



# A SPORT FOR EVERY CHILD

## THE ACTIVE PARENT'S GUIDE





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ActiveSG Academies & Clubs

# SPORT AND MUCH MORE



Welcome to ActiveSG Academies & Clubs (A&C). A&C is an initiative of ActiveSG, an inclusive national movement dedicated to promoting sport and active living to individuals, families and communities regardless of age and abilities.



Since 2016, A&C seeks to nurture and enable a lifelong love for sport in all our participants, and build an inclusive and supportive community of participants, parents and coaches who share a common love for sport. Through high quality, accessible and structured programmes, we motivate and develop participants in their chosen sport and also teach life skills.

Our participants know that sport is not only about winning, but also overcoming challenges, relentlessly pursuing excellence, and forging camaraderie with their teammates.



At the ActiveSG A&C,  
we believe that there is a sport  
for every child. Through sport,  
we hope to nurture a future  
generation of Singaporeans  
who are confident, active,  
and committed with a strong  
sense of identity to their family,  
the community and the nation.



## CORE VALUES



### HONOUR

Play with integrity  
and be respectful  
towards one another.



### RESILIENCE

Withstand adversity,  
learn to lose and bounce  
back stronger.



### TEAMWORK

Support one another  
and work together  
towards a common goal.

## KEEPING SPORTS SAFE

Safety is our utmost priority.  
Our A&C programmes  
follow guidelines governed  
by SportSG.

Our coaches also undergo the Safe Sport  
Programme to prevent abuse and harassment  
that could harm your child's well-being or the  
integrity of the sport.

For more information on Safe Sport, visit [www.safesport.sg](http://www.safesport.sg)  
For more information on SportSG's Sport Safety guidelines,  
visit [www.go.gov.sg/sportsafety](http://www.go.gov.sg/sportsafety)

## ActiveSG A&C

# SPORT PROGRAMMES

ActiveSG A&C covers a wide array of sports including football, basketball, athletics, tennis, canoe, hockey, water polo, volleyball, table tennis and para sports, and are located all across Singapore. Your child can move through our programme pathway from beginners to intermediate to development centres where they are designed to provide the required training and competition environment for talented and committed athletes.

**A typical A&C offers 4 seasons, which are independent of each other. While each of these seasons corresponds to the school term or quarter of the year, we encourage parents to enroll their children in all 4 seasons to support regular participation and consistent development.**

### A&C programmes feature:



A structured and segmented approach that delivers appropriate training according to your child's developmental level



Independent seasons which your child can join throughout the year.



Season finales which are organised to bring the community together in celebrating the achievements of our young athletes.



**ActiveSG**

# **A&C COACHES**

**PROFESSIONAL, EMPATHETIC, NURTURING**

All our coaches subscribe to the National Registry of Coaches (NROC) code of ethics. At every A&C programme centre, you will find a team of professional and passionate coaches. These qualified coaches bring with them a wealth of experience, with significant accomplishments as a player or coach in their respective sport, and serve as role models for your child.



Their expertise and passion for their respective sport shines through in every session, as they work tirelessly to nurture your child's love for sport and foster their growth both on and off the field.

With unwavering commitment and dedication, our coaches understand and are fully focused on your child's development through sport. Your child's progress is our top priority and we are here to support them at every step of the way.



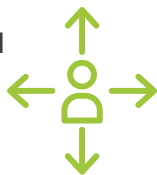
# SUPPORT YOUR CHILD'S ACTIVE START



Children are encouraged to participate in a wide range of movement activities and age-appropriate sport from young. A strong foundation in movement competency during childhood prepares your child for lifelong participation in sport and physical activities, and has multiple benefits in developing their muscles, bones and brain.

