

SINGAPORE SPORT & PERFORMANCE CONFERENCE 2022

**From Youth to Elite Sport:
Harnessing Potential and the Pursuit of Excellence**

2nd - 4th November 2022

Organised by



SINGAPORE SPORT & PERFORMANCE CONFERENCE 2022

From Youth to Elite Sport: Harnessing Potential and the Pursuit of Excellence

Establishing A Strong Foundation For Young Children Through an Active Start

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Overview

- Active Start for Preschoolers
- Nurture Kids Programme
- Active Start Programme

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ACTIVE START FOR PRESCHOOLERS



SEDENTARY TIME	PHYSICAL ACTIVITY	QUALITY SLEEP
START PLAYING Limit the amount of time spent being sedentary, keeping recreational screen time to less than an hour a day.	PLAY MORE Spend at least 180 minutes doing a variety of physical activities, of which at least 60 minutes should be moderate- to vigorous-intensity activity, spread throughout the day.	SLEEP WELL 3-4 years: 10 to 13 hours 5-6 years: 9 to 13 hours

Singapore Physical Activity Guidelines for Preschool Children

“At the pre-school level, the Early Childhood Development Agency (ECDA) will increase the minimum amount of time that children should spend engaged in physical activity every day.

Pre-school children will get at least **an hour** of physical activity a day, double the current **30 minutes**”

Feb 2017 regulation announcement by ECDA
as part of NurtureSG National Effort

A cross-sectional study of 78 Singaporean pre-schoolers, showed that the children spent:

- a median of 7.8 hours/day in sedentary behaviour
- **0.5 hours/day** in moderate- to vigorous-intensity physical activity.

The study also revealed that the preschool teachers were not familiar with physical activity guidelines and that parents reported very little outdoor playtime after preschool.

Chen et al. (2020)

ACTIVE START FOR PRESCHOOLERS



ACTIVE PARENTS

CULTIVATE ACTIVE PARENTS



HOME



COMMUNITY



MULTI-SPORT EXPOSURE



PRESCHOOLS

1. IMPROVE KIDS' PHYSICAL LITERACY



2. UPSKILL EDUCATORS

3. UPHOLD QUALITY STANDARDS IN SCHOOLS WRT FMS/MSD

MISSION:

To provide all preschoolers equal opportunities to have an active and healthy start in life by enabling the preschoolers' home-school-community support system

