

An initiative by



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Partner in Sport



Giving Hope
Improving Lives

MY ACTIVE PARENT JOURNEY

MY ACTIVE PARENT JOURNEY



WELCOME MESSAGE



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 depicts a vibrant park scene. A large yellow banner with the name 'LIM TECK YIN' and title 'SportSG CEO' is draped across the top left. Below the banner, a green hillside is dotted with several green trees. In the foreground, a blue and white checkered path leads to a yellow exercise station where four people are engaged in various activities: one person is performing a pull-up, another is on a bench, and two others are standing nearby. To the right of the path, a large red and white graphic of a person in a dynamic pose is visible. The entire scene is set against a blue sky and a brown ground base.

ACTIVESG ACADEMIES & CLUBS

ACTIVESG
ACADEMIES & CLUBS



ACTIVE PARENT

PART I

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.

At ActiveSG Academies & Clubs, we are committed to journeying with you and your little one through the sporting moments we create.

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 at home and at trainings.

DEVELOPING YOUR CHILD HOLISTICALLY THROUGH SPORT

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

Over the next chapters, you can look forward to unlocking different elements that make up your child's development.

From knowing what it takes to have an active start to inculcating values in your child, this kit shall be your guide!

**LET'S KICK-START
YOUR JOURNEY
AS AN
ACTIVE PARENT
TODAY!**



Photo credit: SportsSG

WELCOME ON-BOARD OUR ACTIVE SG ACADEMIES & CLUBS FAMILY!

Every Singaporean, young and old, has the opportunity to play and participate in sport for life.



Photo credit: Cheong Hong /SportsSG



A WIDE PORTFOLIO OF SPORT

Affordable, accessible and available at our islandwide centres

DEVELOPMENTAL PATHWAYS

Learn, progress and reach your fuller potential in sport through our programmes



Photo credit: Charles Lok /SportsSG



Photo credit: Billy Wong /SportsSG

INTENTIONALLY DESIGNED PROGRAMMES & EXPERIENCES

Fun, enjoyable and specially curated for maximum benefits



Photo credit: SportsSG



QUALITY COACHING

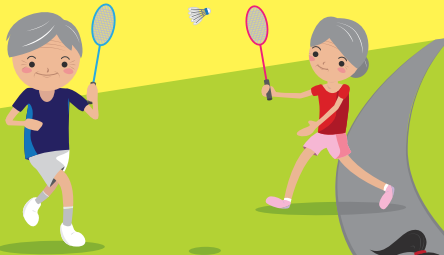
Values-based coaching that develops character and life skills



Check out the wide range of sport programmes for you & your child! myactivesg.com/academy



SOMETHING MEANINGFUL FOR EVERYONE



Masters

Take charge of their health and stay active through group-based sport and physical activities.

Families

Create shared family moments and encourage cross-generational bonding through play and watch.



Youth

Discover their passions and co-create sport-related initiatives for social good through youth developmental programmes and opportunities.

Children

Embrace an active start in life with fundamental movement skills and multi-sport exposure.



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:



OUR CORE VALUES

Grooming children who strive to be the best version of themselves on and off the field through our values-based coaching.

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

MY ACTIVE PARENT JOURNEY

**“BEHIND EVERY YOUNG CHILD
WHO BELIEVES IN HIMSELF
IS A PARENT WHO BELIEVED FIRST.”
- MATTHEW L JACOBSON**

**MY ACTIVE PARENT
JOURNEY**



ACTIVE PARENT

PART II



**BE PRESENT IN
YOUR CHILD'S LIFE**



**PLAY A SUPPORTING ROLE
IN YOUR CHILD'S
SPORTING JOURNEY**

**HOW CAN I BE AN
ACTIVE PARENT?**



**BE A ROLE MODEL IN
ADOPTING AN
ACTIVE LIFESTYLE**

BE PRESENT IN YOUR CHILD'S LIFE



1

**SHOW INTEREST
IN WHAT YOUR
CHILD DOES**

2

**SPEND QUALITY
TIME AND LISTEN
TO THEIR STORIES**

Photo credit: SportSG



Photo credit: Cheong Meng / SportSG



Photo credit: Djan Tjia / SportSG

PLAY A SUPPORTING ROLE IN YOUR CHILD'S SPORTING JOURNEY

3

PRAISE AND ENCOURAGE YOUR CHILD FOR HIS/HER EFFORT

GOOD JOB!



