



2019

VISION

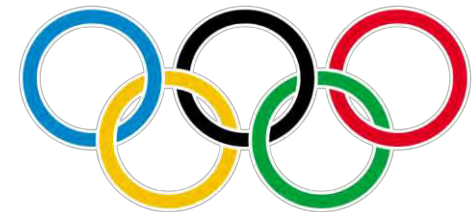
Live with integrity to make a positive change in someone's life

MISSION

Utilizing sport to unlock the compassionate and positive energy in each person

**IN PARTNERSHIP
WITH**

**IOC Sport &
Active
Society
Commission**



23 JANUARY 2019

**We received the following
message:**

“We were thrilled to receive 384 applications this year from organisations running local and national Sport for All programmes around the world.

The IOC Sport and Active Society Commission is pleased to inform you that your programme has been one of four selected for the:

**IOC Sport and Active Society Commission
Development Grant 2018”**

**DUE TO THE PARTNERSHIP WITH THE IOC SPORT & ACTIVE SOCIETY COMMISSION,
ALTUS SPORT WAS ABLE TO GIVE THE FOLLOWING 5 YOUTH SPORT LEADERS THE
OPPORTUNITY TO**

- ☐ Strengthen their leadership skills
- ☐ Sharpen up their own values
- ☐ Act as role models (coaches) in their communities
- ☐ Obtain hope and spread the spirit of Olympism



Nthabiseng



Lwazi



Masala



Chopper



Nonhlanha

**THE YOUTH SPORT LEADERS PRESENTED THE FOLLOWING SESSIONS
ON A WEEKLY BASIS**

**Nthabiseng P: GOAL
Far East**

Nellmapius Ext 6 PS – 31
Nellmapius Ext 1 PS – 32
TOTAL 63 kids

**Masala: GOAL
Atteridgeville**

Mabafeng PS – 30
Mabafeng PS -32
Mabafeng PS -31
St Annes PS -32
TOTAL 125 kids

LET's LEAD 305
LET'S MOVE 246

BOYS = 161
GIRLS = 390
TOTAL = 551

**Nonhlanhla: GOAL
Mabopane**

Retlipile PS -31
Nong PS – 34
Retlipile PS -26
Nong PS -26
TOTAL 117 kids

**Lwazi: MOVE
Mamelodi**

Dr Monare PS -31
Tshimollo PS – 38
Dr Monare PS -28
Tshimollo PS -29
TOTAL 126 kids

**Chopper: MOVE
Far East**

Sediba sa Thuto PS -36
Sediba sa Thuto PS -25
Sediba sa Thuto PS -29
Sediba sa Thuto PS -30
TOTAL 120 kids

WEEKLY SESSIONS

IOC Sport & Active Society Commission

**AREAS
COVERED: 4**

THREE PROGRAMMES

LET'S COACH (Youth Sport Leaders) 5

LET'S LEAD (girls only) 305

LET'S MOVE (mixed gender) 246

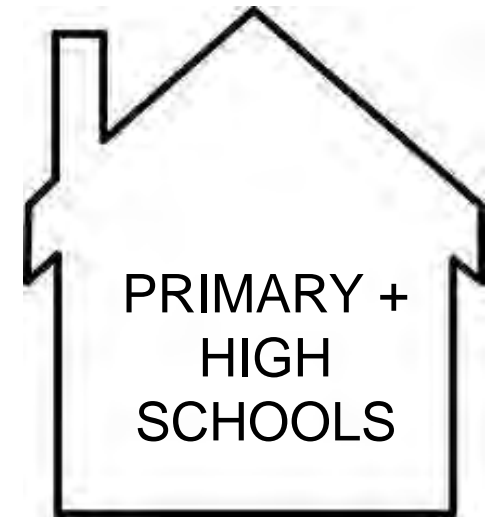
TOTAL KIDS 551



9

OUTSIDE OLYMPISM SESSIONS (kids not in the programme)

SCHOOLS COVERED IN TSHWANE + SOWETO



16

NUMBER OF KIDS:

BOYS: 1 540

GIRLS: 2 018

TOTAL: 3 558



EVENTS

EVENT	BOYS	GIRLS	TOTAL
HOLIDAY PROGRAMMES			
Own kids	607	579	1 186
Community kids	404	386	790
OLYMPIC DAYS			
Own kids	262	310	572
PEACE DAY			
Soweto kids	119	189	308
TOTAL EVENTS	1 392	1 464	2 856



