743866&appointmentType=10545301>





Amazing FMS Race

By Yellow Marketing

Participants will race around the Inclusive Sports Festival site performing challenges at different legs. Complete each leg to find the clue to the next destination. We will be testing their knowledge in para sports, national day trivia and fundamental movement skills. Complete all legs and collect your mini FMS prize!

The different legs will include*:

- 3 Para Sports Activities
- 1 Hopscotch Warrior
- 1 National Trivia

The purpose of this race is for participants to travel across around the Festival to see the different sports and activities involved with ISF. More importantly involve them in the games so they can better understand and empathize for people with disabilities and the importance of sports in their lives.

Participants can collect a mini prize from a toy capsule machine when they are done!

To Register: Email candice.yan@yello-marketing.com with the email subject [ISF2019 – Amazing FMS Race Registration]



AMAZE Workshop for Parent and Child

By Aquafins

Is my child with special needs ready for water activity? How am I going to make it a positive experience for my child? Is it safe for my child to play in water? The AMAZE (Always Making Aquatic a Zestful Experience) Workshop is definitely one that you should attend. A holistic teaching of balancing the mind and the body in an aquatic environment for learners with special needs. The key learning of foundation skills and building blocks toward a safer and competent swimmer. Not forgetting, this is an amazing chance for parent and child bonding through safe and fun activities.

A 1.5 hour activities based workshop in the water for parent and child. The primary objectives of this workshop are to impact safe, child-centered management approach of aquatic skills to parents. Each family will be given a resource pack to bring home after the workshop.

The age grouping of this workshop shall be as follows:

Group A: Age 5 to 7 | Group B: Age 8 to 12 | Group C: Age 13 & Above

Capacity: 8 pairs (caregiver and child) per session.

Register Here: <http://bit.ly/2FC4xEn>



How sports can benefit persons with special needs

For parents of person with disabilities/special needs, people working with person with disabilities/special needs

By Ong Wee Loon

This workshop explores how people with special needs would benefit from engaging in sport activities. It also creates opportunities for social bonding. The workshop will illustrate a variety of means to engage people with special needs and their caregivers in sports and enable them to develop holistically.

About the Presenter: Wee Loon is a special needs educator with ITE CC. He earned his Bachelor Degree in Special Needs (Mild/Moderate) from University of Central Oklahoma (Oklahoma, USA).

In Oklahoma, Wee Loon worked with various schools of different levels (elementary, middle and high school), where he was involved in teaching, planning and implementing of curriculums.

In Singapore, Wee Loon worked with students of various types of special needs, especially students with cerebral palsy, ASD, ADHD etc. Wee Loon has designed various programmes, tapping on different modalities such as sports, photography, drama games, to teach students (especially students with ASD) social emotional skills.

Wee Loon has also acquired a Certificate in Practical Counselling (Basic), and he is also a NCAP (National Coaching Accreditation Programme) Level 1 certified Badminton coach.

Register Here: <https://form.gov.sg/#/5d1c0ae02b204700110be7b4>



Climbing Level 1 Certification

By The Rock School

3-part course

1 – 2 Aug, 6.30pm – 10pm

4 Aug, 3pm – 5pm

For parents of children with special needs.

Introduction to Climbing:

- Background/history and types of climbing
- Introduction to essential equipment required for climbing including usage, care, and differences of various types/brands used
- Basic ropes such as tie-in knot (figure 8 thread through)
- Pick up essential rope and belay skills that are for life (5-step belay technique)
- Perform safety checks (pre-climb checks, climbing commands, falling/landing, spotting)
- Catching falls and lowering your climbing buddy safely
- Basic climbing techniques (use of handholds, footwork, basic wall configurations)
- Top-rope climbing

Participants must commit to a total of 7 hours as part of the course requirements. Participants who complete the course can apply their skills during a Run and Climb Challenge on 4 Aug 2019, 3-5pm.

How to Register: Parents who are interested to find out more or to sign up the certification class can email jen@therockschool.sg with the subject [ISF2019 – Climbing Certificate Level 1]

Dialogue in the Dark

By Dialogue in the Dark Singapore

Dialogue in the Dark Singapore (DiDsg) is a social enterprise that promotes social inclusion of the disabled and disadvantaged. Located in Ngee Ann Polytechnic, DiDsg has been in Singapore for 10 years. It employs visually-impaired individuals as guides, workshop trainers and facilitators.

