



MEDIA RELEASE

27 June 2022 (updated 29 June)

IT GETS ALL PHYSICAL AT GETACTIVE! SINGAPORE 2022

It's time for everyone to get active, let's Play On, Play Together
in celebration of our nation's 57th birthday

Singapore, 27 June 2022 – Sport Singapore (SportSG) announced that GetActive! Singapore (GASG) 2022 will be back with an exciting line up of physical activities in the lead up to National Day after two years of virtual programming due to the pandemic.

2. Happening from 30 July to 8 August, GASG events and programmes will take place at the Singapore Sports Hub, ActiveSG Sport Centres and heartland community spaces. To bring sport back to everyone, GASG 2022 will ensure that everyone, regardless of age and abilities, have opportunities to enjoy sport in celebration of National Day. These efforts are part of SportSG's Bring Sport Back plan to reintroduce mass participation events, ramp up sport competitions and bring communities together again.

3. "We are excited to bring sport back and to engage with fellow Singaporeans and residents in person. This seventh edition of the GASG is special in many ways. We are going out in force to encourage everyone to be active, embrace sport and physical activity as part of their lifestyle, and support their aspirations to live better and happier."

"Not only will GASG 2022 have its traditional favourites, like Pesta Sukan and Sport Festivals, but it will also feature new activities such as the **YouthCreates Urban Fiesta** for our youths, a first ever **Seniors Obstacle Course** at OCBC Square, and **Active Health Make Every Move Count Workshops** in support of the recently launched Singapore Physical Activity Guidelines. And those who want to clock their steps can do so with the **special NDP 2022 Adventure edition** on GameOn Nila!" said Dr Chiang Hock Woon, Deputy Chief Executive Officer, SportSG.

What's on offer at GetActive! Singapore 2022

4. This year, family friendly **GetActive! Sport Festivals** organised by Team Nila volunteers will take place at 10 selected ActiveSG facilities and at Chinatown. Our budding community athletes can look forward to **Pesta Sukan** which will be back with **24 sports, 13 para sports and 5 signature events**, the largest multi-sports competition for Singaporeans coming out of the pandemic.

5. At the Sports Hub, an extravaganza of dance and adrenaline sports will be on offer. Named **YouthCreates Urban Fiesta**, youths can join clinics, sport tryouts or compete at OCBC Square choosing either **skateboarding, parkour or roller skating**. All these against

the backdrop of mesmerising dance feats by teams competing at the **Lion City Dance Convention** set to begin on 30 July.

6. Visitors can also check out the **Active Health Experiential Booth** which will feature a series of simple assessments allowing people to learn more about their fitness and health status. Participants can sign up for **Make Every Move Count Workshops** and take back useful tips on incorporating fitness movements into their daily routines.

7. Also happening at the OCBC Square will be a new **Seniors Obstacle Course**, a project supported by Active Enabler Programme to make functional movement and exercise more fun for our seniors. The project is part of the **Seniors Sports Day series** where seniors can also try out functional movement and exercise stations at the OCBC Square organised by our team from Active Health.

8. The popular **GetActive! Workout: Dance of The Nation (DOTN)** returns in 2022. Join mascots August and Nila as we dance together as one nation to celebrate the nation's 57th birthday. Similar to last year, Singaporeans are encouraged to submit a video of themselves, family or fellow co-workers performing the dance moves for this year's Theme Song "Stronger Together". Standout videos will stand a chance to win a pair of NDP Show tickets or an August mascot plushie in the National Day DOTN lucky draw! Watch the new GetActive! Workout 2022 video here: <https://go.gov.sg/getactiveworkout2022-dotn>.

9. Meanwhile, the National Stadium will play host to the finale of the **Nurture Kids** programme for our pre-schoolers. For many pre-schoolers and teachers, this will be the first time they get to visit the National Stadium and get a chance to play a collection of modified traditional games under the **57 Kampong Games Reinvented** initiative on the stadium field. Another new addition this year will be a record-breaking attempt inside the National Stadium. 57 fitness instructors and over 5,700 dance fitness enthusiasts will be dancing to the beat of the GetActive! Workout 2022 – Dance of the Nation. The new **GASG Mass Fitness Workout** aims to break participation records and will be held on 7 August.

10. Also new this year, ActiveSG members and the public can log onto the first ever NDP collaboration with GameOn Nila! on MyActiveSG smartphone app. The **new NDP 2022 Adventure on GameOn Nila!** is a mobile game that allows participants to explore Singapore's heritage sites and key architectural markers as they clock 57,000 steps or hunt for QR codes for a chance to win NDP22 Preview tickets and more.

