

GETACTIVE!
SINGAPORE



Kampung Games

for Children and Parents



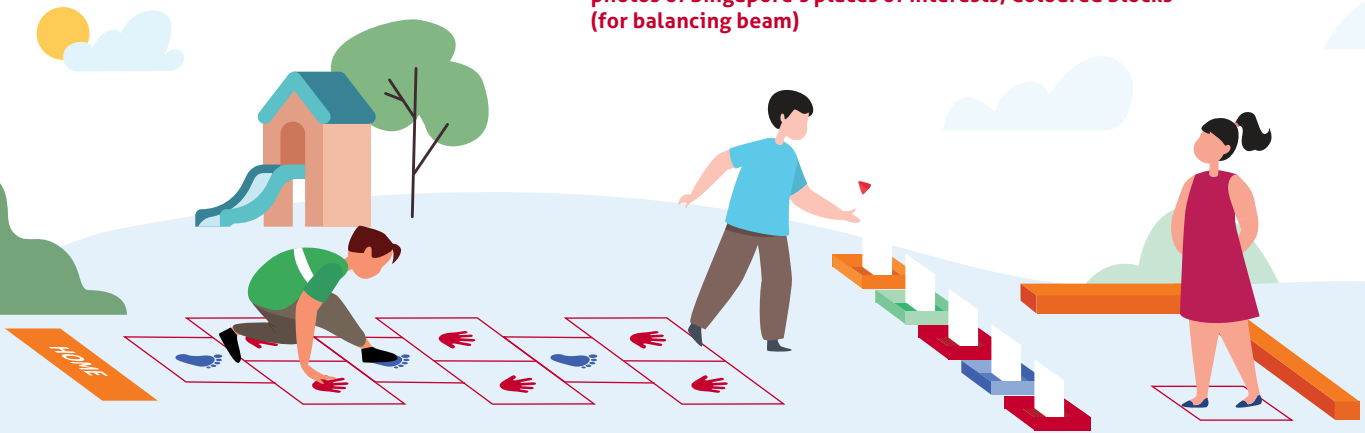
REMINISCE OUR KAMPUNG GAMES



NUMBER OF PLAYERS
6 or more



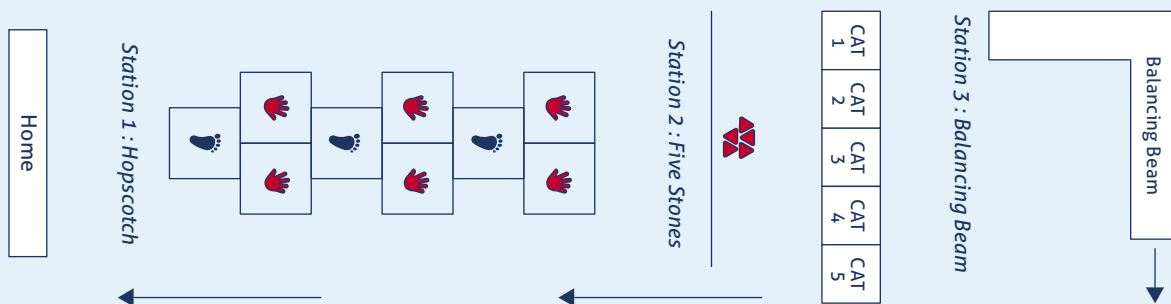
ITEMS NEEDED
Icons of hands and feet printed on paper, Coloured tapes, DIY five stones, Labelled category boxes, Game cards with photos of Singapore's places of interests, Coloured blocks (for balancing beam)



OBJECTIVE

Players will have to get through all stations and return to their home ground in the shortest amount of time.

GAME LAYOUT



DESCRIPTION

Reminisce our Kampung Games is reinvented from the traditional games of *Five Stones* and *Hopscotch*. This game encourages teamwork and development of children's locomotor (crawling, jumping, hopping, running), object control (throwing) and stability (balancing) skills.

Each team can be formed with three players. The team will have to complete the stations by 1) going through the *Hopscotch* course in the correct sequence, 2) throwing the DIY five stones into the right box, 3) crossing the balancing beam and 4) running back to their home ground in the shortest amount of time.

Main Modification(s): Players will need to use both of their hands and legs to complete a reinvention of *Hopscotch*. In a twist of *Five Stones*, they will also be required to throw the DIY five stones into boxes from a distance.



