

**CASE STUDY :: 01****LOCATION**

Namibia

Physically Active Youth (PAY)

OBJECTIVES

- Raising educational standards
- Improving literacy and numeracy
- Improvement in physical activity

BACKGROUND

A country-wide grade 10 examination in Namibia determines whether youth can continue in school or vocational training. Currently, less than 50% of Grade 10 learners get access to Grade 11 due to poor grades. This means out of the 28,000 Grade 10's enrolled this year, only 12,000 will be promoted to Grade 11, thus 16,000 sixteen year olds will not be attending school next year, making it near impossible for them to find employment. In recent years, the overwhelming majority of those who have failed have become unemployed, susceptible to drugs, HIV/AIDS and anti-social behaviour.

PURPOSE

The purpose of PAY is to help school drop-outs and those youth expected to fail pass the exam, and to enable them to take up subsequent education and training. It combines sport with an informal tutoring system to help participants stay in school. More specifically it aims to:

- keep youth in school so enhancing their employment opportunities
- promote healthy lifestyle choices
- provide a safe and enjoyable after school environment that will promote the social values necessary for greater success within the community.
- empower youth through the inherent values of sport and prepare them to make a difference in the community
- reduce the incidence of drug-taking, HIV/AIDS and anti-social behaviour commonly associated with school drop-outs and the unemployed.

PARTNERS

It is sponsored by the Ministry of Youth National Service, Sport and Culture, Commonwealth Games Canada and UK Sport.

COST AND DATE

Piloted in 2003.

TARGET

At risk teenage youth, grades 8, 9, 10.

STEPS

- 1 Following a local needs assessment, PAY began a pilot in which 60 students were given a two-hour after-school programme involving a wide range of physical activity (from aerobics, dance and outdoor education to competitive sports), academic and life skills tutoring, including workshops on safe sex and HIV/AIDS.
- 2 PAY has now spread to several other schools and involves a combination of physical activity, recreation, academic tutoring, self development strategies, community projects, and creative expression to enable participants to realise their potential, gain respect, and participate fully in society.

OUTCOMES/IMPACT

- In the pilot, 92% of participants passed the school leaving exam
- The pilot project has grown from 35 to 80 participants in just one year.

BENEFITS

- To keep more youth in education so affording them better employment opportunities
- To decrease the incidence of drug-taking, HIV/AIDS and anti-social behaviour. prevalent in school drops outs and the unemployed.

POLICY IMPLICATIONS

- The power of sport to motivate disengaged young people to achieve academically so reducing drop-out, unemployment and anti-social behaviour.



RECOMMENDATIONS

- Identify young people at risk and those disengaged in schoolwork; use sport to re-engage them, build self-esteem and motivate them to achieve academically

FURTHER INFORMATION

Doctor Donovan Zealand, Box 31445, Pionierspark, Windock, Namibia 9000

Tel: +246 612063020 email: dzealand@unam.na

www.commonwealthgames.ca