Welcome to United Through Sport’s 2015 to 2017 Impact Report of all our donor-supported programmes.

We created this report to celebrate the impact of all our donors’ support in our programmes over the past three years. We discuss some of the hardships that the children of Nelson Mandela Bay in South Africa face daily and what we do to promote their rights: to play, to be healthy and to access good education.

This assessment was conducted by an external assessor to form an objective analysis of our donor supported programmes to discover what depth of impact exists in relation to our programmes’ effect on the children who participate in them.

As you will see our results speak for themselves. Just a few highlights that I am personally extremely proud of include:

- In the period 2016 - 2017 we have almost doubled our intake of Senior School of Excellence beneficiaries from 49 to 89 children (compared to period 2012 - 2014). The impact of this is evident with our 100% Grade 12 (final year) pass rate and consistent top academic attainments every year.

- In the Junior School of Excellence programme, we have improved the English and Maths results of the participating children by almost 20% for Maths and almost 30% for English.

- The total number of children reached in our Mass Participation Programme over the past three years were 34 589.

Not only are our donor-supported programmes yielding the positive outcomes intended, they are also having far deeper impact and encouraging more spin-offs than what we had anticipated. So please enjoy reading about our work, and thank you to all our donors as without your support the transformation of the children’s lives would not have been possible.

Nick Mould, Director
United Through Sport South Africa
INTRODUCTION

Since founded in 2005, United Through Sport has used sport as a tool to develop children from disadvantaged and vulnerable backgrounds.

Our goal is not to develop sport itself but to use the power of sport to create opportunities for children - socially, physically and academically - by developing their holistic skills, knowledge and ability to follow a pathway to success.

OUR PROGRAMME

To achieve these goals, all our donors support United Through Sport South Africa's three main programmes. Each programme has its own focus and outcomes, but feeds into the next.

TERTIARY EDUCATION AND CAREERS
16 youth currently at University

SENIOR SCHOOL OF EXCELLENCE
89 children in 3 years
given 7 hours per day of top level academic education for 5 years

JUNIOR SCHOOL OF EXCELLENCE
420 children in 3 years with extra academic support, further sports development, life skills and personal mentoring

MASS PARTICIPATION PROGRAMME
37 543 children reached in 3 years with direct sports coaching and life skills and critical issues programme

WE USE SPORT IN THREE MAIN WAYS:

01 Using direct sports coaching – for its health benefits, improved emotional well-being and increased life skills (teamwork, leadership, decision making, communication).

02 Using sport to discuss critical issues – by delivering curriculums on topics such as HIV and AIDS awareness and gender equality in a fun and interactive manner on the sports field.

03 Using sport for improved education – by providing pathways to success for talented and dedicated individuals through scholarships to top local schools and tertiary education.
THE MASS PARTICIPATION PROGRAMME

The Mass Participation Programme provides a broad base for our work, focused on taking the direct benefits of structured sports coaching to the children of the disadvantaged communities of Nelson Mandela Bay. The aim of the programme is to reach as many children in as many schools as possible, and assisting to greatly reduce their risk of contracting and further contributing to the HIV and AIDS epidemic.

THE NEED

In 2016, 129 000 people in Nelson Mandela Bay were infected with HIV, representing 10.24% of the total population of the city. The number of people infected in South Africa as a country in 2016 were at more than 6 million people.

In 2016, there were 640 000 people living in poverty across Nelson Mandela Bay. Poverty has grave consequences with regards to the development of young children, due to their increased nutritional needs and greater risk of infection.

Schools in the poorer communities of South Africa have very limited access to any structured sports activity and therefore the children miss out on all the benefits associated with this. The health benefits alone of regular physical activity are widely documented. Physical activity has also been found to be one of the most effective combatants of emotional disorders such as depression. Playing sport in a structured environment with good mentors also has the power to develop key life-skills such as teamwork, leadership, communication and decision making.

