

MEDIA RELEASE - FOR IMMEDIATE RELEASE

**GET ACTIVE! SINGAPORE 2021 ENCOURAGES EVERYONE TO PLAY
ON, PLAY TOGETHER, IN A CREATIVE, FUN AND SAFE WAY**

*GetActive! Singapore Workout collaborates with the NDP's Dance of the Nation to rally
Singaporeans from all over the world to join in the celebrations!*

Singapore, 7 July 2021 – With COVID-19 safe management measures in place, Singaporeans can continue to stay active and celebrate Singapore's 56th National Day through sport. The GetActive! Singapore (GASG) 2021 campaign will offer activities in both virtual and physical settings for everyone to play and celebrate our nation's birthday. Sport Singapore (SportSG) has organised an exciting line-up of sport festivals, competitions, and fun activities suitable for all ages and abilities. These events will run from 23 July to 8 August at the Singapore Sports Hub, selected ActiveSG sport centres and community spaces.

"In the past year, we have partnered the sport industry and others to create many opportunities in spite of COVID-19 to engage in sport and physical activity with friends and family. Whether it has been in virtual or small group settings, the desire to play reflects our unwavering SGUNITED spirit. Let us celebrate our Singapore Spirit and our nation's birthday through sport in GetActive! Singapore 2021," said Sport Singapore CEO Lim Teck Yin.

GASG collaborates with NDP

The GASG Workout remains a staple in every GASG campaign, to rally Singaporeans to keep active through dance fitness, no matter where they are. This year, the workout will be part of the National Day 2021's Dance of the Nation initiative. In celebration of the nation's 56th birthday, the National Day Parade (NDP) committee has called for dance-workout submissions from the public from 2 July 2021. The submission call will last for two weeks and selected submissions will be collated and shared across NDP's social channels, for the community to 'participate' virtually and be part of this year NDP celebrations. Watch the GASG 2021 video here: <https://go.gov.sg/getactivesingapore-danceofthenation>

The GASG workout video will serve as reference for the public to gain inspiration and create simple yet engaging dance moves with their families, friends and even the larger community to follow. The theme, “Together, Our Singapore Spirit”, calls on Singaporeans to reinvigorate the Singapore Spirit and spur ourselves on, to overcome setbacks and build a stronger Singapore. Although celebrations will take place in a decentralised manner across the country, Singapore can still ‘come together’ and celebrate the nation’s birthday meaningfully, from wherever they are. More details can be found on www.ndp.gov.sg.

Start With 60 (SW60). #SW60

A national online movement aimed at challenging Singaporeans to kickstart an active lifestyle journey through 60 seconds of physical activity. Participants may draw inspiration from the GASG website resource library which hosts various exercises and sport challenges. The exercises were curated by SportSG’s Active Health Coaches to encourage people to stay active with simple movements that are easily incorporated into one’s daily schedule. The sport challenges designed by Coaches from the ActiveSG Academies and Clubs, will provide an element of competition and fun to encourage participants to test their fitness levels and play with a “pass it on” spirit. Participants will perform 60 seconds of physical activity or take on an online challenge, post it, and tag three other friends to continue the movement and do better. SW60 will also take place physically at various GASG events around the island with booths for event participants to try out different SW60 workouts. Facilitators will also be present on site to share the health benefits of the different exercises. Try it out today: <https://go.gov.sg/getactivesingapore-sw60>

More exciting GASG Activities

GASG will feature a variety of activities under Seniors’ Sports Day, Active Groove, YouthCreates and the Nurture Kids festival to cater for seniors, youths and children respectively. These initiatives will be conducted physically and virtually with engaging, interactive elements across both formats.

In addition, public can also participate in GASG through GameOn Nila, the in-app game within the ActiveSG app. During GASG, participants can win prizes by completing tasks at selected nature discovery trails in Singapore including hiking at MacRitchie and East Coast parks, kayaking and cycling around the island, just to name a few. Participants will also be able to scan QR codes when they complete activities at GASG Sport Festival sites to earn points to redeem up to \$5000 worth of prizes.

Pesta Sukan will continue to promote camaraderie through friendly competitions and encourage future generations to live better through sport. Taking place islandwide, Pesta Sukan will see individuals and teams compete in over 28 sports, including para sports. Register now at: <https://go.gov.sg/getactivesingapore-pestasukan>

For the sixth year running, GASG hopes to rally and unite Singaporeans through Sport to celebrate National Day in a safe manner. Participants are encouraged to share memorable sporting memories on social media with the hash tags #GetActiveSG and #PlayOnPlayTogether. More event details can be found on <https://go.gov.sg/getactivesingapore>

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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, whilst providing a platform to inspire the Singapore spirit and celebrate our national identity, transforming our sporting spaces into social commons to facilitate greater sport participation and expanding opportunities in 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.

About Sport Singapore

As the national sports agency, Sport Singapore's core purpose is to inspire the Singapore spirit and transform Singapore through sport. Through innovative, fun and meaningful sporting experiences, our mission is to reach out and serve communities across Singapore with passion and pride. With Vision 2030 – Singapore's sports master plan, our mandate goes beyond winning medals. Sport Singapore uses sport to create greater sporting opportunities and access, more inclusivity and integration as well as broader development of capabilities. At Sport Singapore, we work with a vast network of public-private-people sector partners for individuals to live better through sports.

To find out more, visit our websites www.sportsingapore.gov.sg and www.myactivesg.com.

Follow us at www.facebook.com/myActiveSG and www.youtube.com/SingaporeSports.

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