4

BE PROACTIVE AND LEARN HOW TO HELP YOUR CHILD



Photo credit: Calvin Teoh / SportSG



Photo credit: SportSG

BE A ROLE MODEL IN ADOPTING AN ACTIVE LIFESTYLE



Photo credit: SportSG



5

! RUN!

6

**WALK THE TALK -
STAY ACTIVE IN
YOUR DAILY LIFE**

**INCORPORATE SPORT
& EXERCISE INTO
YOUR FAMILY
BONDING TIME**



Photo credit: SportSG



Photo credit: Diana Jhia / SportSG

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!**



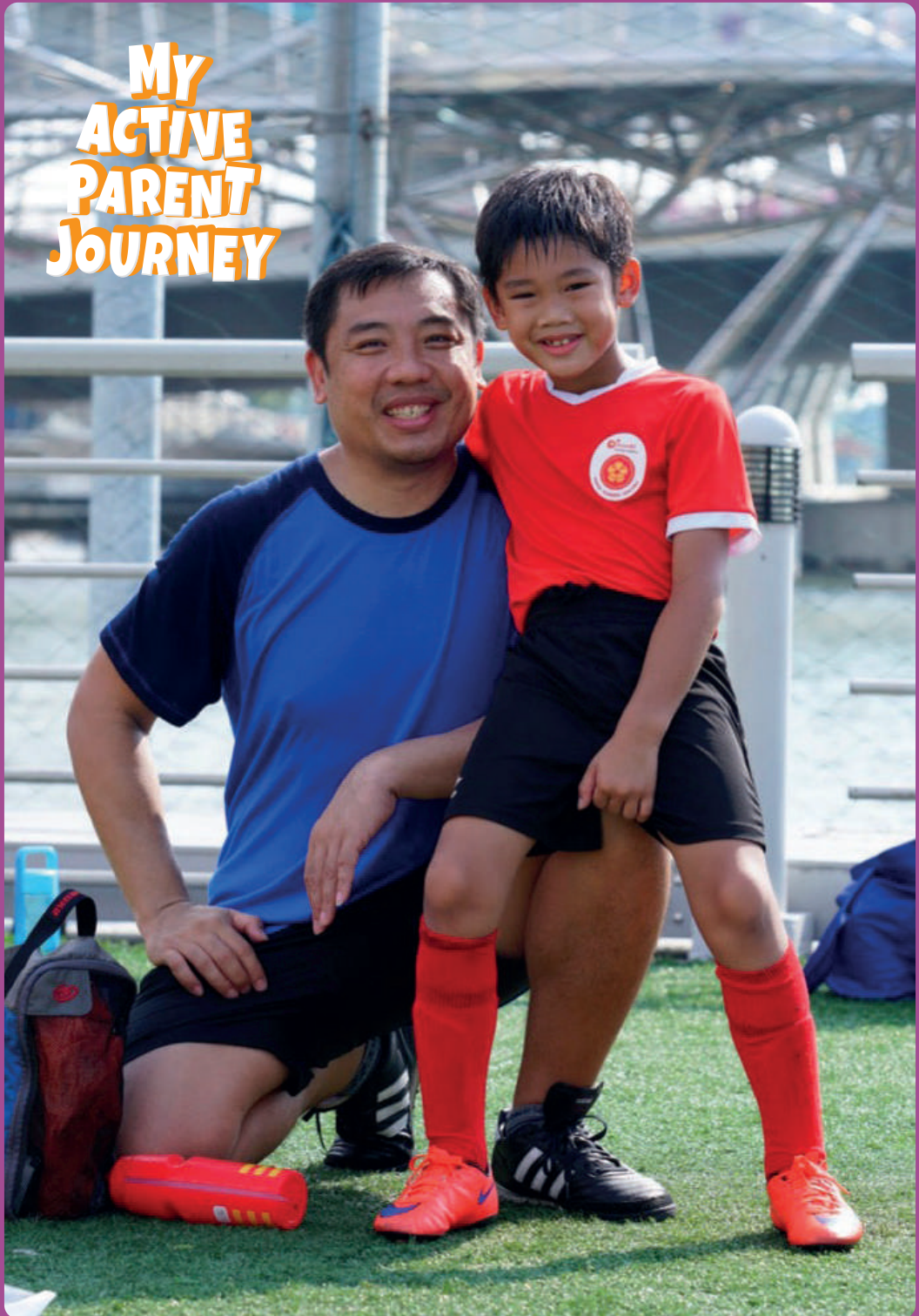
Head over to our **ActiveParents.myActiveSG.com** and be part of our movement!