11. With the growing number of sporting events, SportSG will ensure sustainability and green efforts at all events. This is aligned to the Singapore Green Plan for a resilient future and sustainable living. At GASG 2022, organisers will **reduce** single use plastic bottles, reuse and recycle venue dressing and sports equipment, as well as repurpose premiums as giveaways. These are efforts towards green citizenry that consumes and wastes less.

12. SportSG is thrilled to organise the seventh edition of GetActive! Singapore. There will be events for everyone. For more information on any event or to review the line-up of GASG events, please visit: <https://circle.myactivesg.com/getactive-singapore>. More details of events in GASG 2022 can be found in the Annex.

About GetActive! Singapore

GetActive! Singapore builds on the legacy of the 28th SEA Games and the 8th ASEAN Para Games hosted in Singapore in 2015 and comprises a week-long series of sports festivals, ground-up sports initiatives and competitions. Held in the lead up to Singapore's National Day, GetActive! Singapore aims to rally Singaporeans together to celebrate National Day through sport. The GASG is a platform to inspire the Singapore spirit and celebrate our national identity.

Each year we look to transform our sporting spaces into social commons and to facilitate greater sport participation and promoting an active sporting and healthy lifestyle. GetActive! Singapore will have programmes that reach out to participants of all ages, abilities and skill levels. Working with partners, Sport Singapore will foster community participation and engage Singaporeans to co-create sporting activities suitable for all ages.

ANNEX – GASG 2022 Events and Activities

GetActive! Workout 2022: Dance of the Nation

1. An annual collaboration with NDP, GASG workout video is an easy and fun dance workout routine to fit in activity while balancing time with family at home. This year, the routine was designed to encourage those that are just starting out or returning from a long hiatus of inactivity and hopes to become a starter towards increasing one's workout intensity in 2022. We hope the GASG Workout will be a fun engaging dance routine one can participate with their families and friends during National Day.
2. For schools, submit the **best video entry of your school performing the GetActive! Workout 2022: Dance of the Nation** and stand a chance to win vouchers for your school to purchase new sport equipment. All entries must be submitted before 14 August 2022. The competition is open to all registered schools in Singapore, including Primary Schools, Secondary Schools, Institutes of Higher Learning, Special Education Schools, Madrasahs, and International Schools. Top 3 winners from each category will receive \$1,000 worth of cash vouchers and best entry per Special Award will receive \$800 worth of cash vouchers. New this year, Special Awards will be given out for Most Singapore Spirit and Most Creative Submission. For more info, please access <https://circle.myactivesg.com/partners/schools/>
3. A new edition to this year's GASG is the **GASG Mass Fitness Workout** which aims to break the Singapore Book of Records for the largest number of participants exercising together on 7 August at the National Stadium. The mass workout will be led by 57 aerobic fitness instructors and targets to garner participation of over 5,700 aerobic dance fitness enthusiasts moving to the beat of the GetActive! Workout 2022.

Active Health

4. This year's Active Health programming at GASG 2022 will be focusing on getting Singaporeans and families to '**Moving more and well through Active Health**'. Active Health experts and coaches will be at the festival site to demonstrate importance of movement variation and in making every move count at the **Active Health Make Every Move Count Workshop**. Using the Active Health Playmat, participants can experience movement assessments, incorporate linear and multi directional movement to offsets repetitiveness of exercise activity. For families, children can immerse in a fun movement game incorporated into the playmat. Visitors will also be taught a new warm up routine curated by Active Health at the Active Health pop-up Labs.

Seniors' Sports Day

5. The senior's community can come together this National Day to try out a **new Seniors Obstacle Course** and **sports challenges at the Sports Hub**. All masters and seniors are welcome to join in the functional fitness workout and sport tryouts on 3 August at the OCBC Square and 100Plus Promenade. On 31 July, about **2,000 Active Masters will join in an attempt for a formation of the number 57** at the National Stadium, signifying Singapore's 57th birthday whilst participating in a mass Qigong display.

YouthCreates Urban Fiesta

6. The nine-day YouthCreates Urban Fiesta is packed with sport tryouts, clinics and competition to be held at the Sports Hub OCBC Square from 30 July. The main highlight of this youth extravaganza will be the return of breaking and street dance forms under the **Lion City Dance Convention**. The convention comprises of **street dance workshops, competitions and battles** for junior and open categories for both group showcase and dance battles.

