

08 SPORTS EDUCATION

Participation in sports helps young individuals build a sound body to withstand the daily pressures of life but also prepares them with a sound mind in the values they learn such as teamwork, fair play, respect for themselves and others.

Sports First is a multi faceted sports provider which not only cultivates the sportsmanship of an individual but also focuses on character development. Sports such as archery, rock climbing and golf are some of our notable programmes catered towards igniting the sporting spirit and inculcating in them new vigour and enthusiasm towards their overall outlook towards life.

Our trainers are equipped with the necessary education and skills to conduct programmes within and outside the boundaries of school. In addition, they are made up of sportsmen, specialists in the field and sports aficionados who bring years of experience and passion.

Sports, games and health education form an integral component of an all rounded education. Mental and moral development are intrinsically linked with physical development. The adage 'A sound mind in a sound body' rings true when we witness a spirit of cooperation, determination and discipline among young individuals involved in sports.





SPORTS FIRST

- Archery ^(SEP)
- Archery Tag
- Athletics
- Badminton
- Basketball
- Bowling ^(SEP)
- Bubble Soccer ^(SEP)
- Dodgeball
- Floorball ^(SEP)
- Fun Fitness
- Futsal ^(SEP)
- GoalBall ^(SEP)
- Golf ^(SEP)
- Handball ^(SEP)
- Human Foosball ^(SEP)
- Inline Skating ^(SEP)
- Karate ^(SEP)
- Kickboxing ^(SEP)
- Kinball ^(SEP)
- Laser Tag
- Muay Thai ^(SEP)
- Netball
- Paintball
- Pickleball ^(SEP)
- Rock Wall Climbing
- Rope Skipping
- Skateboarding
- Soccer
- Speedminton
- Sports and Wellness
- Sports Leadership
- Taekwondo ^(SEP)
- Tchoukball ^(SEP)
- Touch / Tag Rugby ^(SEP)
- Ultimate Frisbee ^(SEP)
- Volleyball
- Water Soccer ^(SEP)
- Wushu

OUTSTANDOR

- Aesthetic Camps (Residential)
- Amazing Race (Teachers' Training)
- Foraging - A Slightly Edgier Team Building
- Giant Games (Teachers' Training)
- Outvert - Adventure Journalist
- Pursuits
- Sand Castle Building
- Self Directed Hikes
- Student vs. Wild
- Themed Camps



ARCHERY SEP

Discover focus, discipline, and precision through the timeless sport of archery. Train in proper form and technique to consistently hit your target with skill and confidence.

ARCHERY TAG

Experience the thrill of archery in an exciting team game format. Use foam-tipped arrows in action-packed matches that build teamwork, strategy, and fast reflexes.

ATHLETICS

Build strength, speed, and stamina through structured track and field training. Learn techniques for running, jumping, and throwing that develop overall athletic ability.

BADMINTON

Master agility, precision, and control on the court. Learn techniques for serving, rallying, and footwork in both singles and doubles play.

BASKETBALL

Grow your game with skills in dribbling, shooting, passing, and teamwork. Enjoy fast-paced play while building endurance and court awareness.

BOWLING SEP

Combine precision and coordination for a rewarding indoor sport experience. Learn the fundamentals of bowling and enjoy both social and competitive gameplay.

BUBBLE SOCCER **SEP**

Bounce, roll, and bump your way to fun in this hilarious twist on football. Play in inflatable suits that add laughter and physical challenge to team-based games.

DODGEBALL

Sharpen your agility, reflexes, and aim in this high-energy team sport. Learn to dodge, throw, and catch with strategy and speed.

FLOORBALL **SEP**

Dive into the fast-paced world of floorball and sharpen your stick-handling skills. Learn teamwork, tactics, and techniques for indoor court play.

FUN FITNESS

Make movement enjoyable with a blend of games and exercises. Improve physical health while fostering a lifelong love of staying active.

FUTSAL **SEP**

Experience the intensity of this fast, indoor version of football. Learn ball control, quick passing, and teamwork under pressure.

GOALBALL **SEP**

Play an inclusive sport designed for those with visual impairments and discover new ways to compete. Develop communication, strategy, and sensory awareness in exciting Goalball matches.

GOLF **SEP**

Cultivate patience, focus, and precision through the art of golf. Learn swing techniques and course strategies to enjoy the game with skill.

**HANDBALL** **SEP**

Get into the action of this fast-paced team sport that blends strategy and athleticism. Improve passing, movement, and teamwork on the court.

HUMAN FOOSBALL **SEP**

Step inside a life-sized foosball pitch for a one-of-a-kind game. Build coordination and camaraderie as players become the rods in this dynamic activity.

INLINE SKATING **SEP**

Glide with grace while building strength, balance, and coordination. Learn essential techniques from stopping to turning for confident skating.

KARATE **SEP**

Embrace discipline, respect, and physical strength through traditional martial arts. Learn katas, self-defence techniques, and the philosophy of Karate.

KICKBOXING **SEP**

Build strength, agility, and overall fitness through a high-energy workout that combines punches, kicks, and combat techniques. Learn strikes, footwork, and defensive moves while boosting strength and endurance.