WHAT WE DO

The Mass Participation Programme focuses on taking structured sports coaching in Football, Rugby, Cricket, Netball, Hockey, Tennis, Basketball and Swimming and combining it with key education about HIV and AIDS and gender issues, to children between the ages of 10 and 13 across the disadvantaged communities of Nelson Mandela Bay.

We use this method of combining sport, fun and interactive activities as a way of teaching children about the dangers of HIV and AIDS and how to avoid becoming a victim of the epidemic, growing in South Africa. We have found that using visual exercises and combining the key messages with physical activity improves the children’s ability to retain the information by up to 80%.

OUR FINDINGS: HIV and AIDS is one of the most significant issues facing children and youth in the communities that we work in. From our own research we have found the infection rate in youth between the age of 16 and 35 to be as high as 32% - more than one in three young adults in the disadvantaged communities is infected with HIV or AIDS. Despite this, the infection rate in children below the age of 16 is much lower, recorded at only 1%. Therefore, it is imperative that children are given the tools and skills required to be able to avoid contracting HIV before reaching the age of 16.
Results after completing the Mass Participation Programme:

- 34,569 Children reached with sports and life skills over 3 years
- 87% Children who felt Healthier
- 87% Children who were more likely to come to school
- 86% Children who felt more confident
- 90% Children who felt Happier
- 79% Children who improved leadership ability
- 73% Children who felt they had more friends

Hockey balls: 296
Hockey sticks: 1012
Sports bags: 2022
Rugby balls: 122
Netball balls: 134
Tennis racquets: 80
Tennis balls: 152

Results after completing the HIV and AIDS awareness curriculum:

- 87% Children who improved teamwork ability
- 79% Number of children who would like to continue to be coached sport
- 98% Number of children who said this was their first time being coached sport
- 72% General Knowledge of HIV and AIDS before tests
- 98% General Knowledge of HIV and AIDS after tests
- 97% Children who could score more than 90% in knowledge test
- 1200m² Multi purpose astro turf used for Hockey and Soccer

*Note: A sample of 15 children and youth between the age of 17 and 31 were tested 6 years after completing our HIV and AIDS awareness programme. None of them tested positive. This compares to a general infection rate in this age group in those communities of 32% from our testing.
OUR IMPACT

The volunteer coaches of the Mass Participation Programme have enhanced and broadened the opportunities for young people at many primary schools in Nelson Mandela Bay.

Without these volunteers many of the learners would not have experienced sport. Many educators have not played sport and do not know how to coach sport. The United Through Sport coaches fill a significant gap by coaching young players, as well as training and mentoring teachers in the techniques of coaching.

“Players like Siya Kolisi (South African Springbok rugby player) and other Kings players (the Eastern Cape regional rugby team), are found here in our townships. They are recruited by scouts but it’s programmes like United Through Sport that make this rugby possible. It gives these young people the opportunity to play and to shine. We are so grateful.” - Educator, Isaac Booi Senior Primary School

“Learners have another outlet. They are less interested in joining gangs and more interested in joining sports clubs. This supports their need to belong, which is what the gangs do so well.” - Educator, Astra Primary School

“What the learners enjoy most is playing sport. They look forward to getting to the field.” - Educator, Isaac Booi Senior Primary School

“What our participants say

United Through Sport’s Mass Participation Programme has directly impacted the children of South Africa in the following key areas:

IMPROVED HEALTH

“The kids always get good exercise and have a lot of fun.” - Teacher

“Sport is essential for channelling the energy of young people in a positive way.” - Teacher

IMPROVED EMOTIONAL WELLBEING

“I see the learners enjoying themselves and they are happy.” - Educator, Isaac Booi Senior Primary School

“They learn how to lose graciously. They learn how to win generously. They learn that they can all be heroes on the sportsfield.” - United Through Sport coordinator

