

Young Hero's Centers of Excellence

Project Description

It has become clear that the lifestyle of populations around the world is changing rapidly and there is a definite decline in physical activity amongst our youth. Not only is this impacting upon their health, it is also increasing the likely hood of them participating in any form of sporting activities in later years. Schools are therefore a "must" when it comes to promoting healthy lifestyles, mass participation and ensuring a life-long commitment to physical activity in general.

The YHP is an intervention between the Red Cap Foundation, Sportstec Foundation and the National Department of Basic Education. The Key objective of the project is to reintroduce physical activity (curriculum orientated Physical Education and extra curricula activities in schools. This is done through the implementation of YH Centre of Excellence in each province across the country which shows best implementation practice for 4 pillars namely:

1. Curriculum orientated Physical Education;
2. Intra school activities (inter house, inter class);
3. Extramural physical activity and sport, and
4. School matches/leagues (interscholastic).

Teachers are capacitated in practical and theoretical skills in all 4 of these areas. Furthermore schools are given equipment and resource manuals to assist in the delivery of all of these activities.

With the support of the National Department of Education the aim of this intervention is to align these Centers of Excellence with DOE policy. These Centers will therefore be used to show case best implementation practice of physical education and school sport in each province thereby supporting the DOE's national strategy of reintroducing physical education and school leagues into all schools. The findings and resources from these Centers will be rolled out systemically to schools across the country with the support of the DOE.

Benefits

1. Curriculum orientated Physical Education;

Benefits for curriculum implementation:

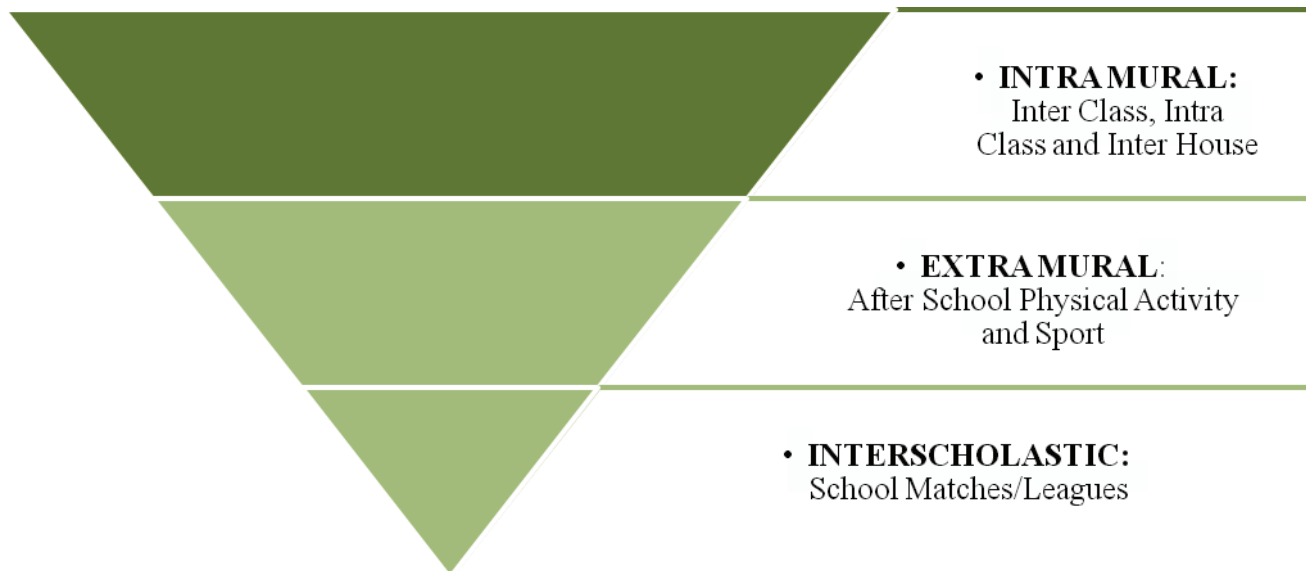
- Ensure implementation of Physical Education curriculum in all schools
- Development of motor skills
- Encourage full implementation of the Life Skills/Orientation curriculum
- Maximum Participation
- Once all learners are active expand the programme to extra curricula school sport

