

# THE ULTIMATE CHALLENGE

## Soweto pupils to take part in flying-disc sports competition



**ALMOST GOT YOU:** Lwando Sirena enjoys a Heritage Day outing playing a flying-disc game with friends at Zoo Lake in Johannesburg

PHOTO: MOELETSI MABE

### Bongani Magasela

**THE Ultimate Inter-School's tournament will take place at Moletsane Recreation Centre in Soweto on Saturday.**

This event is part of the Get Ahead Sports Development Programme (GASP), whose aim is to advance motorically talented children into sports systems and give young athletes access to the national talent network.

GASP, who are the organisers of this non-contact, self-refereed team sport which uses a flying disc, yesterday said the sport recently received full recognition from the International Olympic Committee.

"The goal is to use sport as the mobilising agent of positive change in communities. The initiative has already significantly increased access to and participation in regular, quality activity and advances in both the health and the motor-physical competence of children is being achieved," said Dr Claire Nicholson, the director and expert adviser of Move-It, Moving Matters.

Currently 3 000 learners, effective this year, are into Ultimate via the Move-It, Moving Matters programme.

Nicholson, a fitness scientist who is dedicating her time to helping South Africa's youngsters to stay active and avoid physical prob-

lems during childhood and later in life, said playing the sport involved a great deal of sprinting and endurance running.

"It serves as an excellent cardiovascular exercise. It aids in the development of fundamental motor skills through running and jumping to catch the disc. Throwing and catching the disc help develop hand-eye coordination and accuracy in school children. In addition, quick turning and pivoting help to develop balance, agility and footwork," she said.

The sports features Grade 6 learners from 50 schools around Soweto.

GASP has a partnership with Tennis SA, the SA Football Association and Cricket SA and hopes to have rugby knocking at their door soon.

"GASP has been given the opportunity to teach a group of 20 interns how to play Ultimate. These interns then go to the 50 schools in Soweto and teach the Grade 6 learners," said Nicholson.