

## Move-It, Moving Matters Team™

On Monday 26 October, members of the Move-It, Moving Matters™ Team, St Mary's Form III and IV girls and the H A Jack community came together to celebrate a showcase of motor skills acquired and demonstrated by Grade 4 H A Jack learners.

Since January 2015, Kim Morris, a Move-It, Moving Matters™ programme co-ordinator and dedicated St Mary's School hockey mum, has been facilitating the Grade 4 learners progressively in the first stage of Move-It, Moving Matters™ Blue Kit.

Born out of the need for an intermediate-phase physical education intervention, Move-It, Moving Matters™ is a phase-specific programme which systematically shapes neuro-muscular development and the physiological capacity of growing children. The programme starts with the Blue Kit in Grade 4, progresses to the Red Kit in Grade 5, the Yellow Kit in Grade 6 and finally the Green Kit in Grade 7.

The effect of regular participation in activity challenges is such that bone mass and cardio-respiratory efficiency are also improved and children "catch up" physically during this important developmental period. However, it is the unique read-do-write methodological approach of the programme which ensures holistic learning and the simultaneous development of multiple literacies.

What was witnessed on Monday was the culmination of many skills acquired in a Mini-Olympics event which required the participation of all learners in the grade. It was in this event that the St Mary's girls played a particularly important part. Under Kim's guidance the event was managed and delivered by the girls. In addition, these girls have been mentoring Grade 7 H A Jack learners

using the Move-It Programme.

St Mary's plays a key role in the support and enrichment given to H A Jack learners. It is this kind of school partnership that not only builds communities but strengthens bonds between children and nurtures hope for the future for all. The Move-It Programme is one of the community service programmes offered at St Mary's.

GASP™ is the next step of Move-It, Moving Matters™ in that motorically-talented children are set upon Pathways to Success via collaborative public and private sector networks. In order to celebrate and advance these children they are placed into district-based competitions and festivals such as the event which took place this week.

This event was made possible with the help and support of St Mary's School, Waverley and generous funding from Community Assisting Schools. Not only did the children feel proud to have a platform on which to showcase their Move-It skills but the community at large was given insight into how Move-It, Moving Matters™ and GASP™ are empowering and advancing youth in South Africa.

Further questions and contact details:

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Victoria Chemaly and Tessa Hawken prepare their H A Jack learners in Yellowwood House for competition



Dominique Paynee helps to paint the faces of her team in preparation for the intra-grade event



Khanyisile Gqubule and Lara Boyce provide last-minute instructions to the Galjoen House team



Cheyenne Padiyachy, Lerato Kubeka, H A Jack principal, Mr Mashau and educators celebrate the efforts of the Blue Crane House at the Mini-Olympics event



Apehelele Gama, Grace Raubenheimer and Anne Spring with Department of Education district representative Irene Mashapa and the team from Protea House



St Mary's Students who assisted with the event.  
Back row: Anne Spring, Grace Raubenheimer, Apehelele Gama, Lara Boyce, Khanyisile Gqubule, Melody Dube, Cheyenne Padiyachy  
Front row: Dominique Paynee, Victoria Chemaly, Tessa Hawken, Lerato Kubeka