HOW TO PLAY

There are three stations in this game.

- Player 1 will start the game from the home ground by doing a crab walk to the *Hopscotch station (1)* while Player 2 and Player 3 will wait at the *Five Stones station (2)* and *Balancing Beam Station (3)* respectively.
- Player 1 will then get through the *Hopscotch station (1)* by following the actions shown within each of the squares.
- Once completed, Player 1 will perform a bunny hop to the *Five Stones station (2)* and tag Player 2, who will then pick a game card listing the name of a national icon before throwing a DIY five stone into the correct box bearing the image of the icon.
- Player 2 will perform a single-leg-hop to the *Balancing Beam station (3)* to tag Player 3, who will then walk on the balancing beam and run back to the home ground, before continuing with the first station to restart the process.
- Each round ends when all players in the team have completed the three stations and the team which completes the round in the shortest amount of time wins the game.

Credits: M.Y World @ Yishun



Scan to watch video
go.gov.sg/nk2022kg01

Fundamental movement skills (FMS) form the building blocks of daily activities and are essential in the early years to pave the way for development of more complex physical movements. Build your child's Stability skills (e.g., static balance, dynamic balance, bending, turning, twisting) to maintain and acquire balance. We encourage parents to participate actively in the activities and enjoy the fun together with your child!

Kickstart your child's Active Start to life! For more resources, sporting activities and ideas for the entire family to live better through sports, visit Active Parents @ <https://go.gov.sg/apkg-hpb!>

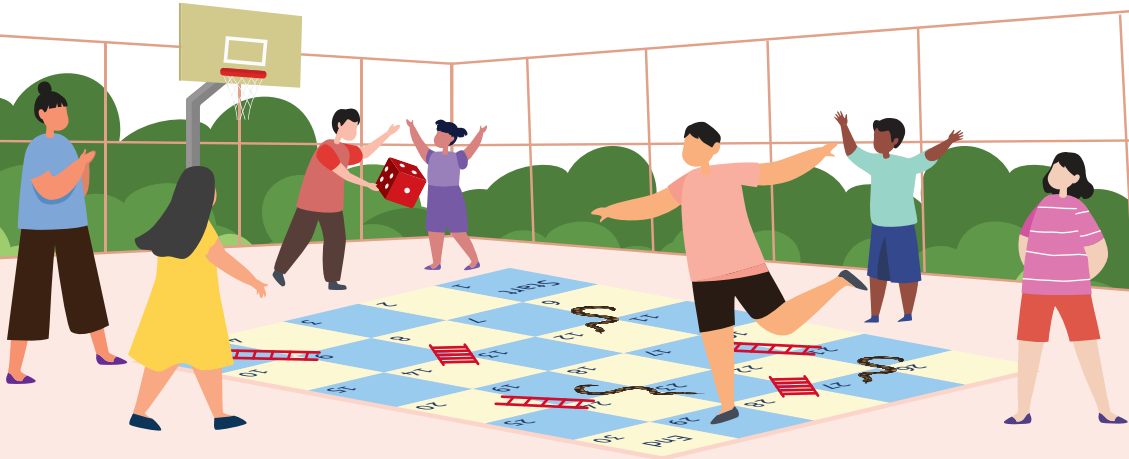
UPS AND DOWNS



NUMBER OF PLAYERS
5 or more



ITEMS NEEDED
PVC vinyl mat, Die, Tape (to outline the *Snakes and Ladders* game),
Foam glitter (to indicate the start and end point), Quiz cards



OBJECTIVE

Players will need to move through the numbers indicated on the mat based on their die rolls and answer Singapore-related questions correctly to progress through the game to reach the end point.

GAME LAYOUT



Start	6	11	16	21	26
1	7	12	17	22	27
2	8	13	18	23	28
3	9	14	19	24	29
4	10	15	20	25	End
5					30

DESCRIPTION

Ups and Downs is inspired by the traditional game *Snakes and Ladders*. This game promotes the development of children's locomotor (jumping/hopping), object control (throwing), and stability (bending and twisting) skills. Through identifying the numbers on the die and play mat, as well as responding to the questions on the quiz cards, children can also improve their numeracy and comprehension skills.