Find out more about our
Active Parents offerings!
ActiveParents.myActiveSG.com



MY ACTIVE PARENT JOURNEY



MY CHILD'S SPORTING JOURNEY

**“ALL KIDS NEED IS A LITTLE HELP,
A LITTLE HOPE, AND SOMEONE
WHO BELIEVES IN THEM.”**

- MAGIC JOHNSON



**MY CHILD'S
SPORTING JOURNEY**

As your child starts his/her sporting season, you will find resources and activities in this kit to enjoy with your child at home.

**READY,
SET,
GO!**



250M

READY

Your child is getting to know a new sport, new friends, a new world – and shaping values along the way.

Take some time to brainstorm and develop common goals with your child for their sporting journey.

EVER WONDER WHAT YOUR CHILD'S GOALS ARE AND IF THEY ALIGN WITH YOURS?

Sit with your child to complete the exercise on next 2 pages.

WHAT ARE MY GOALS FOR MY CHILD WHEN HE/SHE PLAYS SPORT?



write or draw the sport/s you play here.



WHAT ARE MY GOALS
FOR MY CHILD WHEN
HE/SHE PLAYS SPORT?



RANK YOUR TOP 3 GOALS

- LEARN TO PLAY THE SPORT
- LEARN TEAMWORK
- WIN GAMES
- GAIN SELF-CONFIDENCE
- LEARN TO DEAL WITH DEFEAT
- IMPROVE PHYSICAL FITNESS
- HAVE FUN
- MAKE FRIENDS
- OTHERS Please specify:



WHAT ARE
MY GOALS WHEN
I PLAY SPORT?



RANK YOUR TOP 3 GOALS

- LEARN TO PLAY THE SPORT
- LEARN TEAMWORK
- WIN GAMES
- GAIN SELF-CONFIDENCE
- LEARN TO DEAL WITH DEFEAT
- IMPROVE PHYSICAL FITNESS
- HAVE FUN
- MAKE FRIENDS
- OTHERS Please specify:

SET

After understanding your child's goals, the next step is to create a conducive environment for them to enjoy most of their sport participation.



Active Parents are their child's **BIGGEST** fans and will unconditionally support him/her.

A simple way to boost your child's confidence in learning a sport is to offer words of encouragement at the right moments. After all, your child's experience and growth through the game matter the most!

Go!

Encourage your child to share about his/her training moments – new friends made, challenges faced and other memorable moments. These intimate conversations help to enrich your relationship with your child.

Here are some topics to get you started!

