



**KINDERLAND**  
ACADEMY • PRESCHOOL



# SPORTS Fiesta 2024



Guest of Honour  
**Xander Ong**

Chief Executive Officer of Centre For Fathering

12 October 2024, Saturday  
Singapore Institute of Management  
Sports Hall @ Block D



# Get ready for a day full of fun, laughter, and friendly competition as we bring together our little athletes for an unforgettable event!

Designed especially for our preschoolers and families, the Sports Fiesta will be a delightful blend of games, activities, and cheer.

Parents and guardians are invited to cheer them on, capture the fun with photos, and join in the excitement of this lively event.

Come ready to have a blast, celebrate our little athletes, and make lasting memories.



# Raising the Bar of Fitness

In the 1980s, children's fitness in kindergartens was limited to basic activities like jumping and passing the ball. The approach was often unstructured and unmeasured. As Singapore's affluence grew, coupled with a decline in physical activity, childhood obesity became an increasing concern.

Recognizing this challenge, Kinderland became the first preschool to introduce a comprehensive international approach to its fitness programme, now known as "KinderFit". Beyond physical fitness and cardio-wellness, this programme educates children on the importance of nutritional values, safety, and hygiene through the music-infused curriculum. With that, Kinderland launched the annual combined sports day to celebrate and reaffirm our belief in children's wellness in their early years.



## Stay Healthy, Start Early

Our toddlers, aged 12 to 17 months, are excited to participate in the Sports Fiesta for the sixth year running! After training hard for two fun games, "Parachute Party" and "Happy Todds Quest," they are ready to shine. Let us give our budding athletes the loudest cheers, applause, and encouragement they truly deserve!



# Rekindling the Sports Spirit

Since its debut in 2008, the annual Sports Fiesta has become the highlight of our children's achievement through their years of learning. We want to inspire our children to embrace a healthy lifestyle through regular exercise, sports, and a balanced diet. Beyond these physical components, the programme also develops key life skills such as concentration, resilience, discipline, and teamwork in our young learners.



Kinderland was honoured to receive **JACPA's** support in co-curating the Sports Fiesta programme, particularly for the parent-child relays and gymnastic display. JACPA is Japan's largest preschool sports academy, serving over 1,200 kindergartens.

Let us give our children a big round of applause for their outstanding efforts at the Sports Fiesta and their commitment to a balanced and healthy lifestyle. Their enthusiasm and dedication are truly inspiring!



**2023**



Sports Fiesta made a much-anticipated return after a three-year hiatus due to the Covid pandemic.

**2017**



700 preschoolers gathered for our largest preschool sports event.

**2016**



Toddlers joined in the fun too!

**2010**



Kinderland's Preschool Marching Band made its debut at the annual sports day.

**2008**



Kinderland launched its first-ever large-scale sports day for pre-schoolers.

**1996**



Invited for our pioneering fitness programme, 350 Kinderland children participated in the 22<sup>nd</sup> Singapore National Day Parade.

Cardiovascular Fitness Programme was renamed to KinderFit.



# Strengthening Family Bonds through Exercise

Kinderland Sports Fiesta is a vibrant celebration that blends physical activity with family bonding, promoting holistic wellness for everyone involved. This unique event offers a wide range of sports and wellness activities designed to enhance physical fitness, mental health, and emotional well-being, all while encouraging families to spend quality time together.

By engaging in interactive experiences, parents and children can strengthen their relationships and create lasting memories in a fun and active environment. This Fiesta also aligns with Singapore's Health Promotion Board MOVE IT Active Family Programme, highlighting its commitment to encouraging families to stay active and connect.



## Featuring Singapore's First and Only Preschool Marching Band



Our Marching Band and Colour Guard are thrilled to once again lead the march past in the opening act of this year's Sports Fiesta. This year, we are excited to feature a performance by 60 children from Kinderland Preschool @ Marine Parade and Kinderland Academy @ Yio Chu Kang.

Starting as a percussion band with 50 Kindergarten One children from Kinderland Academy @ Yio Chu Kang in 2010, our band has expanded its repertoire to include a diverse range of instruments, such as drums, glockenspiels, pianicas, and electronic keyboards.

# Programme

Scan here for  
Kinderland Song



## Opening Ceremony

- Marching Band & Colour Guard Performance
- March In
- Opening Speech by GOH  
Xander Ong, CEO of Centre For Fathering
- Children's Speech
- Warm Up Exercise

## Relay Games

- Tiny Friends Parachute Play
- Happy Todds Quest
- Prize Presentation
- Crawl-Pass-Roll Adventure
- Hop-Pass-Kick Race
- Mommy and Me K-pop Jam
- Parachute Party
- Daddies Dash
- Tug of War Round
- Gymnastic Stars
- Tug of War Semi-Final
- Tug of War Final
- Prize Presentation
- March In

## Closing Ceremony

- Cooling Down Exercise
- Prize Presentation
- Home Sweet Home

Strengthening Families Together:



Co-Sponsored by:



 [Kinderland.com.sg](http://Kinderland.com.sg)

  [KinderlandSG](#)



# **Kinderland Song**

**It's a brand new day in Kinderland,**

**It's a brand new day in Kinderland,**

**I'm so happy to meet my friends,**

**Each and every day in Kinderland.**

**We make words with A, B, C,**

**Fun with numbers 1, 2, 3,**

**Singing songs in Do, Re, Mi,**

**Kinderland's the place for me!**

**Here we learn to love, to share and care,**

**Play along with one another too,**

**Work together and help ourselves,**

**Kinderland's the nicest place to be!**