

**ANNEX A
GASG 2023 EVENTS AND ACTIVITIES**

Event / Activity	Background	Note
<p>Event: Seniors' Sports Day Date: 3 August 2023, Thursday Time: 9am to 4.30pm Location: Sports Hub OCBC Arena Hall 1</p>	<p>Organised by the ActiveSG Masters Club, the Seniors' Sports Day seeks to encourage seniors to lead an active and healthy lifestyle and stay connected to the community through sport and physical activity.</p> <p>Following a successful virtual event in 2021 and a hybrid event in 2022 which attracted 3,000 and 5,000 participants respectively, the Seniors' Sports Day will be returning for its third edition.</p> <p>This year, the event will see school children joining the seniors in the sport try-outs and playing reimagined kampung games such as Bola Tin Soccer, Bullseye Chapteh, Giant Erasers and Rumah Dayak 2.0. These games are part of the '57 Kampung Games' collection, an activity resource guide rolled out in GASG 2022 that includes traditional old school games which have been modified to incorporate fundamental movement skills. Through these games of yesteryears, it encourages bonding between seniors and youths through play, at the same time allowing seniors to improve their fundamental movement skills while playing their favourite childhood games.</p> <p>As we age, we lose muscle mass and are increasingly at risk of sarcopenia – age-related loss of skeletal muscle mass plus loss of muscle strength and/or reduced physical performance. Sarcopenia screening by Active Health will be conducted onsite for the seniors to measure up and allow them to understand their risk and simple exercises to increase their muscle mass. Seniors will be educated on the need to engage in muscle strengthening activities on 2 or more days a week, at moderate or greater intensity to keep muscles, bones, and joints strong. This is in line with the recently published Singapore Physical Activity Guidelines.</p> <p>A virtual celebration will also be organised to engage seniors at nursing homes and Active Ageing centres who are unable to join the physical event due to capacity limitations or mobility concerns.</p>	<ul style="list-style-type: none"> • Guest-of-Honour (TBC closer to date) will launch ActiveX, on <u>3 August 2023, 2.30pm to 3pm</u>, as well as to try out some of the Kampung Games onsite along with the rest of the participants. • Media is recommended to cover the Launch of ActiveX.

	<p>The one-day event will also see the launch of ActiveX, a new initiative that promotes active ageing as part of the Ministry of Health (MOH) Refreshed Action Plan for Successful Ageing and encourages intergenerational bonding through sport. Through ActiveX, SportSG hopes to connect seniors and youths to participate in sport-related activities regularly to promote a sense of belonging and nurture bonds which will in turn, create a self-sustaining support network.</p>	
<p>Event: Nurture Kids Festival and the Launch of the Fun Start Move Smart – Learning to Move, Moving to Learn resource guide (2023 Edition) Date: 4 August Time: 9.00-11.00*am Location: Sports Hub National Stadium <i>*Media is invited to the OCBC lounge from 9.50am - 11.00am for a closed group briefing re the FSMS. Interviews with identified pre-school educators and SportSG spokesperson (core person who worked on the resource guide) will also take place at the OCBC lounge. Media may return to the NST to continue taking b-rolls of the event after.</i></p>	<p>In celebration of Singapore's 58th birthday, Nurture Kids Festival is rallying the preschool segment to come together and celebrate a stronger Singapore through sport and active play. The festival includes a video campaign where preschools are encouraged to design Fundamental Movement Skills (FMS) learning activities by exploring their neighbourhood spaces and a finale event that will bring pre-schoolers together at the National Stadium. The finale event aims to provide them an opportunity to learn the importance of FMS through active play, by learning to move and moving to learn, anytime and anywhere around their neighbourhood. More information can be found here: Nurture Kids Festival.</p> <p>In addition, SportSG will officially launch the Fun Start Move Smart – Learning to Move, Moving to Learn resource guide (2023 Edition) at the Nurture Kids Festival.</p> <p>In 2010, SportSG published the “Fun Start Move Smart – FUNdamental MOVEment Skills for Growing Active Learners” resource guide which provided many early childhood educators and coaches with the relevant knowledge and activity ideas to help children in Singapore develop their physical literacy.</p> <p>As the early childhood sector evolves, it is timely SportSG revisits the guide to ensure relevancy. The “Fun Start Move Smart - Learning to Move, Moving to Learn” resource guide (2023 Edition) presents a key shift in focus, from learning FMS in isolation to using movement to build a strong foundation in FMS for pre-schoolers. Factors such as active play, outdoor learning as well as being physically active in other learning domains and lesson transitions, are now contributing sources to kickstart and enhance a child’s developmental journey.</p>	<ul style="list-style-type: none"> • Guest of Honour Dr Mohamad Maliki Bin Osman, Minister, Prime Minister's Office, Second Minister for Education and Second Minister for Foreign Affairs will launch the “Fun Start Move Smart - Learning to Move, Moving to Learn Resource Guide (2023 Edition). • The event will gather approximately 6,500 preschool children to engage in a range of activities that incorporate FMS. • Media is recommended to cover the Launch of the Fun Start Move Smart – Learning to Move, Moving to Learn Resource Guide (2023 Edition).
<p>Event: Lion City Dance Convention and YouthCreates</p>	<p>The Lion City Dance Convention and YouthCreates Ramp It Up Competition will take place at the OCBC Square and SportSG Auditorium between 29 July to 9 August 2023.</p>	<p>Guest-of-Honour Mr Edwin Tong, Minister for Culture, Community and Youth and</p>

