

Achieve-It! is a registered Charitable Trust.

It focuses on enabling children and young adults pursue active healthy living choices through access to and participation in unique physical activity programmes designed to leverage wellness in communities.

Through active participation, beneficiaries gain access to regular quality activity prescriptions, which articulates within the school curriculum and systematically progresses and intensifies to advance the motoric skills and health status of all.

Our beneficiaries are children trapped in the poverty cycle, who would otherwise be unable to afford the means that would allow them to prosper in life.

Achieve-It! is a proud supporter of *Move-It*, *Moving Matters™*, *GASP™* and associated Initiatives.

Due to the understatement of Physical Education in South African schools, an immediate solution to mobilise children in contexts of disadvantage was needed. The Intermediate Phase suite of programmes called, *Move-It*, *Moving Matters™* has become the flagship solution advocated and supported by the Achieve-It! Charitable Trust. It has done this because of its reputation, engagement of local expertise, far reaching impact it has on the community and its effectiveness in levelling the playing fields notwithstanding its application in contexts of disparity. Aside from facilitating regular, quality physical education in formal curriculum time, it also advances children with talent through a related programme, the Get Ahead Sports Programme™ *GASP™* and provides opportunities for unemployed youth to advance into and through sport. Clearly, *Moving Matters!*

A unique feature of this learner-driven activity programme is its attractive package. It comprises a small, portable Kit Bag, per learner in which age-appropriate booklets with associated sport-like equipment is found. The activity challenges in the booklets inspire engagement by the learner. Its attractiveness invites participation and the daily dose of activity, designed to motorically advance children, just happens.

The programme is facilitated by teachers, who receive training in this regard. This activity-orientated intervention uses a *read-do-write* methodology developed for this purpose. The content of the programme seamlessly connects the curriculum using movement as the learning medium. Children are assessed and their progress is carefully monitored. Where indicated then a referral system is applied so that all children “catch-up” during this important development phase.

Noticed children with talent are identified through the assessment system and these children access the talent advancing aspect of the Initiative, *GASP™*. This programme exposes children to the technical and tactical aspects of sport via qualified coaches engaged for this purpose. Access to regional age-group competitions, hosted by the National Sport Federations in partnership with *GASP™*, is then granted.

The *GASP™* opens opportunities for unemployed youth, interested in sports, to stand-up in their communities as *social cohesion ambassadors* and become *change agents* in Sport and Recreation spaces adjacent to schools in communities. Stand out youth are then invited to commence on a pathway to employment through contracting to an Internship year. Interns accumulate a set of skills, qualifications and experience which includes the care for children, sport coaching and facility management.

The goals of this Initiative are three-fold:

1. to ensure that children with talent are systematically guided, mentored and progressed into organised sport in Regions,
2. to advance young sports leaders and unemployed persons into employment opportunities in the health, fitness, sport and recreation sectors and
3. to offer well-managed programmes using public open spaces in communities, offering programmes for children after school, during weekends and over the school holidays.

Interns in this programme receive a monthly stipend and training. Currently, interns assist with the facilitation the *Move-It, Moving Matters™* Programme in the mornings and in the afternoons Interns make their way to their local community centres to offer coaching. Interns participate in weekly educational sessions which are facilitated by the *Move-It Moving Matters™* team, the Health and Fitness Professional Academy (HFPA), Tennis South Africa, Cricket South Africa and the South African Football Association. At the end of the year, Interns qualify with a certificate in fitness and three, internationally accredited coaching qualifications at Level 1 in Tennis, Cricket and Soccer respectively.

Achieve-It! needs your help!

Our immediate focus is to reach children trapped the poverty cycle. These children are typically located in underperforming, non-fee paying schools. There are three million learners waiting to benefit from this effort. We need your help!

Currently 32,000 children are benefiting from the programme in 130 schools across South Africa.

Our interventions are recognised and encouraged by the Department of Education, Sport and Recreation South Africa and have secured brand association with the Independent Schools Association of South Africa (ISASA), and the Proudly South African brand.

We hope to forge many new relationships with organisations, agencies and individuals who are committed to making a difference in the development and lives of young South Africans. We remain committed to building relationships we have and celebrating achievements together.

With your support and involvement we will have the capacity to respond, deliver, manage and evaluate our collective efforts!