Main Modification(s): While *Snakes and Ladders* is traditionally played as a board game whereby players navigate a game piece from start to finish, *Ups and Downs* is reinvented to promote the development of fundamental movement skills as players act as the "game piece" and attempt to move up the ladders through varying fundamental movements (hopping, bending, twisting) to reach the end point.

HOW TO PLAY

- Players will stand in line at the start point and take turns to roll the die.
- Players will jump/hop as many times as the number which they rolled on the die (i.e., If the player rolls a four, he/she will hop four places).
- When players land at the base of a ladder, they will draw a quiz card and answer a Singapore-related question.
- If players can answer the question correctly, they will move up the ladder by performing bending and twisting movements. If players do not know the answer, they may ask the other players for help.
- When players land on top of a snake, they will slide down to the bottom of the snake and wait for their next turn.
- When players land at the bottom of a snake, they will remain at the same spot and wait for their next turn.
- All players will take turns to roll the die, and the first player to reach the end point wins.



GIANT ASEAN COUNTRY ERASERS



NUMBER OF PLAYERS
2 or more



ITEMS NEEDED
Carton boxes, Printed country flags,
Vanguard sheet (to cut out the number "57")



OBJECTIVE

Players will need to walk along the number "57" and attempt to flip their "eraser" until it lands on top of their opponent's.

GAME LAYOUT



TEAM A



National Flag of
Neighbouring Country



TEAM B



DESCRIPTION

Giant ASEAN Country Erasers is a supersized edition of the traditional game *Country Erasers*. This game promotes children's development of object control (throwing and flipping the "eraser") and stability (balancing while walking along the number "57") skills. With more participants on board, players may team up to achieve the game's objective.

Main Modification(s): *Country Erasers* is traditionally played with a common stationery item and players would seek to land their country eraser on top of their opponent's in a bid to gain possession of it. *Giant ASEAN Country Erasers* is played the same way, but the erasers are replaced with carton boxes to allow players to hone their object control skills.



HOW TO PLAY

- Players will be divided into two teams. The first player of each team will start by walking along the number "57" on the ground towards the country erasers playing area.
- Once the players finish walking along the number "57", they will jump forward and shout out the word "SINGAPORE".
- The players will then engage in a round of *Scissors, Paper, Stone* to decide who will go first.
- The players will then take turns to nudge or flip their "eraser" until they manage to land their "eraser" on top of their opponent's.
- The winners will get to keep both their own and their opponents' "erasers".
- The team with the most number of "erasers" wins the game.

Credits: Nurfarah Aleesha Binte Mohamed Azmi, Mohamed Aniq Arsyad Bin Mohamed Azmi



Scan to watch video
go.gov.sg/nk2022kg32

Fundamental movement skills (FMS) form the building blocks of daily activities and are essential in the early years to pave the way for development of more complex physical movements. Build your child's Stability skills (e.g., static balance, dynamic balance, bending, turning, twisting) to maintain and acquire balance. We encourage parents to participate actively in the activities and enjoy the fun together with your child!

Kickstart your child's Active Start to life! For more resources, sporting activities and ideas for the entire family to live better through sports, visit Active Parents @ <https://go.gov.sg/apkg-hpb!>

HOPPING AWAY TO SINGAPORE



NUMBER OF PLAYERS
5 or more



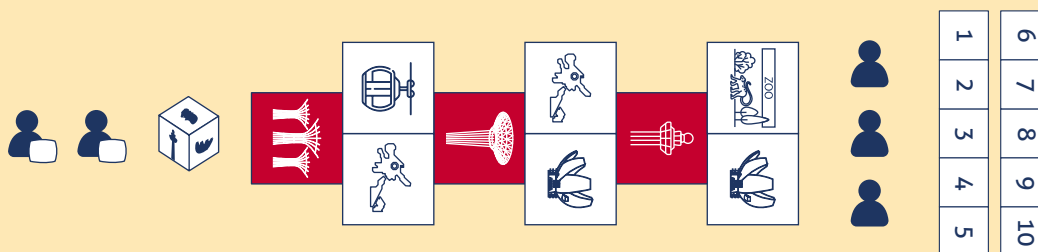
ITEMS NEEDED
A die, Pictures of places of interest in Singapore, Coloured tapes, Number cards, Beanbags



OBJECTIVE

Players must complete a set of tasks that involves identifying Singapore's places of interest, progressing through a modified *Hopscotch* course and arranging the number cards in sequential order.

