REPORT ON THE ATHLETICS SPORTS LEAGUES FOR THE KARAMOJA REGION UNDER THE SPORTS FOR LIFE PROJECT:

District Participation:

Moroto, Kotido, Nakapiripirit, Napak, Amudat, Kaabong, Abim and Moroto Municipality

Dates: March - April 2012

BACKGROUND

The “Sports for Life” approach aims to enhance the coping mechanisms of children and households in the Karamoja Sub-region by integrating sports & recreation and primary education to strengthen enrolment and retention in schools, and by protecting and enhancing children’s rights and capacities to participate in the peaceful development of their communities.

Activities apply sports and recreation as means for creating a sense of togetherness and self-esteem

It specifically aims to enhance the participation of children in school and the community, through sports and recreation, and to ensure that a mechanism supporting the growth and development of children in safe and child-friendly environments is established, and/or strengthened

To ensure that the above is achieved, a deliberate effort to target children at school to participate in athletic sports leagues was organized for every district from school, sub county and district level.

Overall number of participants by category for all the districts

<table>
<thead>
<tr>
<th>SN</th>
<th>District</th>
<th>Boys</th>
<th>Girls</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Abim</td>
<td>1,400</td>
<td>1,050</td>
<td>2,450</td>
</tr>
<tr>
<td>2</td>
<td>Amudat</td>
<td>480</td>
<td>340</td>
<td>820</td>
</tr>
<tr>
<td>3</td>
<td>Kaabong</td>
<td>1,504</td>
<td>1,450</td>
<td>2,954</td>
</tr>
<tr>
<td>4</td>
<td>Kotido</td>
<td>1,821</td>
<td>1,493</td>
<td>3,314</td>
</tr>
<tr>
<td>5</td>
<td>Moroto</td>
<td>1,455</td>
<td>1,478</td>
<td>2,933</td>
</tr>
<tr>
<td>6</td>
<td>Moroto Municipality</td>
<td>356</td>
<td>324</td>
<td>680</td>
</tr>
<tr>
<td>7</td>
<td>Nakapiripirit</td>
<td>1,876</td>
<td>1,762</td>
<td>3,638</td>
</tr>
<tr>
<td>8</td>
<td>Napak</td>
<td>1,562</td>
<td>1,345</td>
<td>2,907</td>
</tr>
<tr>
<td></td>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td><strong>19,696</strong></td>
</tr>
</tbody>
</table>
Anticipated benefits of the activities

Retention and completion - The sports leagues help in encouraging children especially those under 12 and 14 years (both girls and boys) to remain in school until they complete the primary cycle since they are involved in different events.

Health promotion – One of the main anticipated benefits of all sporting activities is to encourage children to play and use up their energy in order to preserve long term health. Athletics is uniquely designed to meet this challenge by the varying nature of the playing activities and by the physical features its practice requires. The increasing demands of the forms of games provided to children will contribute to their harmonious general development.

Social interaction – “KIDS’ ATHLETICS” is a profitable factor of integration of children in a social background. Team events, in which everyone makes a contribution to the game, are the opportunity for children to meet and to accept their differences. The simplicity of the rules and the harmless nature of the offered events, allow children to play the part of officials and team coaches to the full. These responsibilities they really take on are special moments when they can experience citizenship.

Character of adventure – To be stimulated, children need to have the feeling they can actually win the event they take part in. The selected formula (team, events, and organization) conspires to keep the event outcome unpredictable until the last event. This is a driving element of children’s motivation.

National preparation- Helps in equipping children with skills and knowledge of Kids Athletics which will help to prepare them not only district but also National championship which is conducted every year like it will be in Mbarara this year from 22nd-29th April, 2012.

Full involvement. Kids’ athletics helps children of different age brackets get involved in participating in all events with the right equipment and timing.
Challenges encountered.

- At the District, weather factors could not allow some children to participate as it was not easy for them to run under hot sun shine. Need to organize the leagues when the weather is favorable to allow the children to fully participate.
- There was delay in implementing the activity due to overriding activities in most districts. e.g. End of term one Examinations and the Easter break whereby the leagues begun on Easter Monday. Need to implement the activity early.

Good practices

- Active involvement of children and teachers in the sporting activities enhancing their physical and mental capabilities.
- Children’s active participation that attracts children to school, hence improvements in enrolments and retention in the primary cycle.
- Practical knowledge on Kids Athletics, more so the use of local materials for competition purposes.

Recommendations

- Local Councils and community leaders to facilitate children’s participation in sporting/school activities.
- More training be given to the district officials especially those involved in the organization of athletics sports activities in the District. For example Sports officer, DEO and DIS
- A tracking system for best performing children be established to help guide them to higher levels of competitions.

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