<p>Ramp It Up Competition. Date: 29 July to 9 August 2023 Time: Varies, depending on day of event (GOH will be present from 2-4pm on 5 Aug) Location: OCBC Square and SportSG Auditorium</p>	<p><u>Lion City Dance Convention</u> Organised by the ActiveSG ActiveGroove Club, the Lion City Dance Convention aims to continue building interest and participation in street dance. Breaking, also known as breakdancing, made its Olympic debut at the Youth Olympic Games in 2018, and will be featured in Paris 2024 Olympic sports programme as a new sport.</p> <p>The Lion City Dance Convention will feature the following:</p> <ul style="list-style-type: none"> • 7 to Smoke (29 Jul) – Champion from each category – Popping, Breaking and Open-Style – will be seeded into Radikal Forze Jam 2024 and awarded \$800 cash. • Junior Showcase (30 Jul) – For participants below 18 years old; Champion team will walk away with \$1,000 cash. • Open Category Showcase (5 Aug) – Champion team will be seeded into Summer Jam showcase competition 2024 and awarded \$5,000 • Group Battles (6 Aug) – Champion team from each category – Open-Styles 3v3 and Breaking 4v4 – will be seeded into Radikal Forze Jam 2024 and awarded \$2,400 and \$3,200 cash respectively. • Workshops (31 July to 4 Aug) – Beginner to advanced workshops will be held for the following types of street dance – Choreography, Hip Hop, LiteFeet, Popping, Lyrical, Dance Hall, Locking, Girls’ Style, Contemporary, House, Waacking. • Block Party Music Festival (5 Aug) – Local artistes such as Tosh Rock, Zaddon Lim, DJ Koflow and international DJ Total Eclipse are set to rock the stage on Saturday night. <p>More information can be found here: ActiveGroove</p> <p><i>* Radikal Forze Jam is the largest street dance festival in Asia Pacific that attracts large groups of international dancers across the world.</i></p> <p><u>YouthCreates Ramp It Up Competition</u> Organised by YouthCreates, a movement under Sport Singapore that aims to build a fun & vibrant youth sporting community, the skateboard miniramp competition will be returning for</p>	<p>Second Minister for Law will be present on <u>5 August, Saturday, 2pm to 4pm</u>, to present the prize for the Lion City Dance Convention – Junior Showcase and to engage the participants from both the Lion City Dance Convention and YouthCreates Ramp It Up Competition.</p>
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	<p>the third year following two successful editions in 2021 and 2022 and will be held from 4 to 6 August.</p> <p>There will also be the Shredder Series skateboarding clinics (beginner and intermediate levels) from 7 to 9 August where youths who are keen to learn the sport or are relatively new to their sport and can try their hand at skateboarding for free.</p> <p>More information can be found here: YouthCreates Ramp It Up Competition</p>	
<p>GameOn Nila! NDP Special Edition</p>	<p>Celebrate Singapore's 58th birthday with GameOn Nila! with the return of the NDP 2023 Adventure Trail! Adventure seekers, heritage and nature lovers can participate in GASG festivities through GameOn Nila! - a game within the ActiveSG mobile app. Clock 5,000 steps and 30 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 NDP 2023 Actual Day Show Tickets, NDP 2023 Merchandise, Secretlab Gaming Chair & Lumbar Pillow, Shopping Vouchers and more from participating in the various trail challenges! More information can be found here: GameOn Nila!</p> <p>GameOn Nila! is suitable for everyone regardless of fitness level and provides a great bonding experience. Level up and gain Active Points to ballot for attractive prizes, or complete challenges to be entitled to draw chances! Clock steps and hunt for the QR codes while you discover and learn more on about the heritage sites of Singapore. Besides the return of NDP 2023 Adventure Trail, explore and Discover ServiceSG 2023 Trail or Discover 4 new Heritage Trails with National Heritage Board.</p>	
<p>Active Enabler Programme (AEP)</p>	<p>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 were 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". More information can be found here: Active Enabler Programme</p>	