IMPROVED LIFE SKILLS

“Teamwork on the field translates into teamwork in the classroom, especially in Grade 7 where there is an emphasis on working together.” - Educator, Astra Primary School

“Previously learners were disrespectful, not doing their homework. Some were violent, and some were bullying other children. All of this has changed. There is less cases of violence and bullying.” - Educator, Ilitha Primary School

“Definite improvement in discipline. The learners are more punctual. They respect the teachers and grow respect for themselves.” - Educator, Machiu Primary School
**WHAT WE DO**

The Junior School of Excellence Programme aims to supplement the current schooling after school – providing extra academic support in Mathematics, English, life skills, and personal mentoring. The children spend 10-12 hours a week in this programme. By addressing the need, the school believes children will grow steadily in their learning.

**OUR RESULTS**

Compared to the previous 12 months, the number of children who are now passing the value they need to pass has increased. This shows the impact we have on the children's academic progress.

**JUNIOR SCHOOL OF EXCELLENCE ACADEMIC RESULTS**

<table>
<thead>
<tr>
<th>Before Programme</th>
<th>Average Marks</th>
<th>Average Math Marks</th>
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<tbody>
<tr>
<td></td>
<td>47%</td>
<td>39%</td>
</tr>
<tr>
<td>After Programme</td>
<td>74%</td>
<td>57%</td>
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<tr>
<td>Average Increase</td>
<td>27%</td>
<td>18%</td>
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**JUNIOR SCHOOL OF EXCELLENCE LEARNER’S IMPROVEMENT PER CATEGORY**

- **Social Capital:** 7%
- **Confidence & Self Esteem:** 66%
- **Academics:** 87%
- **Empathy:** 55%
- **Health:** 92%
- **Future Aspirations:** 96%
- **Morals:** 50%

**NATIONAL STATISTICS:**

- Recent results for the annual national assessments for South African learners in Grade 4 (Year 4) exposed a serious problem at the Junior School educational level. On average, learners achieved only 49% in their Home Language, and 37% in Mathematics. In Grade 6 (Year 6), the learners achieved less than 40% in their Home Language, and over 36% failed Mathematics.

**THE NEED**

A South African child who starts school in the disadvantaged townships stands a 50% chance of progressing all the way to a University. Although 98.8% of children enroll at school in grade one, less than half make it into Grade 12 (Final year of school). Alarmingly, 36% of high school students drop out in the last year of education work.

There is an average 12% drop out rate after Junior School in the area where we work.
OUR IMPACT

The Junior School of Excellence (JSE) provides a programme of after school activities for a selected group of learners in junior school.

The learners who have participated in the programme have improved not only their academic performance at school – particularly with regards to Maths and English – but also their emotional wellbeing and social skills with the help of the Life Orientation classes.

Surpassing the individual goals of the programme, important social change at schools have also taken place because of the Junior School of Excellence initiative:

“Our teachers also get involved and benefit from the coaching. They are required to learn too - it is a continuous process from February to November. I now have six teachers who are working with United Through Sport. They are learning to coach, so that the programme will remain with us, even if United Through Sport doesn’t.” – Principal, Isaac Boo Primary School

“United Through Sport kept us from drugs, from stealing and robbing people, and from smoking and doing drugs. We talked about it a lot – how to keep yourself clean. Also about continuing with school, because really at that stage there were some kids in Grade 7 who wanted to get out.” – Akhona

WHAT OUR PARTICIPANTS SAY

The Junior School of Excellence not only benefited the children who took part in the programme on an academic and psychosocial level, but also their peers, families, schools and their communities.

COMMUNITY

“You get to meet a lot of new friends from different schools.” - Shakira

PEERS

“My time with JSE was productive. My marks improved. Basically, I went from zero to hero!” - Gyana

INDIVIDUAL

“I think the JSE made me kinder. It made me think of others, especially those at home and how much they did for me. I started to wash the dishes.” - Sibabalwe

FAMILY

“I take responsibility for my school, and have only had two days’ absence at school this year. I am no longer a couch potato.” - Sisipho

SCHOOL
THE NEED
The gap between township school education and former ‘Model C’ school education is vast. Starting out life in a township school leaves a child with a mere 3% chance of getting into University compared to 89% of those attending former ‘Model C’ schools.

