

## COMMUNITY OUTREACH OPPORTUNITY FOR GRADE 10-12 LEARNERS

### WHAT IS COMMUNITY OUTREACH?

According to the National Curriculum Statement, Learners in grades 10, 11 and 12 have the option to complete participation-based certificate tasks offered by the school and community-based organisations for Life Orientation. These include school-based extramural activities or community activities. Learners are expected to participate in these activities regularly over a fixed period of time.

The ***Move-It, Moving Matters™*** Programme offers Learners the opportunity to accumulate these hours by facilitating this Physical Education Programme to young Learners (Grade 4-7) in partner schools where a relationship of social justice exists.

### THE MOVE-IT, MOVING MATTERS™ PROGRAMME

The ***Move-It, Moving Matters™*** Programme is designed to ensure that all children in the Intermediate Phase engage in age-appropriate and enjoyable physical activity, within the allocated Physical Education period each week.

The Programme comprises 3 elements:

- ▶ a Bag of activity tools (small equipment/apparatus),
- ▶ a Learner Manual with appropriate activity challenges, and
- ▶ a Teacher Manual with assessment rubrics and progress charts per child per Grade.

Through the self-paced, learner-driven, problem-solving approach, movement, play, games and exercise challenges, can be accomplished. Learners will be advantaged by a facilitator to pace, assist and maximize their learning experience. Normally, the facilitator of the Programme is the Life Skills or Physical Education/Sport teacher.

The Programme starts in the Intermediate Phase with the Blue Kit in Grade 4 progressing to the Red Kit in Grade 5 and the Yellow Kit in Grade 6.

### APPLYING MOVE-IT, MOVING MATTERS™ AS A SOCIAL JUSTICE, COMMUNITY OUTREACH INITIATIVE OF CHOICE.

The World-Class, ***Move-It, Moving Matters™*** Initiative, is a citizen education/social justice community outreach Programme of choice. We recommend that Learners from Grades 10, 11 and 12 are trained as facilitators. These Learners are then, sufficiently competent to empower younger Learners, one-on-one. The outcomes achieved, by both Learners is quite remarkable and is especially rewarding!

## THE PROCESS:

Consider the best option from the models presented below:

### 1. Creating a new Social Justice Opportunity

A relationship with a Primary School of disadvantage is selected, developed and nurtured. In this model Grade 10, 11 and 12 Learners from the host school (who may wish to select this Community Service from others available) are trained as Facilitators of the **Move-It, Moving Matters™** Programme together with the Life Skills teacher/s from the partner school. Each Learner receives a Kit Bag, Learner Manuals and a CD. Once these Learners are trained, sessions should be organized for these Learners to go to their partner school, or for Learners from their partner school to come to their school. Learner Facilitators work together with one or more of the Grade 4 Learners, depending on the class size, using their Kit Bag received during training. The trained Life Skills teacher then continues with the year-long programme, building motoric competence and physical confidence systematically and progressively. Learner Facilitators will also be responsible for the planning and management of the Mini Olympics / Get Ahead Sport Programme (**GASP™**) Event.

### 2. Train the facilitators of the programme:

The training is normally 8 hours (one day), and takes place on a normal school day or at the weekend (by negotiation). A classroom with a data projector and a suitable indoor/outdoor space able to accommodate the number of Learners and Teachers to be trained is required. Tea breaks and refreshments for the participants is appropriate. Facilitators from **Move-It, Moving Matters™** manage the day and negotiate the requirements with a representative from the host school.

This Initiative strives to grow relationships between advantaged and disadvantaged schools, level the playing fields between schools and encourage a powerful and priceless peer facilitating/mentoring/learning symbiosis.

When Learners in Grades 10, 11, and /or 12 complete their community service “dose” (number of prescribed contact hours) they “hand over” a priceless gift of continuity through empowerment.

Logistics of transport, hosting, managing the Learners involved are domestic matters. However, the supervision and overall accountability of the community service will most probably fall squarely on the Life Orientation Teacher in charge and or the Director of Community Services at the school.

The **Move-It, Moving Matters™** Team will assist Schools wishing to engage in this Initiative, wherever possible.