**DID YOU
MAKE ANY
NEW FRIENDS
TODAY?**



**LISTEN &
CONNECT**

**ARE THERE
ANY INTERESTING THINGS
YOU LEARNED TODAY?**



**ANY AREAS YOU
CAN DO BETTER
IN NEXT TIME?**

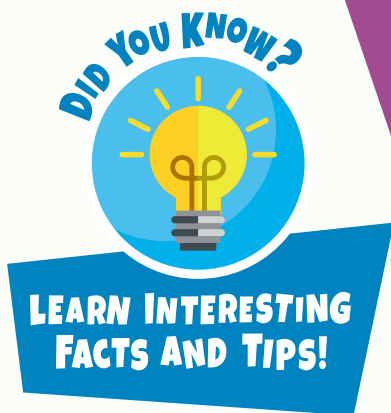


**ENCOURAGE &
AFFIRM**

YEAR 2020 CALENDAR

While your child takes part in our ActiveSG Academies & Clubs programmes, you can make plans with them whole year round!

USE THE CALENDAR TO:



Find out more about our
Active Parents offerings!
ActiveParents.myActiveSG.com



JANUARY

YEAR
2020
CALENDAR

SUN	MON	TUES	WED	THU	FRI	SAT
			1 NEW YEAR'S DAY	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25 LUNAR NEW YEAR
26 LUNAR NEW YEAR	27 PUBLIC HOLIDAY	28	29	30	31	

Did You Know?



A study by Rodrigues et. al. (2017) found that children with physically active parents were significantly associated with higher sport participation.

NOTE TO SELF!

While focusing on your child's sporting development, it is important to prioritise your health and well-being!



FEBRUARY

YEAR
2020
CALENDAR

SUN	MON	TUES	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

FLAMINGOES!

Imagine you are flamingoes in a park. On the signal "here come the tourists", stop to balance on one foot while smiling for the tourists to take a photo. On the signal "tourists are gone", unfreeze and resume walking.

PLAY!



LEVEL
UP!

You can up the difficulty by:

- holding balance longer
- alternating which foot to balance on
- bringing non-support leg higher



MARCH

YEAR
2020
CALENDAR

SUN	MON	TUES	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14 START OF SCHOOL HOLIDAYS
15	16	17	18	19	20	21
22 END OF SCHOOL HOLIDAYS	23	24	25	26	27	28
29	30	31				

Did You Know?



Children tend to sweat less and produce more heat during sport as compared to adults, putting them at a higher risk of overheating.

NOTE TO SELF!

Staying cool and well hydrated help athletes perform their best. So remember to wear light clothing and drink enough fluids before, during and after playing sport!



APRIL

SUN	MON	TUES	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10 GOOD FRIDAY	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

KEEP IT AFLOAT!

Let's see who can keep a balloon in the air using as many different body parts as they can!



PLAY!



LEVEL UP!

Consider using recyclable materials (eg. Newspaper Balls) that can be found at home in place of a balloon.



MAY

YEAR
2020
CALENDAR

SUN	MON	TUES	WED	THU	FRI	SAT
31					1	2
					LABOUR DAY	
3	4	5	6	7	8	9
				VESAK DAY		
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
HARI RAYA PUASA	PUBLIC HOLIDAY					START OF SCHOOL HOLIDAYS

Did You Know?



Studies have shown that sport has positive psychological benefits for children along with teaching them important life skills.



Sport helps children develop healthier ways to cope with ups and downs, increases self confidence and builds character!



JUNE



SUN	MON	TUES	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

END OF SCHOOL HOLIDAYS

Did You Know?



Roger Federer attributes his good hand-eye coordination to playing a wide range of sport, such as badminton and basketball, as a child.

Exposing your child to a variety of sport allows them to explore and discover their interests while developing different complementary skills.



JULY



SUN	MON	TUES	WED	THU	FRI	SAT
			1	2	3	4
5 YOUTH DAY	6 SCHOOL HOLIDAY	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 HARI RAYA HAJI	

EVENTS!



TOKYO OLYMPICS AND PARALYMPICS 2020

The Olympics and Paralympics are international multi-sport events, which celebrate giving one's best and striving for personal excellence in sport.