NURTURE KIDS



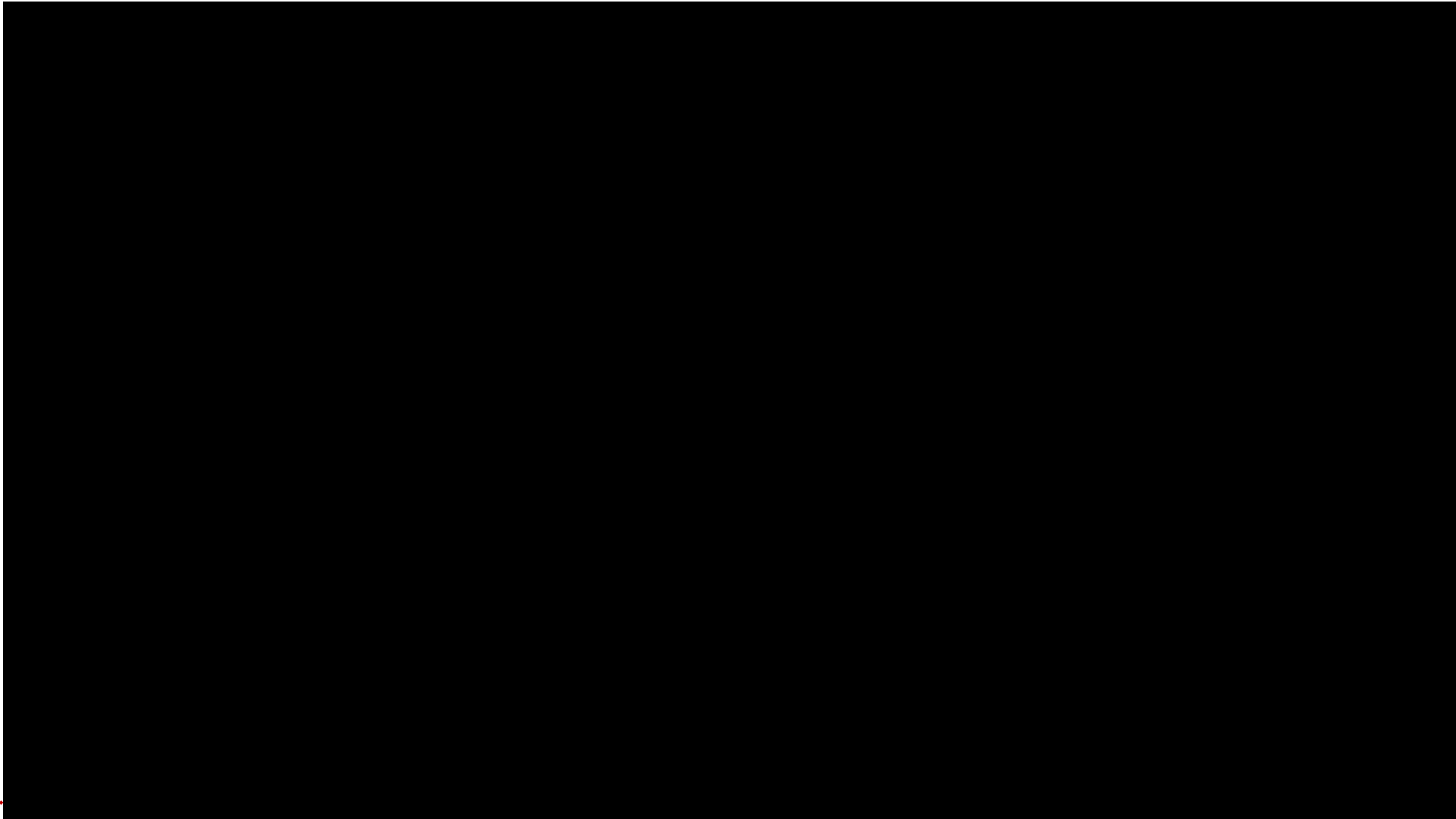
PROGRAMME OBJECTIVES

1. Provide support to **complement centre's existing MSD curriculum**
2. **Enhance Preschool Educators' Capabilities** through **partnership with Trainer** from SportSG
3. Inculcate and develop **physical literacy and healthy habits** in young children

Nurture Kids is an initiative by Sport Singapore to help **preschoolers** grow up **healthy, strong and resilient** through **exercise and movement**.

Together with early childhood educators, we **strive to provide equal opportunities for all young children** to have an **active and healthy start in life!**

NURTURE KIDS





NURTURE KIDS

K1 &
K2

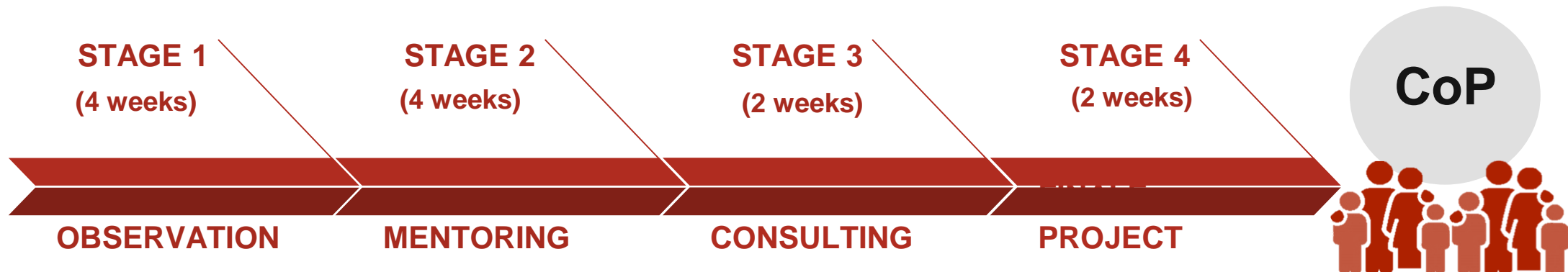
The programme targets children and educators of K1 and K2