This coming Inclusive Sports Festival, DiDsg presents a unique dark room experience where you will experience total vision loss for 20 minutes. Together as a group, through an experiential activity, you will gain a deeper insight into the challenges and issues faced by the visually-impaired community. A great opportunity to converse with Singapore para-athletes and learn more about disability sports.

No registration required.

Drowning Prevention and Water Safety Talk

By Aquafins

Safety is always our main concern as parents when our children engage with any sporting activities especially water activities. In this sharing session, we will be sharing the important of understanding and teaching our children to respect safety and setting boundary of safety. We will also share the latest research finding by Autism Swim Australia on why there is a need for us to equip our child with special needs these water safety skills to prevent the world 4th leading killer – drowning. Water Safety is a shared responsibility within the community. Let's play our part and by part of this amazing community to make zero accidental drowning as our vision.

This talk is a one hour sharing session with parents on the important of water safety and drowning prevention effort by community. We will be using Autism Swim resources to share with parents especially those with autism on the important of this topic due to a recent research finding by Autism Swim Australia. Parents who attend this talk, walk away with the Wondering and Drowning Prevention Toolkit V2 from Autism Swim (softcopy) worth AUS\$29 to further enhance family capability of drowning prevention.

Register Here: <http://bit.ly/2ISnDrY>



Fundamental Movement Skills Workshop

By Yello Marketing

Introduction of Fundamental Movement Skills and the important impact it has on daily lives, especially for PWDs. Understand what these skills are and how to create simple games using everyday items to practice FMS at home.

Register: Email candice.yan@yello-marketing.com with the email subject [ISF2019 – FMS Workshop] to register!



Goalball Demonstration and Learn to Play Workshop

By Goalball Singapore

There is no other sport like Goalball! Goalball is a Paralympics sport played by the visually-impaired. Today, it is played by both sighted and visually-impaired. Get a glimpse of an official Goalball game as our national players battle it out with sighted players! After the official game, the Learn to Play Goalball workshop will allow participants to learn fundamental skills and techniques, as well as experience the game, along with national Goalball athletes!

Register Here: No registration required



HUR Activ8 Strength Training for Everyone!

By HUR

HUR's inclusive gym machines are now in 6 locations across Singapore! Learn more about HUR's gym machines for all abilities, from creating a HUR account to planning and tracking your workout progress.

Find out how you can get started on your strength training journey with HUR!

Register Here: <https://form.gov.sg/#/5d11f47c2d78510011a60ae0>



Innervate Fitness Adaptive Training Workshop

By Innervate Fitness

This workshop is an interactive session designed to introduce participants to the Adaptive CrossFit methodology and how fitness can be made accessible to PwDs. The trainer will be running through the process of how adaptations are made - from identifying key considerations to the actual modification of movements to a wide range of abilities. Furthermore, participants will be given a chance to try out what they have learnt during the session. Essentially, this workshop not only aims to show that 'Fitness For All' can be made a reality, but also how to get there.

No registration required.



Introduction to Scuba Diving for the Disabled (DDI)

By Resorts World Sentosa

Resorts World Sentosa is first and only Disabled Divers International (DDI) accredited store in Singapore. Come try out scuba diving this Inclusive Sports Festival with RWS's pool of experienced and accredited coaches who believe that people of all abilities can learn and enjoy diving!

Participants will need to provide the following items upon registration:


- 1) Completed DDI liability release form
- 2) Completed DDI medical statement
- 3) Doctor's letter certifying that beneficiary is fit to dive

Please email inclusivesport@sport.gov.sg or dive@RWSentosa.com to receive these forms:

Register: Email dive@RWSentosa.com with the subject [ISF 2019 – Intro to Scuba Diving for Disabled – NAME HERE]

Learning to Move, Moving to Learn

By Special Olympics Singapore
Presented by Dr Teo-Koh Sock Miang



In the early years of life, children must learn to move and move to learn. Movement allows young children, with and without special needs, to explore and learn from the environment. Early control and management of the body in different environments is crucial for young children as movement competency can help to build self-confidence and self-esteem. Competent movement is also necessary for daily living. Early movement competency can also open up a world of play and play interactions with others. Learning to move and learning through movement help children to develop cognitively, socially, emotionally and physically. ★

In this workshop, participants will learn about the importance of helping children develop competent fundamental movement skills. Basic principles and considerations for providing a multi-disciplinary fundamental movement environment for young children will also be shared during the hands on session.