7. Street dance enthusiasts of various abilities in Locking, Waacking, Popping and Hip Hop are invited to sign up. The Champion of Showcases will be called on to do an exhibition of Summer Jam Dance Camp Showcase. Meanwhile the Champion of Battles will be seeded into the Top 16 of Radikal Forze Jam 2022. For more information, please access Instagram page Active Groove. For registrations, access <https://go.gov.sg/lcdc22battles> or <http://bit.ly/lcdcshowcase>

8. **Roller skate tryouts** alongside **skateboarding** and **parkour clinics and competition** will be organised for youths who crave for more adrenaline sports happening from 30 July 2022. More details on these sports' participation will be shared soon.

GameOn Nila!

9. Celebrate Singapore's 57th birthday with GameOn Nila!, experience new and exciting trails this July – August 2022. Adventure seekers and nature lovers can participate in GASG festivities through GameOn Nila!, a game within the ActiveSG mobile app. **Clock 5,700 steps and 57 Activity Stars** each time to level up and **gain Active Points to ballot and win up to \$5,000 worth of exclusive prizes** such as NDP22 Preview Tickets, August Plushie, or Vouchers from completing a specific trail! The higher the level, the more chances you can ballot.

10. Invite family and friends and visit various locations to clock steps, hunt for QR codes as you discover and learn the heritage sites of Singapore. This year the **new NDP 2022 Adventure** will be the main highlight adventure alongside the new **NS55 Discovery Trail** (launching 1 August).

NDP 2022 Adventure

11. NDP 2022 Adventure begins with the Singapore River Walk, where participants explore the humble beginnings of Singapore, tracing back its roots when it was a British Trading Centre in 1819. In this adventure, you can also experience the story of Singapore and its role in the region, as you explore the museums in the city centre. Finally, the adventure will take you to the modern Singapore, and showcase how far we have progressed from strength to strength from our humble beginnings as a colony, to a vibrant metropolitan city-state today.

Location Names (22 site markers)		
Collyer Quay (Ft. Clifford Pier & Customs House)	Former Thong Chai Medical Hall	Esplanade Park
Cavenagh Bridge	Masjid Omar Kampong Melaka	Esplanade - Theatres on the Bay
Boat Quay	Tan Si Chong Su Temple	National Gallery Singapore
Elgin Bridge	Robertson Quay	Parliament House
Coleman Bridge	Gardens by the Bay	The Padang
Clarke Quay	Jubilee Bridge	National Museum of Singapore
Read Bridge	Merlion Park	Asian Civilisations Museum
Raffles Place (Ft. Change Alley, Market Street and Masjid Moulana Mohamed Ali)		

NS55 Interactive Trail "Cepat Jalan"

12. To commemorate 55 years of National Service, an NS55 Interactive Trail will be launched on 1 August, with 7 discovery points for the physical trail and 12 discovery points for the virtual trail. The interactive trail known as "Cepat Jalan", features discovery points such as Battlebox at Fort Canning Park, Civilian War Memorial and Central Fire Station where explorers can visit and learn about the historical significance and importance of NS that safeguarded our way of life and transformed Singapore to a nation it is today.

Location Names (7 site markers)
Battle Box @ Fort Canning Park
Clemenceau Avenue
Central Fire Station
SMU
Civilian War Memorial
Esplanade
NS Square (The Float @ Marina Bay)

Nurture Kids

13. Nurture Kids will be organising a fun day out at the Sport Hub for selected preschools and their families. Registered preschools will gain access to themed challenge activity resources, which will equip educators and parents with useful knowledge, to engage the pre-schoolers with exciting Fundamental Movement Skills (FMS) activities. This year the FMS will be infused with modified sport elements but carrying the theme of Kampong Games - **57 Kampong Games Reinvented.**

14. Preschools and families can participate by:

- a) Picking a traditional kampong / children's game that encourages pre-schoolers to develop their FMS (i.e. locomotor, object control and/or stability skills).
 - games such as Eagle Catch Chick, Bola Tin, Hopscotch, etc.

b) Having a brainstorming session with your preschoolers/children and give a creative spin on the game.

- Some ideas include creating own DIY equipment, introducing new rules to encourage teamwork, and incorporating National Day elements.

c) Creating a short video of not more than 3 minutes, showing how your reinvented game should be played.

- Gather some preschoolers/ children, colleagues, family and friends to participate in the video by playing the game.

d) Submitting all video entries by 30 June 2022.

15. The finale will take place on 5 August 2022 at the National Stadium and will begin with the National Day Observance Ceremony, the GetActive! Workout 2022 – Dance of the Nation and conclude with fun filled 57-themed Kampong games specially crafted for our preschoolers.