KINBALL **SEP**

Engage in this uniquely inclusive sport using a giant inflatable ball. Develop teamwork, strategy, and quick reflexes in a fun and active environment.

LASER TAG

Experience action-packed missions that boost teamwork and strategy through thrilling laser battles.

MUAY THAI SEP

Train in the powerful and disciplined art of Muay Thai. Learn striking, clinching, and conditioning to build strength, technique, and self-confidence.

NETBALL

Sharpen your agility, passing, and tactical awareness in this fast-paced court sport. Develop teamwork, coordination, and shooting accuracy.

PAINTBALL

Experience the ultimate action-packed challenge through strategic paintball missions. Build resilience, cooperation, and tactical thinking in colourful battle scenarios.

PICKLEBALL SEP

Discover the fast-growing paddle sport that combines elements of tennis and badminton. Learn serving, volleying, and strategy in an engaging, beginner-friendly format.

ROCK WALL CLIMBING

Climb to new heights physically and mentally in this adventurous activity. Improve strength, focus, and perseverance as you scale the wall.



ROPE SKIPPING

Enhance cardiovascular fitness, rhythm, and coordination with dynamic rope routines. Learn a variety of techniques from basic skipping to freestyle tricks.

SKATEBOARDING

Balance, creativity, and control come together in this expressive sport. Learn the fundamentals of skating and progress to tricks with style.

SOCCER

Develop teamwork, ball control, and goal-scoring prowess on the field. Learn the fundamentals of the world's most popular sport in a fun, structured setting.

SPEEDMINTON

Experience a racquet sport that blends speed and precision. Master the unique techniques and fast-paced gameplay of this exciting hybrid activity.

SPORTS AND WELLNESS

Build a well-rounded foundation in fitness, nutrition, and mental wellness. Develop lifelong healthy habits through engaging and informative sessions.

SPORTS LEADERSHIP

(TRAIN THE TRAINERS)

Inspire others by becoming a confident and capable sports leader. Learn how to plan, manage, and lead activities that motivate teams and drive success.

TAEKWONDO **SEP**

Discover discipline, respect, and self-defence through Korean martial arts. Learn kicking techniques, sparring, and forms that build focus and physical strength.

TCHOUKBALL **SEP**

Play a unique, non-contact team sport that values fair play and inclusion. Develop strategic thinking, reflexes, and coordination in fast-paced matches.

TOUCH / TAG RUGBY **SEP**

Experience a fun and safe version of rugby with a focus on agility and teamwork. Learn movement, positioning, and passing in this inclusive field sport.

ULTIMATE FRISBEE **SEP**

Engage in a spirited team game that blends athleticism and strategy. Master throwing, catching, and tactical play while upholding the spirit of fair competition.

VOLLEYBALL

Bump, set, and spike your way to success on the court. Learn teamwork, communication, and technical skills in this dynamic sport.

WATER SOCCER **SEP**

Take the fun of football into the water with this unique aquatic sport. Build coordination, balance, and team spirit in inflatable pool matches.

WUSHU

Embrace tradition, strength, and grace through Chinese martial arts. Learn fluid forms and striking techniques while improving fitness and mental discipline.

**OUTSTANDOR****AESTHETIC CAMPS** (RESIDENTIAL)

Unleash imagination through immersive camp experiences that blend music and the arts. Participants collaborate to create original performances that reflect their learning and creativity.

AMAZING RACE (TEACHERS' TRAINING)

Reimagine professional development with team challenges tailored to your organisation's goals. This high-energy race builds collaboration, communication, and camaraderie.

FORAGING - A SLIGHTLY EDGIER TEAM BUILDING PROGRAMME

Experience the thrill of nature-based learning while exploring edible wild plants. This programme fuses survival skills with culinary creativity in a memorable team-building adventure.

GIANT GAMES (TEACHERS' TRAINING)

Supersize the fun and learning with interactive board game-inspired challenges. Designed to boost teamwork, leadership, and engagement among educators.

OUTVERT - ADVENTURE JOURNALIST

Combine adventure and storytelling in an outdoor experience like no other. Participants use video journalism to document their journey, enhancing digital communication and narrative skills.

PURSUITS

Challenge yourself physically and mentally while working towards certified achievements. Participants gain foundational skills in sports climbing and abseiling in a safe and structured setting.

SAND CASTLE BUILDING

Transform a simple beach day into an exercise in creativity, planning, and execution. Participants design and build sandcastles that reflect teamwork and strategic thinking.

SELF DIRECTED HIKES

Empower participants to explore Singapore at their own pace and path. This self-guided journey encourages independence, curiosity, and local discovery.

STUDENT VS. WILD

Step into the wilderness and discover how to thrive using nature's resources. Participants build survival skills through camp craft, shelter-building, and foraging in a hands-on outdoor setting.

THEMED CAMPS

Bring stories to life through immersive role-play and adventure-driven challenges. Participants explore themes creatively while building teamwork, resilience, and confidence.