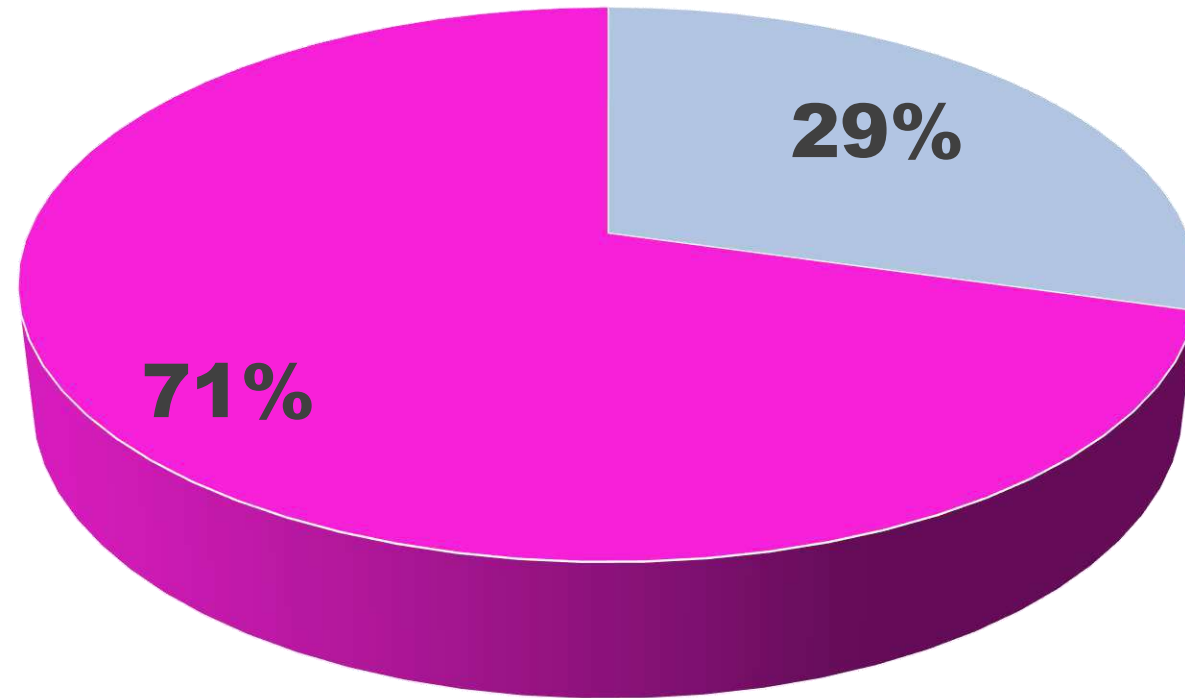
OLYMPIC EDUCATION WAS SPREAD TO:

4 053 boys

9 720 girls

13 773 kids in total

GENDER



■ BOYS ■ Girls

**IOC Sport &
Active
Society
Commission**



**WHAT THEY DID
DURING THE
YEAR**

JANUARY - MARCH

MANUALS

APRIL - JUNE

WEEKLY SESSIONS



LOVE LIFE!

LOVE YOURSELF AS YOU ARE!



**THE LET'S LEAD
MANUAL DIFFERED FROM
THE LET'S MOVE
MANUAL**

APRIL - JUNE

VITALITY

WEEKLY SESSIONS

RESPECT YOUR BODY

body image

menstruation

real beauty

BE RESPONSIBLE

hygiene

HIV

risks

BE POSITIVE

JULY - AUGUST

EMPOWER YOURSELF - BE A LEADER - BE A PEACE MAKER!

**EMPOWER &
PLAY FAIR**

LEADERSHIP

step out

GENDER AWARENESS

rights

THE BULLY

change

bystander

VIOLENCE

different forms

gender based violence

peace

BREAKING THE SILENCE

know what to do / where

mapping

SEPTEMBER - NOVEMBER

**MONEY
SAVVY**

YOUR GOALS

skills

qualities

UNDERSTANDING

money

saving

budgeting

borrowing

banking





OLYMPISM

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YOUTH SPORT LEADER WORKSHOPS

- ☐ CONDUCTING A S4D SESSION
- ☐ HOW TO CONDUCT A DEBAT SESSION
- ☐ POLICIES
- ☐ VALUES NEEDED TO BE A STRONG YOUTH SPORT LEADER
- ☐ OLYMPIC EDUCATION
- ☐ DECISION MAKING
- ☐ COMMUNICATION
- ☐ CONFLICT
- ☐ GENDER
- ☐ PROGRAMME PLANNING
- ☐ RESPECT
- ☐ HEALTH: HYGIENE/MENSTRUATION
- ☐ SETTING GOALS
- ☐ MENTAL HEALTH
- ☐ LEADERSHIP
- ☐ GENDER EQUALITY
- ☐ SAFEGUARDING OF CHILDREN / YOUTH LEADERS
- ☐ MONITORING & EVALUATION
- ☐ MINDSET MOTIVATION
- ☐ DEBRIEFING