Schools' **commitment to the programme is to ensure active participation** from educators throughout programme

12-wk Prog

The NK programme spans 12 weeks where educators go through a **mentorship process** through **partnership with FMS trainers**



NK Mentoring Model – For Preschool Educators



NURTURE KIDS

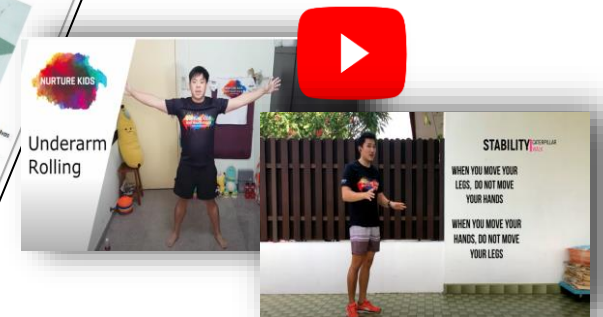
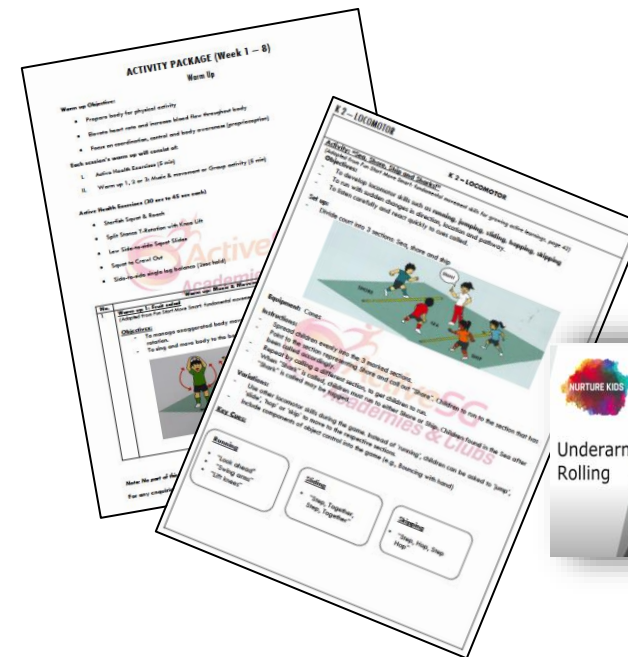
FMS Trainers

Our trainers come from diverse sport background and have **vast knowledge and experience** in teaching FMS/MSD to preschoolers.



Resources

The NK curriculum with videos are provided to **complement the MSD curriculum** in school. The additional resources are often used to support centre's outdoor time.



