

2024- 2025

# WAKE UP TO SPORT

Results Report  
Year I /2024

## PRESENTATION

**Wake up to Sport** is a project that aims to offer access to educational sports – sports focused on human development and social inclusion – with **capoeira workshops**, **cooperative games**, **taekwondo** and **African games**, for 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.

Throughout 2024, **Capoeira workshops** experienced both theoretical and practical aspects. Addressing the history of capoeira, from its origins in Brazil to its consecration as Cultural and Historical Heritage. Practical classes emphasized body expression, including the fundamentals of ginga, direct and spinning blows, dodges and flourishes. Participants also explored festivities such as **Samba de Roda**, **Puxada de Rede** and **Maculelê**, in addition to the construction of the **Diaspora**.

The **Cooperative Games** workshops provided participants with an experience focused on teamwork. Several tools were used in the process, including no-loner games, in which the focus was on completing tasks without a competitive nature, and result games, in which groups developed strategies to solve collective challenges.

The **African Games workshops**, in turn, addressed issues of race and ethnicity, encouraging the construction of participants' identities. Aspects of ancient Africa were studied, as well as its contributions to Brazilian culture in areas such as food, technology and inventions, using resources such as: traditional fights, African tales, construction of boards, variations of dodgeball, agility games, listening and body expression.

Finally, the **Taekwondo** workshops included motor coordination, body awareness, reflexes, agility, flexibility, analysis and focus. For the younger ones, the first steps of the martial art were introduced, while the teenagers had a deeper understanding, including reflective practices on the discipline.

This report presents an overview of the partial results, as the project continues until 2025, and the impacts generated in the lives of participants. The data shared here reinforce the relevance of the **Wake Up for Sport project and highlight the importance of our partners and donors**, whose support was essential to ensure the continuity and strengthening of the actions developed.

We continue to believe in the transformative potential of education and our commitment to providing tangible opportunities for children and adolescents. May this report not only celebrate the achievements of 2024, but also serve as inspiration for new possibilities and future collaborations.

Happy reading!



## PROJECT NUMBERS

321

participants

676

activities

1.368

training hours

Hours of service (accumulated over the year): 1,428h (total)

## SOCIODEMOGRAPHIC PROFILE

9 to 17 years old

age range of participants



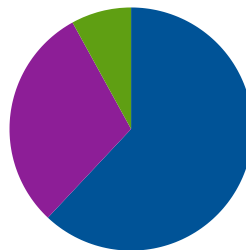
Per capita household income

Minimum Wage (MW)

62% 0 a 1/2 SM

30% 1/2 a 1 SM

8% Above 1 SM



56% Embu

44% Cotia



48%

Feminine

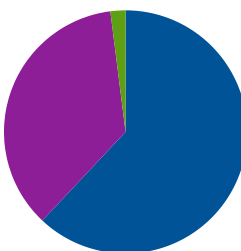


52%

Masculine



Family self-declaration



62% Black

36% Whites

2% Indigenous and Yellow

## MAIN RESULTS

### Socio-Emotional Skills

The workshops encouraged verbal and non-verbal communication, fostering the development of body language and dialogue among participants. Children and adolescents were encouraged to create and adapt, strengthening their creativity and skills such as the ability to share ideas and discover new ways to solve problems. The dynamics led participants to develop observation skills and see different possibilities for solving challenges.

Cooperation was a value highlighted by the participants, who demonstrated a willingness to support their colleagues, share knowledge and build together. Protagonism was also evident, with children and adolescents taking on responsibilities and multiplying learning.



The sports workshops also helped develop empathy, with participants coming to better understand the needs and feelings of others. The collective encouragement during the practices strengthened the connection.

Another improvement was in family relationships. Those responsible for children and adolescents reported positive changes in behavior, such as greater organization, calmness and better communication at home. Improvements in concentration and school performance were other points highlighted.

### Expansion of sociocultural repertoire

**The workshops provided greater contact with Afro-Brazilian history and culture, strengthening identity and promoting diversity**

The work with the African Games and Capoeira expanded the cultural repertoire of children and adolescents, allowing them to learn about new cultures and customs, addressing issues such as identity, gender, skin tone and introducing historical references to black culture, such as Zumbi dos Palmares, Dandara, Aqualtune and Ganga Zumba. Through visual resources, it was possible to discuss the construction of the identity of the Brazilian people and the fight against slavery in the colonial period.

The experience in the workshops encouraged children and adolescents to see new perspectives. Some expressed an interest in pursuing sports as a profession, while others highlighted the importance of the knowledge acquired for their personal and academic development.





# Identity, Self-knowledge and Self-esteem

Participants reported a greater understanding of themselves and their origins, demonstrating pride in their history and context. Many began to see workshops such as Capoeira and African Games as a significant element of their ancestry, connecting them with their families.

The workshops also helped children and adolescents understand their surroundings, developing skills such as focus, concentration, communication and observation. In addition, they provided a welcoming environment where children and adolescents felt like they belonged at Acorde. This feeling was reinforced by the group activities and socialization.

Finally, they reported that, through the workshops, they expanded their interactions within the neighborhood and with other communities, occupying new spaces and strengthening cultural ties.

## EVENTS

### History, Culture and Sports together

The 1st Cultural Exhibition brought together more than **600 people**, ending the 2024 activities.

The following activities were held: a Taekwondo demonstration and the awarding of belts, allowing family members and everyone present to follow the participants' progress; a capoeira circle, with the participation of children and adolescents, providing a moment of celebration and collective learning; a sports exhibition of photos and texts that recorded the learning and development process in the sports workshops; and, finally, a theatrical presentation about the history of slavery and the strengthening of quilombos, bringing reflections on the ancestry and resistance of Afro-Brazilian culture. The play was called: **Diaspora**.



### Capoeira Baptism and Graduation

In an internal event held during Black Consciousness Week, **52 children graduated**, who had as "Masters" for the baptism the teenagers and young people with higher degrees in Capoeira.

In an external event held at the Itapecerica da Serra Sports Stadium, with the participation of several institutions, 82 children and teenagers graduated, who were able to experience the exchange of knowledge with capoeira masters, providing a significant moment, putting into practice everything they learned throughout the year.

### Taekwondo Championship

An external event held with the participation of 15 children and adolescents. During the competition, participants experienced the energy of a championship, learned by observing other athletes and experienced a moment of emotional self-regulation to deal with the anxiety of the competition.

All 15 participants won medals in 1st, 2nd or 3rd place, consolidating the learning and effort dedicated throughout the year.

