

WAKE UP TO SPORT

report - 2nd quarter 2025



GENERAL OBJECTIVE

The **Acorde para o Esporte** project aims to provide access to educational sports — sports with a focus on human development and social inclusion — through workshops in **capoeira, cooperative games, taekwondo**, and **African games** for children and adolescents in situations of social vulnerability, living in the cities of Embu das Artes and Cotia, in the metropolitan region of São Paulo state.

SPECIFIC OBJECTIVES

- 1 Promote the continuous practice of sports in the lives of children and adolescents as a way of improving academic performance, well-being and physical, mental and intellectual health
- 2 Contribute to the formation of citizenship based on the plurality of subjects, respect for their origins and ancestry and the formation of their identity
- 3 Promote physical development and body awareness as well as socialization, cooperation and healthy competition in children and adolescents
- 4 Promote sports practice as a space for socialization, collaboration, leisure, health and human development

PROJECT NUMBERS

275

participants

505

activities

757

training hours

688 additional hours - food, social assistance, extra-program activities, mentoring and integration periods

SOCIODEMOGRAPHIC PROFILE OF CHILDREN AND ADOLESCENTS

*data updated according to the current project profile

6 to 15 years old

age range of the participants



46% Embu
54% Cotia



41%
Feminine

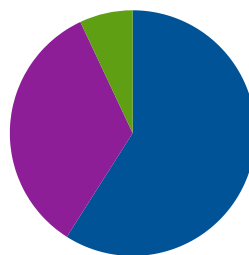


59%
Masculine

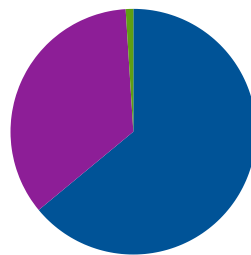
Per capita family income

Minimum Wage (MW)

59% 0 to 1/2 MW
34% 1/2 to 1 MW
7% Above 1 MW



Family self-declaration



64% black
35% white
1% Others

WORKSHOPS

Taekwondo

Focusing on improving kicks and introducing new movements, participants practiced technique, posture, and attention to their partners using paddles.

New kicks and their technical names were introduced, alongside reinforcement of the Taekwondo bases, emphasizing body awareness and posture correction.

We also started jump kicks, preparing participants for future demonstrations. Activities included muscle strengthening exercises aimed at preventing injuries and improving physical performance.



Cooperatives Games

The workshops focused on the game Kimball, which encourages integration, cooperation, and socioemotional skills. For younger groups, the activities introduced the fundamentals of the sport, such as receiving, hitting, team formation, and basic rules, promoting an initial understanding of the game. Older groups, already more familiar, advanced into strategies, communication, leadership, and decision-making as a team.

These workshops allowed participants at all levels to develop not only motor skills but also important aspects of coexistence and teamwork.



African Games

Based on the game "Tag," participants expanded their cultural and historical knowledge of the African continent. One highlight was the creation of "Baobab Tag," a game inspired by the Baobab tree, a symbol of strength, resilience, and wisdom.

Through play, participants learned about the significance of this ancient tree for African culture, understanding its spiritual, social, and ecological value across different communities.

Another activity was "African Kings and Queens Tag," where inspiring historical figures were introduced. The workshops covered the story of Queen Nzinga of Angola, known for her courage and leadership as a political and military figure, and Mansa Musa, emperor of Mali, recognized for his immense wealth and for promoting knowledge and cultural development in his empire.

These activities offered contact with positive narratives about African history, highlighting Black leadership and contributions to the world.

Capoeira

Focusing on the motor and socioemotional development of participants, the workshops prioritized exercises in pairs and partner exchanges, encouraging cooperation and respect. Capoeira basics were practiced, such as cocorinha¹ (defensive crouch), aú estrela² (side cartwheel), basic esquiva (dodges), negative esquiva, and movements with rolês (rolls)³.

We also explored the symbolic universe of capoeira to reflect on competition, emotions, and resilience, with examples such as tournaments and championships. Discussions included the meaning of winning, losing, drawing, and being disqualified, and how to deal with these experiences. The workshops contributed both to technical mastery and to emotional and relational development.

1. dodging movement in which the practitioner crouches in front of the opponent, protecting their face with their arms.

2. A basic capoeira movement, similar to a sideways cartwheel.

3. Dodges, rolls, and other movements can be used to get out of the path of a strike.

