

e-TV Hero's Campaign brings Move-It, Moving Matters® Heroes to Light

Move-It, Moving Matters® which is a proudly South African programme, has been identified by e-TV as a positive instrument of change in communities. The Move-It, Moving Matters® initiative, which involves many passionate professionals, who collectively aspire to entrench South Africans to use purposeful, regular and sufficient movement experiences, is, according to the rigorous screening judging panel, one of the new Heroes on the block!

e-TV is currently screening positive, dynamic stories about amazing initiatives that unfold in South Africa every day. According to e-TV, to be recognised as a South African Hero, one needs to nurture a sense of 'South Africanism', epitomise the philosophy of "Ubuntu" and sharpen a South African identity to which others proudly participate and reflect.

The Move-It, Moving Matters® programme, pioneered and developed by Dr Claire M Nicholson and a writing team of experts, ensures that all intermediate phase learners participate in age-appropriate physical activity within a Physical Education lesson, with or without a trained Physical Education teacher. This programme aims to develop the fundamental movement patterns which underpin functional life. As well, these activity experiences establish the base for all sport and physical recreation activities. Through participation in these creative and stimulating physical challenges, children "just do it". Being physically active by choice then becomes the norm (alternative to sedentary living) and ultimately, a way of life. The programme systematically progresses learners from Grade 4 to Grade 7 ensuring all learners are motorically competent by the time they enter High School.



Lara with teachers from Mambo Primary School in Soweto

Cathy Fry, Headmistress of St Andrew's School for Girls, was one of the first to see the benefit of the Move-It, Moving Matters® programme and put up her hand to run the pilot study at her school together with one of their outreach schools in Daveyton, Madingoane Intermediate School.

Learners from both schools progressed at the same rate and teachers from both schools recognised how much the children had benefitted from the programme. The success of the pilot study advanced the launch of the programme into several Primary Schools in Gauteng, Eastern Cape, Western Cape KwaZulu Natal, and recently, the UK.

One of the strategic goals of the Move-It, Moving Matters® Initiative is to 'level the playing fields' and through movement, play games and sport, help to benefit otherwise unnoticed children. Critical role players in this strategy are the strong, independent, lead "Anchor" schools who partner seamlessly and pricelessly with under-performing schools located in contexts of disadvantage. The Anchor Schools role is to mentor facilitators, engage in the process and manage the talent harvesting aspect of the programme.

Sharlene Myburgh, Head of Sport at St Martin's Preparatory School, was the first trained mentor in an Anchor school. Dennis Maritz, head of St Martin's Prep fully supported the challenge of a three partner school up-take (Thabatona, Pheasant Folly and Graceland Education Centre.) Thanks to the funding received by MFC 2000 learners are enabled. Sharlene has built a strong relationship with the teachers from these schools and their progress is to a large extent due to her.

Move-It Moving Matters® is just touching the tip of the iceberg. The scale of its influence is potentially, huge. Move-It Moving Matters® enthusiastically invites your help! Yes, it does take courage, passion and commitment to make a difference, but it is possible.

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Kwadedda High School drives new Soweto golf facility



The Sports Trust, in partnership with Nedbank and Sun International, has made another significant contribution to golf development through the launch of a new practice facility in Soweto. The Kwadedda Golf Project was officially opened at the Kwadedda High School with the Minister of Sport and Recreation, Fikile Mbalula, in attendance.

The facility is the first of its kind in Soweto, and includes a putting green and practice nets that will be available for use by the entire Zola community. Funding for the Kwadedda Golf Project was raised at the 2010 Sports Trust Golf Challenge, an annual golf day hosted at Sun City on the Monday after the Nedbank Golf Challenge and which raises over R1-million each year for the Trust.

"It is well documented that sport and recreation can play a significant role in building healthy, vibrant communities. What excites me about this particular project is the opportunity to impart some of golf's values, such as honesty and respect, on young and impressionable members of this community," said Rob Fleming, Chairman of The Sports Trust.

Kwadedda High School principal, TB Mnisi, said the new facility will greatly improve the task of golf coach, Tebogo Mosiane. "He has been trying over the years against all odds to teach our learners how to play golf. Now that a proper golf facility has been built, he will be able to teach them in a conducive environment." Mnisi also said the new facility has the potential to draw in the youth of the Zola community to embrace something new and exciting.

"The Zola area of Soweto is notorious for gangsterism. One of the reasons is the lack of recreational and sports facilities. This gesture of friendship means a lot, not only to the school, but to the Zola community as a whole. It is so humbling to realise that institutions are prepared to help."