2. School Sport Implementation

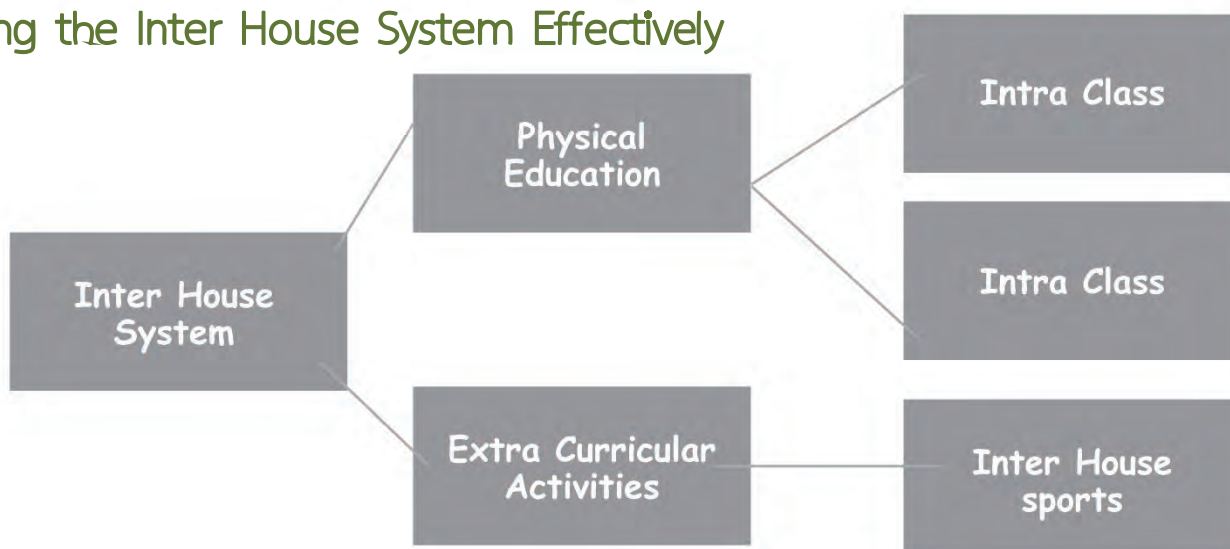
Benefits for School Sport implementation:

- Establish basic motor patterns essential for participation in the 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.

Extra - curricula Participation Pyramid



Using the Inter House System Effectively



Physical Education Lessons

- The inter house system can be used in all grades within the prescribed Physical Education curriculum and can be seen in the official resource guide to activities which meet the assessment standards of the National curriculum.
To elaborate: In every Physical Education Lesson, classes can participate in inter house competitions (intra class) thereby increasing competitive enjoyment and maximum participation. The class can be split into House Teams and compete in various activities such as relays and other team competitions.
- This can be followed up by the winning House in each Grade competing in an inter class competition.
Extra-Curricular - Modified Sports Codes and Tournaments
- In the intermediate and senior phase of the school, the inter house system can be utilised by competing in the various sporting disciplines. The table below illustrates the use of the inter house system:

Grade 0 - 3	Grade 4 - 5	Grade 6 -7
<ul style="list-style-type: none"> Physical Education – focusing on skills that support the school's various sporting disciplines. 	<ul style="list-style-type: none"> Physical Education Modified Sports Codes e.g. mini soccer, mini netball 	<ul style="list-style-type: none"> 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 Teams

Example of using Inter-House System:

- A simple relay activity in a physical education lesson can be used to its best effect by implementing the inter-house system.
- Each class can be split into houses and they can compete against each other in the relay discipline. This ensures each learner (as in example below) runs every 10th time on average, instead of every 40th time; thereby ensuring maximum participation.

Grade 4	Class 1 - 40 pupils	Class 2 - 40 pupils	Class 3 - 40 pupils
Red House	10	10	10
Yellow House	10	10	10
Green House	10	10	10
Blue House	10	10	10

- Now the best House from each class can compete against each other in an intra-class competition.

Young Heroes Programme Application Form

1. Province Free State
- North West
- Mpumalanga
- Northern Cape

2. District Name _____

3. Ward Name _____

4. Area Rural
- Township
- Urban
- Suburban

5. Schools
- | | | | | | |
|----------|--------------------------|-----------|--------------------------|----------|--------------------------|
| School A | Fee paying/no-fee school | Grade R-3 | <input type="checkbox"/> | Gr 4 - 7 | <input type="checkbox"/> |
| School B | Fee paying/no-fee school | Grade R-3 | <input type="checkbox"/> | Gr 4 - 7 | <input type="checkbox"/> |
| School C | Fee paying/no-fee school | Grade R-3 | <input type="checkbox"/> | Gr 4 - 7 | <input type="checkbox"/> |
| School D | Fee paying/no-fee school | Grade R-3 | <input type="checkbox"/> | Gr 4 - 7 | <input type="checkbox"/> |
| School E | Fee paying/no-fee school | Grade R-3 | <input type="checkbox"/> | Gr 4 - 7 | <input type="checkbox"/> |

6. District Manager's motivation for the programme to be implemented in their district
Please attach motivation to the application

7. School Principal name and signature

Name: _____

Signature: _____

8. HOD Life Orientation HOD name and signature

Name: _____

Signature: _____