STABILITY
WHEN YOU MOVE YOUR LESS, DO NOT MOVE YOUR HANDS
WHEN YOU MOVE YOUR HANDS, DO NOT MOVE YOUR LESS

NURTURE KIDS PEDAGOGY



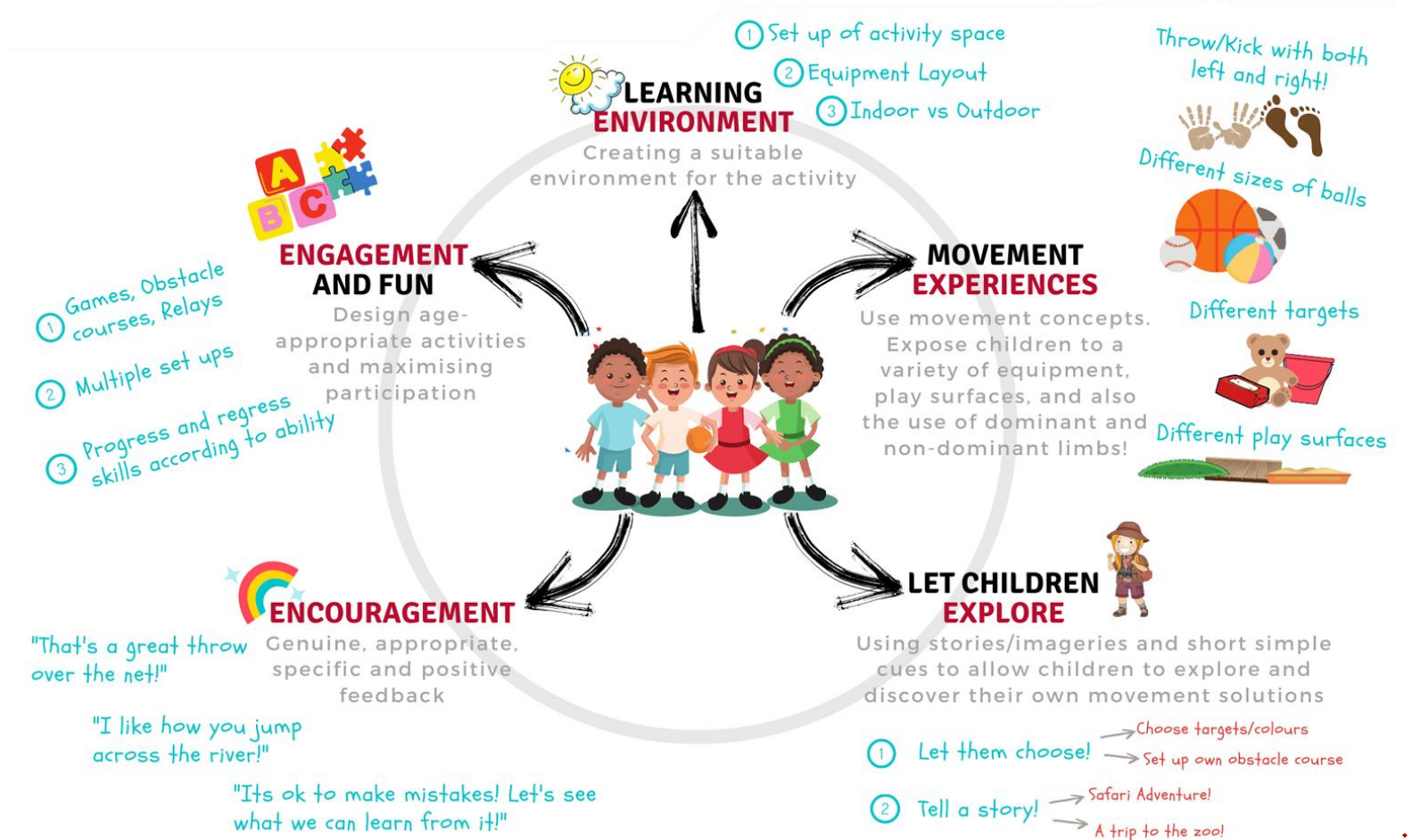
Key Pedagogical Principles

- Adapted from non-linear pedagogy
- Educator as a **Facilitator** - Guide the learning to learn new movement skills
- Focus on the **Individual Learner (Child-Centred)**



<https://go.gov.sg/zd7mzy>

**SAMPLE NK
CURRICULUM**



NURTURE KIDS CHEER



Active Start

Programme Objectives

- Provide children with a **Variety of Movement Experiences**
- Ensure **Age-appropriate** activities (*less technical, more games*)
- Opportunities to **try a New Sport**, while keeping **Engaged**
- **Have FUN** and come back for more!

