

NURTURESTARS SPORTS DAY 2023



CELEBRATING ANOTHER
HEALTHY JOURNEY!

26 August 2023 (Saturday)
9am to 1.30pm
Singapore Institute of Management
Multi-Purpose Sports Hall, (BLOCK D)



JOINTLY MANAGED BY:





NurtureStars Sports Day 2023 marks yet another milestone in our growth towards developing **stronger bodies, sharper minds.**

It is a time for family bonding as well. Games emphasising exercise and fitness are designed for the family to enjoy together!



NURTURESTARS CENTRES ACCREDITED 'HEALTHY PRESCHOOL' BY HPB

Since 2010, NurtureStars has introduced 1.5 hours of physical exercises per day in our sports curriculum – 50% more than the average preschool in Singapore. This, together with balanced and nutritious meal plans, has earned us the 'Healthy Preschool' award conferred by Health Promotion Board (HPB).



ACTIVE LEARNING CURRICULUM: FUSING A STRONG PHYSICAL PROGRAMME WITH OUR PARTNER

A strong physical education programme that fuses with engaging classroom learning to develop our children holistically. This is the essence of NurtureStars' Active Learning Curriculum.

We work with valued partners like JACPA, Japan's largest sports academy for preschoolers, to provide advanced fitness programmes to enhance our children's development – mentally, physically and emotionally. Through physical education, we also develop their concentration, memory, discipline, resilience and teamwork.



NURTURESTARS PRESCHOOLERS JOINED REGIONAL RESEARCH

Between 2019 to 2020, 100 NurtureStars preschoolers were invited to join a research on the effect of formal physical education for young children.



Initiated by Dr Professor Akira Maehashi, a well-known authority on children's physical well-being and Advisor to our long-term partner, JACPA, the research confirmed that physically active children developed superior concentration, discipline, resilience and team spirit.

Professor Maehashi hails from the notable Waseda University in Tokyo. He has made numerous award-winning contributions in the areas of health and welfare of children.

ONLY PRESCHOOL IN SINGAPORE WITH A COMPREHENSIVE PHYSICAL EDUCATION PROGRAMME

NurtureStars' Active Learning Curriculum was designed in 2010 through our partnership with JACPA, a specialist in children sports education in Japan. The curriculum remains unique today and is totally aligned with MOE's mission to nurture well-balanced children through quality sports and classroom learning.





THE PROGRAMME:

Opening Ceremony

- March In
- NurtureStars Song
- Children's Speech
- JACPA Warm Up

Performance & Games

K1

- PE Demonstration
- Gym Formation
- Parent & child game

K2

- Basketball
- Skipping Rope
- Gym Formation
- Tug Of War
- Parent & child game

Closing Ceremony

- Cooling Down Exercise
- Prize Presentation
- Dismissal

EVENT SPONSORS