About Dr Teo-Koh Sock Miang, PhD, JP, BBM, PBM
Associate Professor, Physical Education & Sports Science, National Institute of Education, Nanyang Technological University

Dr Teo-Koh is a tenured Associate Professor in Physical Education and Sports Science at NIE/NTU. She is an experienced educator with over 33 years of teacher education experience in Singapore. Dr Teo-Koh is a specialist consultant for movement and play programs for children with and without special needs, as well as for adapted physical activity programs and sports for individuals with disabilities.

Register Here: <https://form.gov.sg/#!/5d11f17545677e0011c09f55>

Pedal enAble Cycling Tryout for All Abilities

By Ageless Bicyclists

Cycling is inclusive. It is for all abilities! Pedal enAble is a programme aimed to help children and youth with different abilities learn how to ride a bicycle independently. Join Ageless Bicyclists at the Inclusive Sports Festival (Our Tampines Hub Arena) to try out an introductory session!

For ages 5 to 23

Participants must be able to walk without assistive devices. Maximum weight 80kg. Participants must wear a helmet during the activity. Limited number of helmets on loan provided.

About Ageless Bicyclists

Ageless Bicyclists creates a holistic and inclusive program in unlocking the potential of people with special needs moving on to the mainstream and community integration; to lead independent and fulfilling lives, realizing their dreams and ambitions through transformative bicycling and experience the joys of riding a bicycle through their adult life. The mission of Pedal enAble (cycling with special needs) is connecting inclusive communities, different abilities, with one passion enhancing the quality of lives through transformative recreational experiential bicycling.

Register: <https://bit.ly/2XqprkT>



Proud Paralympian Workshop

By Agitos Foundation

Presented by Nurul Taha, Paralympian

For athletes with disabilities

Proud Paralympian will empower you as an athlete with the knowledge and resources that will help you in your development during and after your sporting careers, thus contributing to the IPC's vision: To enable Para athletes to achieve sporting excellence and inspire and excite the world.

Your life as an athlete requires balanced training, a commitment to fueling your body properly and following the rules off fair-play. In your life outside sport, you need to find a balance between your personal and professional lives, and gain the tools to take your skills beyond your competitive career.

As an active citizen you can make a difference by changing perceptions, contributing towards a more inclusive society by redefining the limits of what is possible.

Proud Paralympian aims to help you do this and more!

How to be a Proud Paralympian? Know it! Live it! Share it!

Register: <https://form.gov.sg/#!/5b4bf45d069457000ff2c163>

TYR Sport Cap Design Contest

By TYR

Location: Level 1, Festive Walk

Showcase your creativity! No purchase necessary to enter or win. Limited to one (1) entry per entrant. Prizes will be awarded to top 4 finalists. Head down to Our Tampines Hub Swimming Pool on Level 6 to participate.

GRAND PRIZE: The Grand Prize Winner will receive a \$250 gift voucher*, as well as 5 free caps of your design.

SEMI-FINALIST PRIZE(S): Each Semi-Finalist will receive a \$50 gift voucher*.

** Gift voucher applicable for spending at TYR showroom at 8 Jalan Kilang Timor, #03-13 Kewalram House, Singapore 159305*

TYR Swim Suit Trade In

By TYR

Location: Level 1, Festive Walk

Bring your old swim wear to Inclusive Sports Festival and trade it in to get a brand new TYR swim wear for just \$6.90! Terms and conditions apply.

Amazing Kampung Race

By Camelot

Location: Level 1, TYR Booth

An homage to cultural learnings in celebration of Singapore's Bicentennial year, Camelot invites all to retrace our cultural roots and play together in small groups to compete in the Amazing Kampung Race. Learn how to weave ketupats, play goli, kuti-kuti, rumah dayak and much more.

Register: <https://bitly/2YYhEaC>