

'Action Ball' comes to Lawley!

Movement Development Programme

15-05-2007

Introduction

A 5 month Movement Development Programme kicked off on 3 April in Lawley. This weekly programme sponsored by James Gareh from IIR, benefits 118 of our Zimisele Creche beneficiaries, aged 3 to 6 years. The programme is designed to develop gross motor skills, coordination, body image, spatial orientation, balance, posture, self-confidence, social skills and muscle toning.

We are one month into the programme and we have received such promising reports from the Action Ball professionals. Reports of improved hand-eye coordination, right-left recognition, balance, confidence and social skills were received for most children. The children are less aggressive with each other and show more willingness to help each other out, which is a significant improvement since many of these Little Ones come from harsh and vulnerable backgrounds. Equally important, the children look forward to these lessons with much enthusiasm and motivation!

Background

Ekukhanyeni recently introduced the Action Ball Programme, which directly benefits 118 children. The impact of the programme on the children has been tremendous. The coordinators of the programme spend 45 min with a group of not more than 12 children on a weekly basis, ensuring that each child receives the personal attention they require and deserve. The programme is aimed at developing gross and fine motor coordination and facilitates muscle toning and physical development, but with emphasis on having fun and learning how to play. Through Action Ball, social, physical, intellectual and emotional skills are learnt and enhanced. Based on forms of structured play, the programme uses simple apparatus like balls, hoola hoops, ropes, beacons and bean bags in pre-development exercise games proactively exercising the child in identified areas of development. The Programme also teaches responsibility and the children are encouraged to socialize and work with their peers.

Reports

After just 4 sessions, vast improvements were observed in many of the children, both by the Action Ball professionals and by the Principals/Care-Givers. To mention one of them: M, a 5 year old girl was a very introverted, insecure and emotional child, coming from a background of physical abuse. She often burst into tears for no reason when one approached her. She was not keen to participate in activities at all. By the end of the fourth lesson, M was in fits of laughter and participated in all activities. She is far more vocal now and her little eyes are alive and aglow. Her posture and weak demeanor has changed from one who has been wounded to one of confidence and more strength. The Principal reported that her concentration has improved, as well as her social skills with her peers, especially now that she joins in during play-time.

Conclusion

Children’s progress is monitored and assessed and parents/guardians will be informed by means of a personal report once per term. The programme will continue for a period of five months. It is hoped that more funding will be secured for the continuation of the programme until the end of the year and beyond.

Ekukhanyeni extends grateful thanks to James Gareh from IIR for his generous investment in our Zimisele Creche Programme which has gone very far in uplifting our beneficiaries. Thanks also to the Action Ball team who have sponsored 12 additional children as part of their Corporate Social Responsibility.

Yours in Sustainable Community Development

Liza Rossi (Executive Director)





Happy Kids Creche participants



Cabukani Creche Participants



Rolling the hoop



Breathing Exercises



Hopping



Balancing/Right-Left recognition



Balancing/Right-Left recognition/co-ord



Learning Balance & Co-ord

More photos can be viewed online at www.ekukhanyeni.org/gallery.htm

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