

PROJECT

ACORDE PARA O ESPORTE

REPORT - 1ST QUARTER 2025



GENERAL OBJECTIVE

Acorde para o Esporte is a project that offers access to educational sports – sports focused on human development and social inclusion – with **capoeira**, **cooperative games**, **taekwondo** and **African games**, for 275 children and adolescents in situations of social vulnerability, residents of the cities of Embu das Artes and Cotia, metropolitan region of the state of São Paulo, Brazil.

SPECIFIC OBJECTIVES

- 1 Promote the continuous practice of sport in the lives of children and adolescents as a way of improving school 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 ancestries 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 Over sports practice as a space for socialization, collaboration, leisure, health and human development

PROJECT NUMBERS

275

participants

170

activities

225

workshop hours per participant

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

SOCIODEMOGRAPHIC PROFILE OF CHILDREN AND ADOLESCENTS

06 to 15 years

age group



Cities:

47% Embu das Artes
53% Cotia



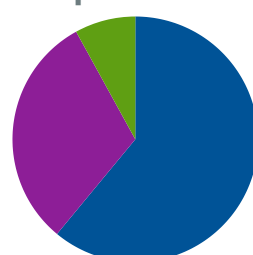
Household income per capita

Minimum wage (MW)*

61% R\$ 0 to 1/2 MW

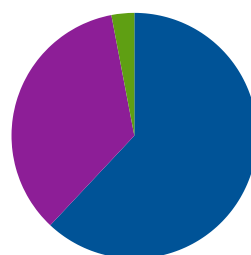
31% 1/2 to 1 MW

8% Above 1 MW



*In Brazil the minimum wage (MW) is equivalent to US\$ 264 dollars

Family self-declaration



46% girls



54% boys

ACTIVITIES

Capoeira: movement, game and fun

At the beginning of the year, the **capoeira workshops** focused on introducing the fundamentals of the practice, with an emphasis on ginga, first strikes and dodges, in a playful and collective environment. **The circles with traditional songs reinforced values such as respect, listening and expression.** Light physical activities complemented the learning, promoting physical strengthening in a fun way. At the end, the participants demonstrated greater familiarity with capoeira and integration into the group, **prepared to delve deeper into the songs, history and fundamentals of this Afro-Brazilian art.**





African Games: culture and strategy at stake

The workshops proposed variations of dodgeball inspired by games from **Botswana (Ntswa Wotswang)**, **Egypt (Litoti)** and **Mozambique (Cheia)**, combining body movement and African culture. The activity expanded the participants' cultural and motor skills, promoting communication, strategy and group work. Each game was contextualized with interesting facts about the countries, reinforcing **cultural diversity through play**. The children and adolescents were encouraged to reflect on rules, strategies and leadership, ending the meetings in circles, where participants shared their strategies, perceptions and interesting facts about the countries and the games they experienced. **The proposal strengthened coexistence and valued the cultural richness in the different ways of playing.**

Cooperative Games: team communication and strategy

The workshops used cooperative games to **develop socio-emotional skills such as leadership, communication and problem-solving, promoting coexistence and teamwork**. A highlight was the game **Kikaos**, a cooperative challenge that requires the actions of different types of characters: communicators, observers and doers to achieve common goals. The activities **valued collaboration over competition and reinforced the importance of listening and diverse participation**, strengthening bonds between participants and **preparing them for future team challenges**.



Taekwondo: Prepared body, attentive mind

The Taekwondo workshops in the first quarter **focused on developing attention, motor coordination and physical fitness**, integrating combat fundamentals with self-defense practices. With playful dynamics and techniques such as shadow combat, racket kicks and focus exercises, participants worked on reflexes, precision and body awareness. The activities ended with breathing and relaxation, **promoting balance between body and mind** and strengthening discipline in martial arts practice.

Girls in Taekwondo

During the month of March, workshops highlighted **female participation in martial arts**, in line with **Women's Week**. Activities addressed **representation, empowerment, and self-defense, with reflections on identity, strength, and female protagonism**.

The program included an introductory talk on the presence of **women in Taekwondo**, bringing historical and current data, **in addition to the participation of Larissa, a former student and red belt, who shared her inspiring journey**.

Classes also advanced technical training with fighting practices and new movements. The workshops reinforced Taekwondo as a space for comprehensive training and appreciation of the female presence.



PROJECT COSTS

Total:
US\$ 113,615

Completed until March 2025:
US\$ 31,766

Thank you, dear donor, and see you in the next report!
Acorde Team