This fact is reflected in the demographics of Nelson Mandela Bay where only 10% of people over the age of 20 had a tertiary education and only 35.4% had a matric pass in 2016. Almost 40% of people over the age of 20 in Nelson Mandela Bay, had some secondary education — meaning that they dropped out somewhere in high school.

This gives them a much higher risk of becoming unemployed or at most, doing a low skilled job. South Africa’s unemployment rate hit a 12-year high in 2016, at 27.3%. The unemployment rate is even higher among youth - close to 50%. In 2016, the unemployment rate in Nelson Mandela Bay was 28% - which equates to more than one in four people without a job.

WHAT WE DO
In the Senior School of Excellence Programme we place the children with the most potential on a scholarship at some of the top former ‘Model C’ schools in the country for the full 5 years of high school. This allows them to benefit from 7 hours a day of top level academic education and further sports coaching. The objective is that 100% of these children obtain the necessary results required to continue onto tertiary education and eventually into higher skilled jobs, allowing them to get out of the poverty cycle they were born into.

OUR RESULTS
Over the three years 89 children have been selected for the Senior School of Excellence Programme, attending some of the top schools locally and nationally. Each of these children benefits from a total of 7000 hours of contact time over a five-year period.

The number of graduates from the Senior School of Excellence, who have successfully completed high school is 19. They have all contributed to the Senior School of Excellence’s 100% pass rate. 89% of graduates who have completed the programme are in the process of furthering their tertiary studies.

TOP OF THE CLASS: The Class of 2017 was the biggest group of graduates that have passed through the Senior School of Excellence Programme, and every year a consistent 100% pass rate is achieved by the graduates. Between the nine final year beneficiaries from the Class of 2017, a new record of eight subject distinctions in total were achieved. Four of the eight distinctions were achieved by Bronwyn White who was accepted to study Medicine at the University of Bloemfontein. Nationally only 28% of the total final year learners in South Africa achieved a university pass.

“Through United Through Sport, I could attend a school like Pearson, which has given me a lot of opportunities to mature over time because of the type of environment. Something I don’t think would have happened to the same extent if I were anywhere else.” - Bronwyn
OUR IMPACT

The Senior School of Excellence beneficiaries spoke positively of the opportunity afforded to them to get a top-class education, and how it had transformed their lives. Other than academic and sporting opportunities, the beneficiaries also got exposed to various cultural excursions and life skills education.

OVERCOMING CHALLENGES ALONG THE WAY: The transition from a township school to a well-resourced former Model C school presents many challenges. Differences between their junior schools and the high schools are stark. The meaning of “underprivileged” in relation to their previous schools is felt acutely by the beneficiaries. The transition from a racially homogeneous township school to a former Model C school, the distance (more than 30km) between their homes and new schools, high academic standard and intense sports training regimes were some of the challenges they had to overcome.

1: “I was amazed at the facilities. At first it was quite overwhelming, but then you settle in and start to make use of it all. They have a full library and in Grade 8 you must take out a book and read it every week. I would take out many and try to read as much as possible. I wanted to improve my English.” – Tasniam

2: “It was the first time I had been at a school with so many whites. It was so unusual, there were so many kids who were not the same race as me. I was kind of scared in the beginning. It probably took me a year. Now I go to parties with them and we are good friends.” – Luke

3: “Practice for rugby often started at 06h00. I had no idea that schools would take sport so seriously. It was big, actually it was huge, but we adapted and learnt. It has been amazing and changed my outlook and my approach.” – Cebo

