



Every child's first encounter with physical literacy, key movement milestones, health and fitness, are almost always learnt from role-modelling or guidance by the child's own parents.

Parents' positive examples and abilities to provide teachable moments at home during these formative years, set the foundation for the inculcation of important character and values, life skills, habits and essential problem-solving skills.

Parents also provide the platforms for every child to discover the joy of learning, acquiring crucial fundamental movement skills and leading an active, healthy lifestyle.

Thus, parents are indeed every child's **First Coaches!** **#SportStartsAtHome** **#My1stCoach_SG** **#CoachAsLeader**

Through this program, we hope to guide and equip parents with the knowledge on how to help your family and child:

1. Make Healthy Choices: Physical Activity, Nutrition, Sleep Hygiene, Screen Time
2. Develop Crucial Fundamental Movement Skills (FMS)
3. Focus on Character and Values through positive communication
4. Be a positive Sporting Role Model

To kick start the My 1st Coach program, we will be piloting this program with parents of the Final Season, 5-7 Age Groups at these three following ActiveSG Academies and Clubs:

ActiveSG Academies and Clubs	Venue	Day	Time
ActiveSG Athletics Club	Home of Athletics	Thursday/ Saturday (TBC)	6.30-8.00pm/ 8.00-9.30am
ActiveSG Football Academy	Woodlands	Saturday	8.00-9.30am
ActiveSG Basketball Academy	Clementi	Sunday	9.00-10.30am

Watch this space for more information on the registration process for the My 1st Coach Pilot Program!
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For further clarifications on the My First Coach Program, do contact Annabelle at [+65 6500 5308](tel:+6565005308) or Annabelle_NG@sport.gov.sg.