Target Age: Preschool (5 to 6 year olds)



Active Start

Programme Design



Type of Activities

- Games (Primary Activity Type)
- Obstacle Course
- Relays
- Music & Movement
- Stories

Part A – WARM UP (FMS)

- Active Health Exercises
- Music & Movement/ Group Activity

Part B – SESSION FOCUS (FMS)

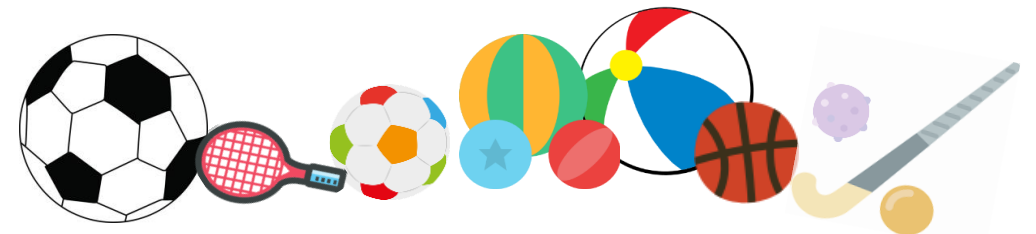
- FMS Game

Part C – SESSION FOCUS (SPORT)

- Sport/Game Skills
- Small-sided game

Part D – COOL DOWN

- Cool Down stretches
- Debrief

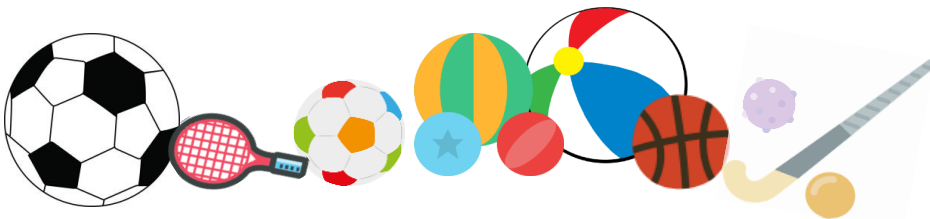


Active Start Football

Curriculum Overview *(sample)*

Session	(A) Warm Up	(B) FMS Game	(C) Sport/Game Skill	(C) Small-Sided Game
1	Crayon, Star, Rocket	Staying in Shape (Stability - Static Balance)	Coloured Zones (Ball control)	1 vs 1
2	Mirror Me	Sea Shore Ship Shark (Locomotor - Running, Jumping, Hopping, Skipping)	Dribble to Goal (Dribbling)	2 vs 2
3	Floor is Lava (music)	Traffic Light (Bouncing/Dribbling w/hand)	Rob the Nest (Running with the Ball)	3 vs 3 (with 4 goals)
4	Around the World	Swirling Tomado (Sending/Receiving - Toss & Catch; Turning)	Through the Legs (Passing with Inside Foot)	3 vs 3 (Scoring with inside foot)
5	Hokey Pokey (music)	Bull's Eye (Sending to Target - Throwing for accuracy)	Red, Blue, Green! (Shooting with Laces)	2 vs 2 (Shooting from own zone)

Active Start Football



Activity: Coloured Zones

Sports Skill: Ball Control

Objectives:

- Develop ball mastery and confidence with the ball
- Promote spatial awareness

Set up:



Equipment:

- 10 balls
- 40 x Sport Markers (10 of each colour)

Instructions:

- 4 zones with different colours will be set up as shown above
- Children to move/dribble the ball in the designated area
- Upon the coaches call (Eg. Red), children to move/dribble to the correct colour zone as quickly as possible
- Children to perform various ball mastery skills at the colour zone (*Refer to ball mastery skills in Annex A*)

Variations:

- Use of different types of balls
- Introduce ball mastery skills that are appropriate for the children's competency levels
- Use locomotor skills to move to various colour zone (Regression/Increase movement experiences)

Coaching Cues:

- Heads up (Look up and around)
- Ball close to feet
- Soft touches
- Sole of foot on the ball (for ball stopping, toe/sole taps & drag back)

Active Start



Enjoyment & Fun
is Key!

*“Making sure the children know how to play the sport can help encourage interest in the long run, but the key point now is for the children to **enjoy**... to pick up **new skills** and **have fun**”*

(Hockey Coach JH)



Key Takeaways

- A strong foundation for young children is crucial to ensure lifelong participation in sport and physical activity
- All stakeholders have an important role to play
 - At Home
 - In School
 - Community
- Enjoyment is key!



Thank You!

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