- ☐ FOOTBALL3
- ☐ CRICKET SKILLS
- ☐ RUGBY SKILLS
- ☐ HOCKEY SKILLS
- ☐ NET/BASKETBALL SKILLS

SUMMARY

COACHES INVOLVED

5

2 male, 3 female

Let's Move: 2 coaches

Let's Lead: 3 coaches

PROGRAMMES INVOLVED

Let's Coach (Youth Sport Leaders)

Let's Move (mixed gender)

Let's Lead (girls only)

Olympic Education sessions

PARTICIPANTS INVOLVED IN WEEKLY SESSIONS

Let's Coach – 5

Let's Move – 242

Let's Lead – 291

TOTAL KIDS = 533

GENDER IN WEEKLY SESSIONS

198 boys 368 girls = 533

OUTSIDE KIDS: OLYMPISM SESSION PARTICIPANTS

16 schools = 3 558 kids

OLYMPISM WITH ALL KIDS

8 566 kids in all programmes

HOLIDAY + EVENTS PARTICIPANTS

523 boys 575 girls = 1 098

SPORTING CODES INVOLVED

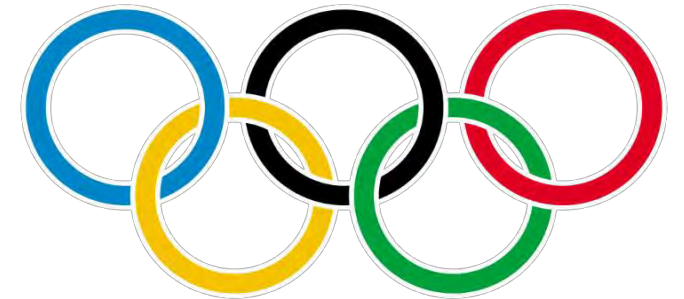
Athletics, Cricket, Rugby, Streetsoccer, Hockey, Net/Basketball

OLYMPIC EDUCATION WAS SPREAD TO:

4 053 boys

9 720 boys

13 773 kids in total



IN





OLYMPIC EDUCATION



OLYMPIC MOTTO



THE OLYMPIC MOTTO AS APPLIED BY OLYMPISM:

CITIUS (Faster) sharpness of mind

ALTUS (Higher) towards moral growth

FORTIUS (Stronger) to face the difficulties of life



PEACE DAY



OLYMPIC DAY

LIFE'S A BALL IS AN AFTER SCHOOL PROGRAMME WHICH COMPLIMENTS THE SCHOOL CURRICULUM

- ☐ **PROVIDES SPACE FOR NEW SPORTING SKILLS**
- ☐ **PROVIDES LEADERSHIP OPPORTUNITIES**
- ☐ **MOTIVATES PHYSICAL ACTIVITY**
- ☐ **EMPOWERS THE GIRL CHILD**
- ☐ **SUPPORTS LITERACY LEVELS**
- ☐ **SPREADS THE SPIRT OF OLYMPISM**



STRONG FOCUS ON THE GIRLS

KNOWLEDGE: HYGIENE, REPRODUCTIVE HEALTH AND RIGHTS, FREEDOM FROM ABUSE, FINANCIAL LITERACY

ATTITUDE: GIRLS SEE THEMSELVES AS LEADERS

BEHAVIOUR: GIRLS ACT AS LEADERS AT SCHOOL, GIRLS NEGOTIATE THEIR RIGHTS AT HOME

STATUS: PARENTS & COMMUNITY VIEW GIRLS AS LEADERS

CONDITION: IMPROVED POSITION OF GIRLS IN THE COMMUNITY

Envisaged outcomes as set in proposal

Reached

1 Five unemployed youths from the disadvantaged areas are empowered and given the opportunity to earn a stipend

5

2 Four hundred children are given the opportunity to be physical active throughout the year and have the opportunity to learn new sporting skills due to the appointment of the 5 new youth sport leaders

198 boys + 335 girls = 533

3 At least 3 000 children are motivated to be physically active and gain knowledge regarding Olympic Education and Olympism through knowledge carried over by the rest of the youth sport leaders.

1 829 boys + 6737 girls = 8 566

4 At least 300 participants have the opportunity to participate in the Olympic Day event

572 Olympic Day + 308 Peace Day

5 Youth Sport Leaders have the opportunity in organising the Olympic Day as empowerment for Event Management.

2 Olympic Days, 1 Peace Day

6 Spreading the Olympic Spirit to at least another 1 500 indirect beneficiaries

3 558

**THANK YOU FOR
HELPING US IN
SPREADING THE
SPIRIT OF
OLYMPISM**