4: “Because we know that the base from which we come in junior school is much weaker, we had to learn so much harder, just to prove to others and to ourselves that we are capable and can compete.” – Klara

5: “Where we come from, school is not cool. That meant that we didn’t put much effort into school. It is quite hard when you try but no one else is serious.” – Lindiwe

6: “We had to learn fast to speak English. Everyone here at Pearson is speaking English and Afrikaans, but I am speaking Xhosa. It was intimidating that, but I had to.” – Alakhe

7: “It is sometimes pretty tough. You are always training for sport, but your teachers also think you must secure your academic work. It is a long way from home, so travel takes time. You get home late and you’re tired. You still have to do your school work, and you know you must pass.” – Kyra
Kyra - Making the South African Team

Kyra is now in Grade 9 and has been attending Pearson High School since Grade 8. Prior to this, she attended St George’s Primary School, also on a sports scholarship. Kyra plays both hockey and cricket. She has represented Eastern Province hockey in Grades 6, 7, 8 and 9; and, the Eastern Province U16 women’s cricket. She was selected to the South African U16 hockey team. For any sports person, representing your country is the ultimate goal.

Sthembiso - The sky is the limit

I was offered opportunities to play rugby for the Sharks Academy, but I had set my heart on becoming a pilot. My time with United Through Sport had taught me to pursue my dreams. I have slowly been working towards achieving this dream. My parents are helping me. I have my first pilot’s license, but I can’t get a job yet; I need more hours to get a commercial pilot’s license.

Sibulele – Master’s degree is calling

There was no money in my house to study further after I finished school. Then I received a bursary for my fees and residence at Nelson Mandela University. I will finish my degree with Human Settlements. Already I can see my graduation. I want to do my Masters Degree at Wits University or the University of Cape Town. I know I can make my own way now. I have been able to turn disadvantage into advantage.

Lindiwe Cezula is one of the first Senior School of Excellence graduates to come to the completion of her degree at Nelson Mandela University.

"For the past three years, I have studied Politics and Public Administration at Nelson Mandela University. In high school, I had done work shadowing at the CCMA (independent labour body). There I learnt that to become a commissioner, I needed a variety of subjects including Labour Law and that Politics would certainly help. I have now done two modules on Labour Law and I fell in love with Politics and Public Administration.

I wanted to do something different. I also wanted to do something that would challenge me. In fact, I have based my choices on this. I am here to learn and to explore and discover. I feel I will go on learning forever.

I spend my end of year holidays with my mum in a village close to Mount Frere. There they have just installed taps. Before that, we used to walk to fetch water with buckets. There is no electricity, and no cellphone reception. I love going there. It is a good reminder of where I come from and of all I want to achieve, and why I need to get an education. And whilst I love to go to these rural places, there is also a feeling that things could be easier there. I want to help my family in these remote rural parts.

My mother is from the rural areas. My father died when I was young. My mother is proud of me, but she does not completely know what it is that I am doing. My sister, on the other hand, is very clear. She has been running a tavern (a place where liquor is sold) in Walmer Township for a long time. She knows how hard life can be. I have often helped her there. She always says I must get my education. The tavern is not the place for me.

"When I look at my friends now, every friend is either pregnant or in jail. United Through Sport is a miracle sent from God. It has opened doors, so that I can’t imagine life without it. Lindiwe"

A lot of what I do, is to encourage others to keep going. There is so much I want to do. I want to have two degrees by the time I am 30. I can’t wait for my graduation. I want all the people who have helped me, to be there, as well as my family. I know what it is like to be helped, and now it is my turn to help others."
CONCLUSION

The process of putting together this report has been a rewarding experience – giving insights and valuable feedback for the future growth and continued improvement of the services we offer our participants.

The results that we have obtained through the many tests, surveys, interviews and focus groups conducted with our participants and stakeholders have confirmed that we are living up to our goal of transforming the lives of many disadvantaged and vulnerable children in South Africa and enhanced their ability to follow a pathway to success.

