ActiveX 2027

	Mandatory	Optional		
Item	**Playdate**	**School Events (School-Led)**	**ActiveX Playdate 2.0 (Seniors-Led)**	**Major Sporting Events (SportSG-Led)**
Aim	• To develop the capability and skill of the students to learn, lead and conduct the activity/ sport. • For students to apply what they learnt and conduct the session for seniors.	Strengthen School-AAC partnership and bonding between senior & students	Facilitate intergenerational bonding • Learn from seniors' life experiences and reduce age-related stereotypes • Develop empathy, patience and communication skills through senior interaction	Maintain School-AAC partnership beyond programme activities
Timeframe	1 session (Between Feb to May)	Throughout the year (E.g. CNY celebration/ National day celebration/Sports Day)	1 session (Between Aug to Oct) Blocked out months: January, June, July	Throughout the year (Subjected to availability)
Programme Outline	**[NEW] Students will learn and lead 3 activities/sport (2.5hrs)** 1. SportSG-Led Activity (Mandatory) 2. Resource-guided Activity* (Playbook) 3. School's Choice (Open Activity**/Playbook) Schedule: • Students to learn mandatory activity (1hr) • Playdate with seniors led by students (1hr) • Refreshments (30mins)	Invite AAC seniors to join the events held in school	Seniors from an Active Ageing Centre (AAC) will guide the students on how to play adaptive sport • To be conducted at AAC	Invitation extended to schools and AACs for events held at The Kallang (E.g. HSBC SVSN, Singapore Smash, FIBA 3x3, Singapore Badminton Opens, Singapore Tennis Opens)
Required Support from **Schools**	• Identify a date to host the playdate (2.5hr) • Host the playdate @ School • Suggested group size: 40 students from Primary 4 – 6; Secondary; JC/MI	Suggest school events for seniors to join	• Identify a date of interest • Coordinate student participation • Facilitate parent/guardian consent • Arrange teacher accompaniment and supervision • Suggested group size: 40 students from Primary 4 – 6; Secondary; JC/MI	• Coordinate student participation • Facilitate parent/guardian consent • Arrange teacher accompaniment and supervision
Support from **SportSG**	• Event set-up, coaches support/facilitation and equipment provision • 2-way transport for AACs • Refreshments for seniors and students involved in the playdate	• 2-way transport for AACs • Refreshments for seniors	• 2-way transport for Schools • Refreshments for seniors and students involved	• 2-way transport for AACs and Schools • Tickets to event

*Playbook is a new resource guide by SportSG featuring a myriad range of adaptive sport, activities suitable for intergeneration programmes for students and seniors.
** Selected ideas from schools can be added and credited in our ActiveX playbook

Initiated in 2023, **ActiveX is a suite of intergeneration activities for seniors** from Active Ageing Centres (AACs) **and students** from Schools (Primary to Higher Institutes) **to interact, learn and bond through sport and physical activity.**

Through students' sport facilitation, key values - empathy, leadership and care for seniors are honed. Conversely, seniors enhance their self-esteem, self worth from playing and sharing their sport expertise with students, minimising social isolation.






https://go.gov.sg/activex-2027