GAME LAYOUT



DESCRIPTION

Hopping Away to Singapore is reinvented from the traditional Kampung game *Hopscotch*. This game promotes children's development of various fundamental movement skills – locomotor (jumping, hopping), object control (throwing), stability (dynamic balance) – as well as numeracy skills (arranging numbers in sequential order).

Main Modification(s): Introducing a modified *Hopscotch* set-up, this game incorporates images and numbers to develop young children's recognition of Singapore's places of interest and learning of the numbers 1 to 10 in the correct sequence.

HOW TO PLAY

- Players will begin the game by rolling a die with images of Singapore's places of interest pasted onto it and will need to identify the place shown on the top of the die after it is rolled.
- They will then toss the beanbag into the square that matches the place of interest which they have identified correctly.
- Players will hop through the empty squares, and only jump and land on both feet when they approach two squares which are side-by-side.
- Players will have to randomly pick up two number cards when they reach the last square.
- Once all the players have completed their turns and collected their number cards, they will gather and arrange all the number cards in sequential order to complete the game.



BOLA TEAM



NUMBER OF PLAYERS
6 or more



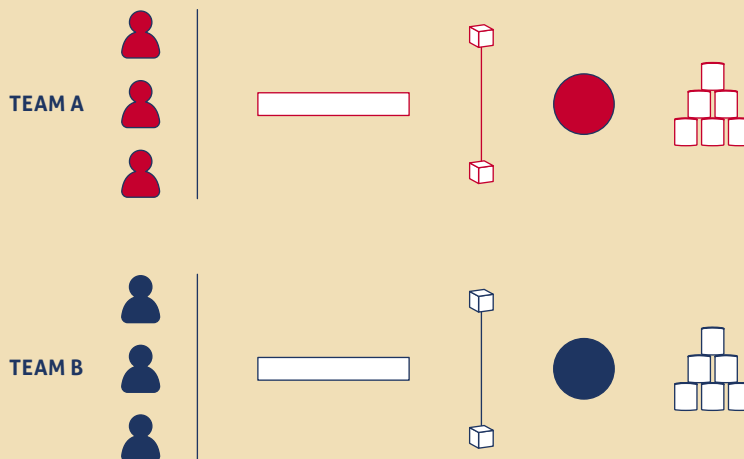
ITEMS NEEDED
Used toilet paper rolls, Coloured paper, DIY ball, Plastic balancing beam



OBJECTIVE

Players will need to take turns to complete the obstacle course which involves balancing, jumping and throwing.

GAME LAYOUT



DESCRIPTION

Bola Team is inspired by the traditional Kampung game, *Bola Tin*. This game helps to develop children's locomotor (jumping), object control (throwing) and stability (balancing) skills. It also puts players' speed and accuracy to the test as their team would need to finish ahead of the opposing team by completing the obstacle course as fast as possible.

Main Modification(s): This modified version of *Bola Tin* is played as a team relay and includes other activities which provide a different challenge to the players.



HOW TO PLAY

- Players are divided into teams of three players each.
- On the command "GO", the first player from each team will proceed to walk on the balancing beam.
- If players lose their balance and fall off the beam, they will be required to return to the start point and begin again.
- Thereafter, players will jump across a hurdle and throw a ball towards a tower of paper rolls to knock it down.
- Once the tower is knocked down, they will proceed to build it back up and travel back to the start line via the obstacle course before tagging their next teammate to continue the same process.
- The first team to have all of its players complete the course wins the game.

Fundamental movement skills (FMS) form the building blocks of daily activities and are essential in the early years to pave the way for development of more complex physical movements. Build your child's Stability skills (e.g., static balance, dynamic balance, bending, turning, twisting) to maintain and acquire balance. We encourage parents to participate actively in the activities and enjoy the fun together with your child!

Kickstart your child's Active Start to life! For more resources, sporting activities and ideas for the entire family to live better through sports, visit Active Parents @ <https://go.gov.sg/apkg-hpb!>

Credits: PCF Sparkletots
Preschool @ Limbang Blk 543



Scan to watch video
go.gov.sg/nk2022kg45

GET ACTIVE! SINGAPORE



An initiative by



Partner in Sport



Giving Hope
Improving Lives



go.gov.sg/apkg-hpb

#PlayOnPlayTogether #GetActiveSG

