

ACTIVITIES FOR TUTOR TIME



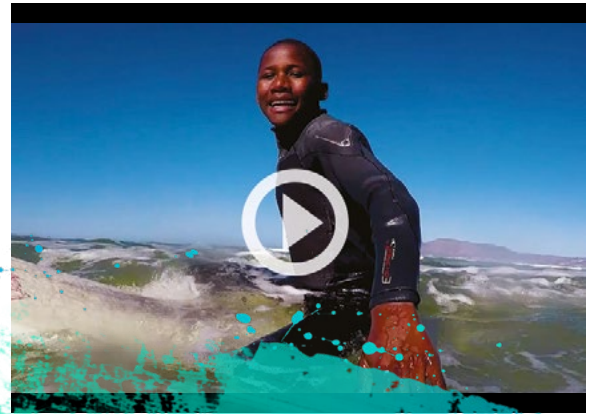
17-23 March

Sipho is 15 years old and lives in Masi Township near Cape Town, South Africa.

The townships of Cape Town are extremely dangerous, with high levels of violence and poverty. One in five young people living there suffers from post-traumatic stress disorder (PTSD) as a result of tough childhood experiences.

Sipho's family is poor and he would often go to sleep hungry. His father drank and was violent, which made Sipho sad and angry. By the age of 12, Sipho was skipping school, stealing money and taking drugs. But thanks to Waves for Change – a surf therapy project funded by Comic Relief – Sipho has managed to turn his life around. He loves to surf and, with help from the therapists at the project, has tackled his addictions and learnt to cope with all life throws at him. He's even training to become a lifeguard.

Watch our inspiring short film about Sipho with your class and choose from the suggested activities to explore the issues it raises.



Learning objectives

- To empathise with the life of a young person in Africa and explore similarities, differences and diversity among people of different race and culture.
- To learn about South African townships.
- To gain insight into how the impact of sport on health and wellbeing.
- To express opinions and ideas through group discussion and debate.

What you will need:

- **Film:** 'Sipho's story' from sportrelief.com/sipho
- **Activity sheet:** 'South African townships' on page 3.
- **Activity sheet:** 'What makes you happy?' on page 4.
- **Internet access** for the 'South African townships' research activity.

Pick and choose from the following activities to develop students' understanding of the issues raised by Siphó's story and why they are going to raise money for Sport Relief.

15 mins

Moving images

Watch the film 'Siphó's story' with the students (you can find this at sportrelief.com/sipho).

Ask them to pick out parts of the film that they found particularly moving or striking. What do they think would be the toughest thing about Siphó's life?

Why do they think the Waves for Change project has made such a remarkable difference to Siphó's life? Talk about the combination of sport and therapy.

15 mins

Expressing emotions

Having watched the film about Siphó, divide the students into groups and ask them to create two lists of adjectives that describe Siphó's emotions:

- Before he got involved in Waves for Change (e.g. sad, angry, lost, isolated, helpless, scared)
- After he learnt to surf and was helped by therapists at the project (e.g. positive, proud, happy, strong, motivated).

As a class, pool ideas. The two lists together should paint a clear picture of the difference that the project funded by Sport Relief is making to Siphó's life. How does it make the students feel to know that money they raised two years ago for Sport Relief is making such a difference to young people like Siphó?

30 mins

Finding out about South African townships

In South Africa, 'township' is used to describe an underdeveloped urban area that was reserved for non-whites during the apartheid era. Most townships are overcrowded and have poor housing, often without electricity or running water. Levels of crime and violence are high and it's a tough place to grow up.

Ask students whether anyone knows anything about the South African townships? What did they learn from the film about Siphó?

In small groups, ask students to complete the 'Life in the townships' research sheet on page 3 of this pack (they will need internet access to carry out their research).

Come back together as a group to share findings.

Were students shocked to find out about apartheid? What do they think would be the worst aspect of living in a township? Would they like to go on holiday to Cape Town?

30 mins

What makes you happy?

Give each student a copy of the activity sheet 'What makes you happy?' on page 4 of this pack and ask them to fill in the mind map. In particular, ask them to think about how playing sport and exercising makes them happy.

As a group, share thoughts about what makes you happy. What are the most popular activities? Which sport and exercise activities have students identified? Why do they think these have a positive effect on their mood and wellbeing?

Ask students to consider trying some of the activities suggested by others in the class. How could they do more of what makes them happy?

30 mins

Debate: Sport for change

Sport improves the lives of millions of people across the world. It brings them together to play, learn and have fun. It improves health. And it can be used to bring about social change.

So should it be compulsory for every young person to do at least 30 minutes of physical activity each day?

Organise a debate on this motion, with one half of the class arguing 'for' and the other 'against'. Give students time to prepare their arguments before debating.

15 mins

Fundraising action

Has finding out about Siphó inspired students to raise more money for Sport Relief?

Talk with the class about possible fundraising activities you could organise. Could you run a break time bake sale? A tombola? Take on a sponsored challenge? Organise a penalty shootout?



1

South African townships were set up under the apartheid system.

When did apartheid exist? What did it mean?

2

Soweto is the biggest township in South Africa.

Research the following facts and figures:

- A. Where is Soweto?
- B. How many people live there?
- C. What percentage of the population is black African?
- D. What caused the Soweto Uprising of 1976?

3

Cape Town is a popular tourist destination, despite being one of the most dangerous cities in the world.

Research both aspects of the city and suggest three reasons that:

- A. Cape Town is so popular with holidaymakers
- B. Cape Town is such a dangerous place to live

WHAT MAKES YOU HAPPY?



17-23 March

In Sipho's words: 'If I'm having a bad day I can smile after surfing.'

What makes you smile? Fill in your ideas below.