Active Enabler Programmes (AEP)

16. One of the key components of the GASG Festival is the Active Enabler Programme (AEP) - a community-oriented initiative that supports ground-up proposals for creative, sport-oriented activities centred around active lifestyles. Over the years, AEP has supported over 1,000 ground-up projects from individuals, schools, community, and corporate partners. In 2022, **over 200 project and initiatives from a wide spectrum of run, walk and sporting activities will be organised** under the AEP and Bring Sport Back for communities to stay active and to celebrate National Day through sport, demonstrating sports as a "force for good".

Sport Festivals Organised by Team Nila

17. This year, Team Nila volunteers will be taking the lead in organising the Sport Festivals at ActiveSG Sport Centres and facilities for the first time. These festivals are co-organised by Team Nila Project Leaders and Team Nila Champions (sport volunteers). Events at the Sport Festivals are curated such that they are inclusive for all, venues are accessible for people with disabilities and will include para sports tryouts.

The following Sport Centres will be host sites for Team Nila Sport Festivals:

Sport Festivals @ ActiveSG Sport Centres (SC)
Choa Chu Kang SC
Jurong Lake SC
Yio Chu Kang SC
Bukit Canberra SC
Sengkang SC
Serangoon SC
Tampines SC (Our Tampines Hub)

Heartbeat @ Bedok SC
Toa Payoh SC
Queenstown SC
Other Sites
Chinatown MRT

Pesta Sukan

18. Pesta Sukan will continue to promote camaraderie through friendly competitions and encourage future generations to live better through sport. In the months of July and August, Singaporeans can look forward to participating in 24 sports, 13 parasports and 5 signature events including a Round Island Bike Adventure. All GASG participants are encouraged to share memorable sporting memories on social media with the hashtags #GetActiveSG and #PlayOnPlayTogether. More event details can be found on <https://circle.myactivesg.com/getactive-singapore>.

Pesta Sukan & Signature Events @ GASG 2022

PESTA SUKAN		
Sport	Venue	Date
Archery	Bukit Gombak Sport Centre	30-31 July
Athletics	Home of Athletics - Kallang	30-31 July 6-7 August
Badminton	OCBC Arena Hall 2	28 July - 7 August
Basketball	Clementi Sport Centre	16 July - 7 August
	OCBC Arena Hall 1	5-7 August
Boccia	Pasir Ris Sport Centre	16-17 July
Bowling	Temasek Club	30-31 July 6 August
Canoe Sprint	MacRitchie Reservoir	30-31 July
Dragonboat	Water Sport Centre	5-7 August
Floorball	Our Tampines Hub	16-17, 23-24, 30-31 July 6-7 August
Flying Disc	Yio Chu Kang Stadium (tbc)	16-17 July 6-7 August
Fencing	OCBC Arena Hall 5	29-31 July

		5-7 August
Football	Jurong East Stadium	23-24, 31 July 6-7 August
Handball	Pasir Ris Sport Centre	14-15, 21-24, 29-31 July 6-7 August
Hockey 5s	Sengkang Hockey Pitch	30-31 July 6-7 August
Netball	Kallang Netball Centre	6 & 13 August
Pentaque	Toa Payoh Sport Centre	30-31 July 6-7 August
Pickleball	Bukit Canberra Sport Centre	21-24, 28-31 July 4-7 August
Sailing	East Coast Park	6-7 August
Sepak Takraw	HeartBeat@Bedok	23 July - 7 August
Swimming	OCBC Aquatics Centre	5-7 August
Table Tennis	Jurong East Sport Centre	30 July - 7 August
Taekwondo	Toa Payoh Sport Centre	4-7 August
Tennis	Kallang Tennis Centre, Yio Chu Kang, HeartBeat@Bedok	16 July – 7 August
Volleyball Indoor	Hougang Sport Centre	23 July – 5 August
	OCBC Arena Hall 3	6-7 August
Volleyball Beach	Yio Chu Kang	23-24, 30-31 July
		6-7 August
Water Polo	Our Tampines Hub	23-24 & 30-31 July
SIGNATURE EVENTS		
Event	Venue	Date
Vertical Challenge	SkyResidence @ Dawson	30 July
Coast To Coast Walk	Jurong Lake Sport Centre & Pasir Ris Sport Centre	31 July

Stadium Run	100Plus Promenade	6 August
Round Island Bike Adventure	Pasir Ris, Yishun, Jurong West, Sports Hub	6-7 August
Nature Paddle	MacRitchie Reservoir	6-7 August

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