## Motor Development

- Develop fundamental movement skills
- Build foundation to play more sports



## Social-Emotional Development

- Develop socio-emotional skills
- Build confidence through physical competency



## Cognitive Development

- Develop creative thinking and decision-making skills
- Increase mental alertness



## Physical Growth and Development

- Develop physical fitness and promote physical growth
- Grow a stronger and healthier body





# Children are encouraged to participate in a variety of sports. Through a multi-sport approach, your child will benefit from:

- 1** Improved coordination and muscle control
- 2** Stronger fundamental movement skills
- 3** Increased aerobic fitness
- 4** Gained confidence
- 5** Having fun!

	Pre-schoolers	Primary and Secondary School Children
<b>Age Group</b>	<p>Children of this age are still developing fundamental movement skills, and hand-eye coordination</p>	<p>Children this age have better control of their movement skills, vision, higher concentration span and able are to comprehend instructions. Progressively, they will be able to manipulate sport equipment as well as understand sport strategies.</p>
<b>Recommended Sport</b>	<p><b>Foundation</b></p> <p>Fundamental movement skills can be developed through participation in a wide variety of sport with age-appropriate design and instruction.</p> <p><b>Examples:</b>                      Athletics (run, jump, throw)                      Gymnastics (balance, roll, tumble)                      Swimming (water safety)                      Football (kick and dribble with feet)                      Basketball (bounce and dribble with hand)</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<div style="border: 1px solid #76b82a; padding: 5px; margin-bottom: 10px;"> <p><b>Territorial Games</b></p> <p>2 teams compete within an area that offers possibilities for offensive and defensive play. The goal is to invade the opponent's territory to score.</p> <p><b>Examples:</b>                      Basketball                      Hockey                      Floorball                      Football                      Flying Disc                      Water polo/Flippaball</p> <div style="display: flex; justify-content: center; align-items: center;">   </div> </div> <div style="border: 1px solid #76b82a; padding: 5px; margin-bottom: 10px;"> <p><b>Cyclical Endurance Sport</b></p> <p>Typically regarded as an individual sport, participants develop cardiovascular fitness, muscular endurance and sense of rhythm through regular practice. Relays and team events create extra elements of fun and competition.</p> <p><b>Examples:</b>                      Athletics (Sprints, Middle Distance and Long Distance Running)                      Canoe/Kayak                      Cycling                      Swimming</p> <div style="text-align: right;">  </div> </div> <div style="border: 1px solid #76b82a; padding: 5px; margin-bottom: 10px;"> <p><b>Striking &amp; Fielding Games</b></p> <p>2 teams compete within an area that offers possibilities for offensive and defensive play. The goal for the batting team is to strike an object so that it eludes the defenders.</p> <p><b>Examples:</b>                      Baseball                      Softball                      Cricket</p> <div style="text-align: right;">  </div> </div> <div style="border: 1px solid #76b82a; padding: 5px;"> <p><b>Target Sport</b></p> <p>Players propel an object with the aim to place to, in or near a target to obtain the best possible score.</p> <p><b>Examples:</b>                      Archery                      Shooting                      Bowling</p> <div style="text-align: center;">  </div> </div> <div style="border: 1px solid #76b82a; padding: 5px;"> <p><b>Net/Wall Games</b></p> <p>2 players/teams compete within an area, often separated by a barrier, e.g. a net.</p> <p><b>Examples:</b>                      Badminton                      Table tennis                      Tennis                      Volleyball</p> <div style="text-align: right;">  </div> </div>

# BE AN ACTIVE PARENT



From the first time your children kick a ball or swing a racquet, they will be looking to you for support and guidance.



## THE IMPORTANCE OF SELECTING

## AN APPROPRIATE PROGRAMME AND COACH

Did you know that a training programme that is too advanced or strenuous could cause your child to quickly lose their interest in a sport? Consider an appropriate level of training for your child, so they maintain a healthy engagement in their new sporting activity. It's also important to recognise that proper safety structures are in place to ensure a hazard-free experience.

When it comes to working with a good coach, it helps to be able to identify a NROC certified coach who is Safe Sport-trained. This ensures that your child has found a coach who puts their interest at heart, by prioritising their development above winning for reputation, and avoids unsporting behaviour like verbal abuse.