SOME AREAS OF INTERVENTION WHERE THE CHILDREN’S LIVES HAD BEEN TRANSFORMED, INCLUDE:

- Educational progress and achievements;
- Sporting progress and achievements;
- Confidence and ability to communicate and engage with others;
- Improved relationships with families and teachers;
- Focus and hope for their future careers;
- Increased resilience and ability to resist peer pressure;
- Improved health;
- Cultural diversity and racial integration;
- Strong work ethic and sense of responsibility for own actions;
- Broader impact on their schools and neighbourhoods; and
- Improvement in the use of English language.

These areas and evidence of change within our participants are hugely encouraging signs that we are progressing in the right direction. The children’s lived experiences inform our future analysis, evaluation and planning for programme development and growth as an organisation.

We are proud of the outcomes of the past three years of intervention in the lives of the children of Nelson Mandela Bay – as we continue to support children in their rights to play, be healthy and get access to a good education to enable them to fulfil their full potential.
SNAPSHOT: SUMMARY OF RESULTS

**INPUTS:** (5-year daily activity)
- Scholarships
- School facilities for activities
- Food, transport, uniforms
- Extra tuition
- Mentorship
- Trips overseas

**INPUTS:** (2 hours per day after school)
- Academic support
- Sports coaching
- Extra life skills lessons
- School facilities for daily activities
- Volunteers for mentoring & coaching
- Personal mentoring
- Daily feeding

**INPUTS:** (18-hour curriculum)
- Access to school facilities & volunteer coaches
- Direct sports coaching using sport to deliver life skills on topics such as HIV/AIDS
- Feeding

**RESULTS:**
- Academic progress through quality teaching
- Become more motivated, focused, goal-oriented
- Top coaching in a range of sports with opportunities to compete at provincial and South African levels
- Confident, good communicators exposed to a range of life experiences, including overseas travel
- Academic results to ensure university entrance
- Assistance to access finance for tertiary education

**SENIOR SCHOOL OF EXCELLENCE**
- 84% pursued tertiary studies
- 89 children in 3 years
- Top level academic education for 5 years
- 100% pass rate
- 19 completed high school

**JUNIOR SCHOOL OF EXCELLENCE**
- 431 children in 3 years, with average of 240 hours of programme activity per child
- 100% pass rate
- 78 international volunteers mentored and coached over the 3 years
- 240 life skills & mentorship sessions delivered
- 20 computer literacy sessions
- 67580 meals served over 3 years

**MASS PARTICIPATION PROGRAMME**
- 34 569 children reached in 3 years in 71 schools
- 5.18536 contact hours
- 20 556 children completed HIV/AIDS awareness
- A total of 4762 soccer balls, 2022 sports bags, 1012 hockey sticks, 296 hockey balls, 134 rugby balls, 122 netball balls, 80 tennis racquets, and 152 tennis balls donated to schools

**IMPROVED FACILITIES AT HOST SCHOOLS:**
- Mini Astroturf
- New Netball Court

**RESULTS:**
- Greatly improved maths & English
- Improved confidence, self-esteem & focus
- Increased sports skills and results
- Developing educational and career goals
- Psychosocial improvements
- Improved health
- 100% go on to high school
- Opportunities for scholarships to top high schools

**IMPACT**
The staff of United Through Sport come from all walks of life - consisting of volunteers, previous beneficiaries of the United Through Sport programmes and a dedicated team of employees. They may all have different backgrounds, but have one thing in common: to transform the lives of the children in South Africa.

We thank our staff, partners, supporters, children and their families, for the fact that we can celebrate the impact we had on the children’s lives with this report. Thank you in particular to our main contributors to these programmes and all our donors for their ongoing support. We continue to strive to better the lives of the children we have interacted with over the last three years, as well as the thousands of disadvantaged and vulnerable children in South Africa.
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