

Mass Participation Programmes Indigenous Games

Indigenous games are sporting activities developed within South Africa to promote the nation's rich cultural heritage. These include morabaraba, incuba, intonga, dibeke, khokho, kgati, diketo, jukskei and drie stokies.

They all originate from various South African communities. On an individual level, they stimulate physical and mental activity and are character-building. The programme provides a platform to showcase indigenous games and highlight cultural diversity within communities.

The Department aims to gain national and international status for these games and place South Africa on the global sporting map.

Youth Camps

The Youth Camps programme is a joint initiative between the SRSA, SACR, Department of Health, Education, Correctional Services, Love Life and NYDA. The programme caters for young people who have been in conflict with the law or who have social behavioural challenges.

The youth are hosted at regional and provincial camps, where they participate in a variety of indoor and outdoor activities with a special emphasis on life skills and leadership development.

All Gauteng departments participate in the holiday programme, which seeks to educate children through fun activities in informal settings. The programme helps participants to make the most of their holiday time while keeping them occupied and reducing their exposure to abuse and other social ills.

Fun Walks

SACR encourages participation in a number of regular running and walking events that promote a healthy lifestyle. One such event is the 42km Soweto Marathon also used by the Department as a qualifier for lending support to disadvantaged athletes to participate in the Comrades Marathon. The marathon attracts more than 125 professional athletes from across Gauteng. It is also a family event that draws more than 1 600 participants from different age groups, including the elderly.

Gymnaestrada

Gymnaestrada is a foundation for the improvement of motor development, balance, suppleness and flexibility, which form the basis of all sporting codes.

Although a relatively new sporting discipline in our Mass Participation Programme, Gymnaestrada encapsulates the Sport for All philosophy, and is one of Sport & Recreation South Africa's flagship programmes. It is available to people of all ages. The Gymnaestrada festival is non-competitive, with the emphasis on national cultural identity.

Golden Games

These are aimed at enhancing the quality of life and improving the health of older persons by engaging them in programmes that promote optimal social, physical, mental and emotional well-being thereby instilling a culture of healthy living among people aged 60 years and above.

There are 17 sport codes in which the elderly participate which include duck walking, dress-up races, soccer, indigenous games and track events and they are promoted by activity coordinators throughout the province.

Events are organised at local provincial and national levels in the form of festivals that see participants competing against each other. The highlight of the calendar is the celebration of the International Day of Older Persons that is commemorated around the world on 1 October each year.

Outreach and Mass Mobilisation

Outreach targets rural areas with no formal sport facilities by encouraging the communities to leave an active lifestyle and expose them to activities that need less equipment. Communities are afforded with sporting equipment that is donated to sustain the introduced activities.

Mass mobilisation encourages patriotism and creating awareness in communities on international events that the country is participating and encourages the South Africans to support our athletes.

Grants in Aid

The Department receives funds from SRSA for its Mass Participation Programmes. This grant helps promote mass participation in schools through the development of a selected number of sporting codes, the empowerment of educators, and volunteers to manage and implement the programmes.

It also promotes mass participation in disadvantaged communities through a number of selected activities, as well as the empowerment of communities, and provides volunteers to manage these activities.

Bursaries

The Department allocates funds to tertiary institutions for previously disadvantaged students who excel in sport to enhance their academic and sporting performance.

The funds cover tuition, accommodation, equipment, scientific support, life skills, competition opportunities and other logistical needs.

Funding

Grant-In-Aid funding is awarded to various sport, arts and culture organisations to support their programmes that are aligned to the various strategies and mandates of the Department.

Bursaries are awarded to young artists and cultural workers, support the development of emerging groups, and initiate programmes that focus on training and developing artists and showcasing their work.

Road shows are held throughout the province to advertise the Grant-in-Aid process and to help non-governmental organisations in sports, arts and culture to comply with the complex applications and accountability procedures.