

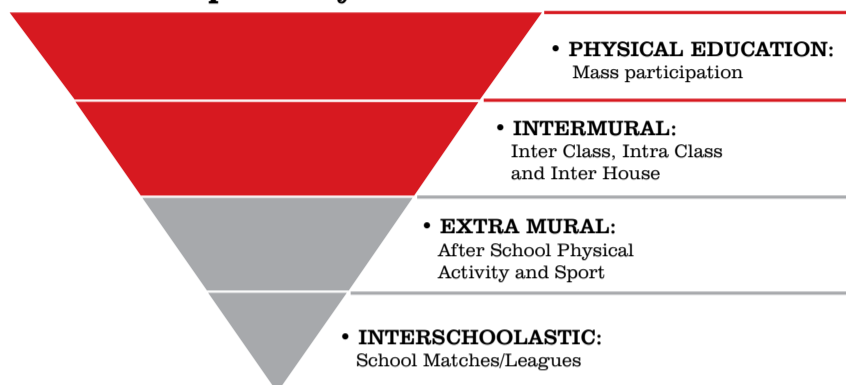


## YOUNGHEROES REDCAP CENTRES

The YoungHeroes Project is an intervention between the Red Cap Foundation, Sportstec Foundation and the National Department of Basic Education. The Key objective of the programme is to reintroduce physical activity (curriculum orientated Physical Education and extra curricula activities) in SA schools. This is done through the implementation of YH RedCap Centres in three province which shows best practice in the four pillars of Physical Activity:

### Curriculum Orientated Physical Education and School Sports

#### Participation Pyramid



Teachers are capacitated in practical and theoretical skills in all four areas (as per the participation pyramid). Schools are also given equipment and resource manuals to assist in the delivery of all of these activities.

The programme is aligned with the Department's policy. The RedCap Centers are used to show best practice in physical education and school sport in each province. It supports the DBE's national strategy of reintroducing physical education and school leagues into all schools.

### Benefits of Physical Education and School Sport in Schools

#### Curriculum Orientated Physical Education

Curriculum implementation:

- ✓ Ensure implementation of Physical Education curriculum in all schools
- ✓ Development of motor skills
- ✓ Encourage full implementation of the Life Skills/Orientation curriculum
- ✓ Maximum Participation
- ✓ Once all learners are active expand the programme to extra curricula school sport

#### School Sport Implementation:

- ✓ Establish basic motor patterns essential for participation in school sport
- ✓ Encourage participation in inter house and inter class activities
- ✓ Encourage participation in the school sport as an extension of Physical Education in the extra-curricular programme offered at a school; and
- ✓ Promote the Long Term Participant Development (LTPD) programme

#### How to use the inter house system effectively

##### Physical Education (PE) Lessons:

- ✓ Inter house system can be used in all grades within PE curriculum and can be seen in the official resource manual for activities that meet assessment standards.
- ✓ In every PE Lesson, classes can participate in inter house competitions (intra class). This increases competitive enjoyment and participation.
- ✓ The class can be split into House Teams and compete in various activities like relays and other.
- ✓ The winning House in each Grade can compete in an inter class competition.

##### Example of using Inter-House System:

- ✓ A simple relay activity in a PE lesson can be used.
- ✓ Classes can be split into houses and they compete against each other. This ensures each learner (as in example below) runs every 10th time on average, instead of every 40th time; thereby ensuring maximum participation. The best House from each class can compete against each other in an intra-class.

eg: Grade 4 (40 learners per class)	Class 3
Red House	10
Yellow House	per
Green House	class per
Blue House	house

#### Extra - curricula Participation

##### Modified Sports Codes and Tournaments

In the intermediate and senior phase of the school, the inter house system can be utilised by competing in various sporting disciplines. The table below illustrates the use of the inter house system:

Grade 0-3	Grade 4-5	Grade 4-5
- Physical Education - focusing on skills that support the school's various sporting disciplines.	- Physical Education - Modified sports Codes e.g. mini soccer, mini netball etc	- Physical Education - Tournaments in the various sporting disciplines e.g. soccer, athletics, cricket, netball
Maximum Participation	Maximum Participation and Mini Teams	Maximum Participation and Full Team

### Call for proposals from schools to participate in the YoungHeroes Programme:

We are currently implementing the YoungHeroes programme in three RedCap Centres – Clusters of five primary schools in Kwa Zulu Natal, Gauteng and Western Cape. RedCap Foundation is looking for another two RedCap Centres in two different provinces that can receive the programme in 2012/13.

The Schools can apply through their District Office and must meet the following criteria:

- ✓ Schools must be a cluster of five primary schools (within a xx KM radius from each other) or preferably from one ward.
- ✓ Only schools in the following provinces can apply: Free State, North West, Mpumalanga, Eastern Cape, Northern Cape and Limpopo.
- ✓ Schools must have support of their principal and school management.
- ✓ They must have district support.
- ✓ One proposal must be sent and signed by principals of all five schools.
- ✓ Applications must be sent to RedCap Foundation no later than 30 January 2012
- ✓ An application form must be requested from RedCap Foundation by phone or email.

For more information contact RedCap Foundation on 031 310 8242 or email us at [info@redcapfoundation.org](mailto:info@redcapfoundation.org)  
Resource Manuals can be downloaded from our website: [www.redcapfoundation.org](http://www.redcapfoundation.org)