Join us in cheering on our Team Singapore athletes at the upcoming Games!



AUGUST

YEAR
2020
CALENDAR

SUN	MON	TUES	WED	THU	FRI	SAT
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
NATIONAL DAY	PUBLIC HOLIDAY					
16	17	18	19	20	21	22
23	24	25	26	27	28	29

GETACTIVE! SINGAPORE

There is something for everyone at **GetActive! Singapore**.

With sport festivals and national competitions, you can forge new memories and connections by engaging in fun-filled family-friendly activities!

Join us in celebrating National Day and to live better through Sport!

EVENTS!



SEPTEMBER

YEAR
2020
CALENDAR

SUN	MON	TUES	WED	THU	FRI	SAT
		1	2	3	4	5
					TEACHERS' DAY	START OF SCHOOL HOLIDAYS
6	7	8	9	10	11	12
13	14	15	16	17	18	19
END OF SCHOOL HOLIDAYS						
20	21	22	23	24	25	26
27	28	29	30			

DID YOU KNOW?



This month, we celebrate Coaches' Day! CoachSG and Sport Singapore seek to recognise coaches nationwide for the significant role they play in holistically developing their athletes.

Every athlete can only achieve success with guidance and support from their coaches!

GOOD JOB!

★ RUN!



THANK YOU

(name of your coach)



write a message for your coach.

FROM:

OCTOBER

SUN	MON	TUES	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9 CHILDREN'S DAY*	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

*School holiday for primary schools and primary sections of full schools only.



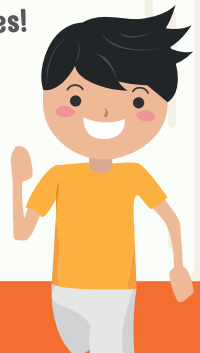
PLAY!

EVERYTHING IS PASSABALL!
How long can you and your child keep a rally going for? Switch the item after 10 successful consecutive passes!

LEVEL UP!

You can up the difficulty by:

- Increasing the distance
- Using one hand



NOVEMBER

YEAR
2020
CALENDAR

SUN	MON	TUES	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DEEPAVALI

START OF
SCHOOL
HOLIDAYS

SCAVENGER HUNT

Head to the nearest park to search for the following items:

5 leaves, 4 twigs of different lengths, 3 flowers, 2 stones and 1 insect.

Compete and see who can do it in the shortest possible time!

(Psst, no plucking!)

PLAY!



ROUND 2!

Create your own scavenger hunt
with items in your home!



DECEMBER

YEAR
2020
CALENDAR

SUN	MON	TUES	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
					CHRISTMAS DAY	
27	28	29	30	31		
				END OF SCHOOL HOLIDAYS		

FUN TIME~!

Looking to spend some quality time with your family during the long holidays?

PLAY!



Come on down to our ActiveSG Sport Centres to do so! You can look forward to bonding by the pool and having a go at our waterslides & kids water play area!

FINISH

MY JOURNAL

**“THERE IS NO PRESSURE
WHEN YOU ARE MAKING A**

DREAM

COME TRUE.”

- NEYMAR JR



A MOMENT TO REMEMBER (PART I)



DRAW YOUR FAVORITE TEAMMATE AND YOUR UNFORGETTABLE MOMENTS OF THE SEASON!

NAME:

DATE: LOCATION:

DATE: LOCATION:

A MOMENT TO REMEMBER (PART II)

**DRAW YOUR FAVORITE SPORT
MOMENT WITH YOUR PARENTS THIS SEASON!**



MY FIRST...

CAPTURE YOUR "FIRST TIME" ACHIEVEMENT
THAT YOU ARE PROUD OF!



! _____
FOR THE FIRST TIME!



! _____
FOR THE FIRST TIME!

**“MEET YOUR CHILD WHERE
THEY ARE, NOT WHERE THE
WORLD EXPECTS THEM TO BE.”**



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