



# Move-It, Moving Matters®

Education is the foundation of economic growth and development and thus Total South Africa is a sponsor of the Move-It, Moving Matters® programme, which was launched in South African schools in 2010. The programme is aimed at learners in their intermediate phase to engage them in age-appropriate enjoyable physical activity within the allocated Physical Education period each week while stimulating activities that foster a bias towards improving mathematics, numeracy and literacy. Move-It, Moving Matters® is designed to facilitate complex neuro-physical connections which underpin the ability to manage one's body in complex and changing environments.

The funding commitment from Total South Africa enables 5 000 Intermediate Phase Learners and 48 000 learners impacted indirectly, at 48 schools in Soweto to participate in the programme on a weekly basis. Teachers running the Move-It, Moving Matters® programme are all trained to facilitate the programme, having gained access to at least three training exposures over the period of engagement.

Total realised that the challenge faced by South African learners is the delay in the delivery of high quality physical education and also the insufficient provision of sports facilities, equipment and access to qualified experts in sport and exercise. Talented children in sports are unable to progress into the world of sports to be the best they can be because of these very challenges. It is against this backdrop that Total South Africa partnered with Iconage Holdings to encourage regular participation of learners in quality sports programmes. Through this initiative of introducing sports activities into schools, attendance as well as literacy and numeracy levels have shown improvement.

