Escuela Socio-deportiva Martin Luther King

Free sports training for disadvantaged children and youth

The goal of the programme is to use sport as a tool to facilitate integration and social inclusion by promoting and reinforcing ethical values, keeping vulnerable children away from the dangers of the street and preparing them for life in society.

Location: Peru
Organisation: Escuela Socio-deportiva Martin Luther King
Start-end date: 2003 – ongoing
Target group: 6-17 years old
Reach: 1,489 children and youth between 2009 and 2012
Partners: Jesuits of Peru, Real Madrid Foundation, Endesa Foundation, the municipality of El Augustino and the Ministry of Internal Affairs

Key facts: A majority of students who were not in education or jobs before taking part in the programme at the Escuela Socio-deportiva MLK are now receiving an education.

For inspiration: www.jesuitasp.e
Summary

In 2003, Escuela Sociodeportiva MLK was founded in El Agustino, Peru, where most of the population lives in poverty. The fundamental aim of the school is to promote sport among children and adolescents and use sport as a tool to promote coexistence, integration and social inclusion and to prevent violence. The programme keeps vulnerable children away from the dangers of the street, strengthening values and preparing them for life in society. The participating children and youth play sport – football and volleyball – three times a week, complemented by skills-training in the form of personal development workshops as well as tournaments. Attending the programme is free, and there are no selection criteria in regard to cognitive or athletic abilities. On average, 65% of participants aged 6 to 17 years of age stay in the programme for at least one year.

Keys to success

Instilling values
The programme at Escuela Sociodeportiva MLK is aimed at the formation and promotion of values (respect, punctuality, tolerance, honesty and responsibility) and for participants to apply these values in and out of an educational setting. The sports training delivered by the programme consists of various elements that are applied in a consistent manner. After arrival at the sports ground and dividing the children into different categories, the teacher and children greet each other and share a conversation on how they are doing. This is followed by a physical warm-up and sports practice in the form of skills-training and games. The training ends with hand washing and a piece of fruit and a drink which is consumed together with the group and coach, followed by a personal farewell to the coach.

Family involvement
Children and adolescents who attend the programme come from very fragile and poor families and are in a situation of risk. In order to help channel some of the risks the children face in their community, part of the programme at Escuela Sociodeportiva MLK is the involvement of family members. Activities include walking with parents, celebrating Mother’s Day and Christmas, and school meetings with parents or other family members. In 2013, the school saw a large increase in family involvement, with 80% of parents accompanying their children to training, championships and other events.
Sport for All objectives

**Improve public health and well-being**
Escuela Sociodeportiva MLK uses sport as a tool to promote coexistence, integration and social inclusion and to prevent violence amongst communities. In order to help participants stay healthy, two-year medical checkups, First Aid and assistance to access comprehensive health insurance are provided for all participants.

**Provide equal access to sport**
The programme is targeted at children and youth with a difficult or poor background, and seeks to keep them away from the dangers of street life by using sport to strengthen their values and prepare them for life in society.

How is the programme communicated?
Entry in the school takes place via promotion in local schools in the community and referrals from other social programmes in the area already associated with the Escuela Sociodeportiva MLK.

How is the programme evaluated?
The project’s impact is measured through the constant evaluation of the participation of children and adolescents. Changes observed in participants are reduced levels of aggression, improvements in personal hygiene, a greater desire to learn, improved collaboration with teachers and increased friendship, trust and solidarity among peers.

“...The kids come from very poor and often broken homes, where they are exposed to very difficult and sometimes violent environments. The school is an alternative and positive place where the kids, through football, can learn social skills, relax and play in a safe environment that allows them to be children!”

Luis Lagurtegue – School Coordinator – Escuela Sociodeportiva MLK
Join the sporting society!

Globally, 1 in 4 adults is not active enough and more than 80% of the world’s adolescent population is insufficiently physically active (World Health Organization). Let’s reverse the trend and get moving.

Promote sport and physical activity
Recent changes in leisure and work practices, diet and a host of other trends has led to an increasingly sedentary lifestyle amongst the world’s population. Sport for all programmes aim to promote sport and physical activity to mitigate the negative effects associated with these developments.

Improve public health and well-being
Sport and physical activity plays an important role in making societies healthier, happier and safer into the future. Successful sport for all projects help to stimulate these common benefits across entire communities.

Support active societies
Active societies involve many stakeholders such as parents, coaches, schools, local clubs, sports organisations, event organisers and grassroots activities, to name but a few. They can all be hugely influential in promoting healthier lifestyles within a community. Programmes that support and reinforce their efforts are vital for the encouragement and promotion of active societies around the world.

Provide equal access to sport
Every member within a community should have equal opportunity to live an active and healthy lifestyle. Effective grassroots programmes place a heavy emphasis on ensuring that all of their participants can enjoy this opportunity regardless of physical condition, race, gender, social conditions, geographical location or otherwise.

Foster Olympic legacy
The Olympic Games provide a source of inspiration and a vibrant expression of the Olympic values of excellence, friendship and respect. This unique power can energise communities to develop projects enabling and inspiring people to become and stay physically active into the future.

Become a key player in your community

A useful platform has been designed for organisations across the Olympic Movement that are managing Sport for All programmes, providing them with the knowledge, understanding and tools needed to improve existing programmes worldwide, as well as to create new ones.

Get inspired by more than 45 projects around the world
Learn more about best practices with our toolkit
Create your project based on proven academic research and experience of organisations
Share your experience and lead the way to inspire more projects
Connect with a vast network fueled by inspired partners

Find more information
Sports and Active Society Programmes
A Guide to Implementation
www.olympic.org
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