The parents' role is to support the coach in the sport aspects and then to nurture the athletes in the home environment. The coach-parent-athlete relationship is like nurturing a plant. Just as a plant requires both sunlight and water to grow, an athlete requires both the coaches' and parents' support to fulfil his or her potential. When both the coach and parents carry out their roles effectively, the athlete has a higher chance to succeed in life.



**YOUR CHILD'S SUCCESS OR LACK OF SUCCESS IN SPORTS DOES NOT INDICATE WHAT KIND OF PARENT YOU ARE. BUT HAVING A CHILD WHO IS COACHABLE, RESPECTFUL, A GREAT TEAMMATE, COURAGEOUS, RESILIENT AND WHO TRIES HIS OR HER BEST IS A DIRECT REFLECTION OF YOUR PARENTING.**



# 10 TIPS FOR ACTIVE PARENTS

ENHANCE  
YOUR JOURNEY  
TO SUPPORTING  
YOUR CHILD  
IN SPORTS



1

Understand how you impact your child's sports journey, from providing opportunities to modelling good behaviour.



2

Talk with your child often about why they play sports and what they want to achieve, especially during big changes like switching teams or dealing with injuries.



3

Build a good relationship with your children's coach. Understand their coaching style, goals for your children, and how you can support them.



4

Learn to handle your own emotions! Even the slightest outburst during a heated match could teach your child that it is okay to behave abusively towards others — or worse — to you.



Photo credit "Active Parent"

5

Learn about your child's sport: the rules, the culture, and what makes it fun or tough.



6

Encourage your child to become more independent and take charge of their own development in sports.



7

Discuss with your child what kind of words and actions are helpful during games, practices, and after the game.



8

Help your child come up with strategies to deal with challenges they'll face in sports, and remind them what they'll learn from those challenges.



9

Remember that sports is more than just winning or losing. Focus on all the ways your child grows and learns through sports: even a bad refereeing call could teach lessons about handling unfairness in life.



10

It's a special privilege to witness your child's sporting journey. Remember that it's about them, not your own dreams: so be present, and enjoy witnessing the fulfillment of their dreams and aspirations!



# HAVE FUN BECOMING AN ACTIVE PARENT

If you are able to enjoy being part of your child's sporting experience, they are more likely to enjoy it too. There will be ups and downs, but focusing on the positives and the benefits will make it all seem worthwhile.

UNDERSTANDING THE EXPERIENCE OF BEING AN "ACTIVE PARENT" AND PREPARING FOR ANY CHALLENGES MAY BE USEFUL. TO DO THIS, YOU CAN:

1

**Learn about your child's sport** by talking to coaches, experienced parents, and reading about the sport. Understand what's expected: challenges may arise, and team sports is as much about allowing other kids to compete, play, and develop as well.



2

**Be prepared for changes** in your involvement and expectations as your child progresses in sports and encounters different environments and cultures.



3

**Prepare for various situations at competitions**, and be mindful of your involvement and behaviours. The sporting environment is an exciting one, and it's good to have coping strategies to manage your emotions in the face of disappointment, injuries, or even perceived favouritism.



4

**Build a support network** of people who can provide emotional and logistical support to help you navigate the demands of training and competitions.



# GET INVOLVED



# AND CONNECT WITH US



Join your child's sporting journey by volunteering with A&C. We offer numerous opportunities for parents to play a role in their child's sports experience. Whether it's coaching at our seasonal programmes, advocating for sport, organising social activities, or becoming a volunteer at our events, there are plenty of ways for you to be a part of the team.

If you are interested in getting involved, reach out to us at [ActiveSG\\_Academies\\_and\\_Clubs@sport.gov.sg](mailto:ActiveSG_Academies_and_Clubs@sport.gov.sg) for more details. Let's work together to make your child's sport journey even more rewarding.



Follow *SportSG's Active Parents Facebook Page* and join the *Active Parents Network*, offering a comprehensive array of resources and educational series to bolster your journey as an Active Parent.



Active Parents  
Facebook Page  
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