Hoffnung School
Sports Development Project

www.hsf-ng.org
Sport is an integral part of the formal system of education. It is essential for the total development of a child/youth. Sport would therefore be part of the school curriculum from Nursery school to the University level. In order to have an all round development of the youth, sports is offered as a compulsory subject at the Nursery, Primary and Secondary school level of the formal education system.

Gone are the days in Nigeria when sport men were regarded as drop out, thereby making most parents restricting their wards from participating in sports. This has affected the development of sport in Nigeria with little or no awareness and less sponsorship from blue chip companies. Thereby making the interested athletes to use obsolete equipment and lack of standard training as the coaches themselves are not familiar with modern equipment and rule of the game.
By identifying this constraints, Hoffnung (Hope) School Sports Development Project is established to encourage sports development among the students in both primary and secondary schools which form a foundation in which solid development of sports can be laid on.
All primary and secondary schools should have play grounds for sports as a condition for approval for their establishment.

Our Mission
The Hoffnung School Sport Development Project (HSSDP) was propounded for the development of school sports in line with academic curriculum. We use sport as a tool for learning and students engagement. HSSDP also aim to increase participation and involvement in sport and Physical Education in schools whereby benefitting schools, students and other community participants.

VISION
Our vision is to spread the gospel of effective, reliable, meaningful and long lasting school sports development all over Ogun State and Nigeria in due time to come.
Correlation studies show that physical activity is a significant positive predictor of academic achievement (Sigfusdottir, Kristjansson, Allegrante 2006). There is a significant positive link between physical activity participation and academic performance (Lidner 2002). Higher physical fitness, physical capacity, and physical activity are associated with higher school ratings of scholarly ability (Dwyer, Sallis, Bizzard, Lazarus, Dean 2001).

Students who reported a greater level of exercise spent more time in sport and achieved higher grade point averages (Field, Diego, Sanders 2001). Greater physical activity is associated with positive achievement orientation (Sallis, Prochaka, Taylor 2006).
In 2 years (2013-2015) Hoffnung School Sports Development Project (HSSDP) aims to develop, trial and evaluate approaches to improve social and academic outcomes, that will be advantageous to all schools.

HSSDP ROLES AND RESPONSIBILITIES
Hoffnung School Sports Development Project (HSSDP) established clear roles and responsibilities for the Management team and the project schools.

Project Management
The Project management team is responsible for the coordination, roll out and support of the HSSDP, consisted of the Project Coordinator, Project Manager and HSSDP board of trustees.

Hoffnung Sports Foundation board of Trustees has appointed Mrs. Ikepo Adebayo and Pastor Joshua Omolasho as the project Manager.

The Project Management responsibilities are:

- coordination of data collection logistics and budgetary allocations.
- Promotion of a positive and effective relationship between the project management, the project management team, the schools and the project Partners.
- Establishment of an inter agency advisory group to provide specific experience and strategic advices to schools.
- Organizing regular workshops, planning meetings and school visit to provide background and on-going information to schools project leaders.
The Nigerian youth and child are faced with enormous social challenges. As the most populous country in sub-Saharan Africa, close to 35% of children and youths in the continent are Nigerians, this makes the case worrisome and precarious. Examples of the social challenges are: lack of quality education, lack of access to qualitative health services, deep involvement in criminal activities, high level of joblessness and underemployment and general disconnection from the mainstream of the society (U.N).

Hoffnung School Sport Development Project (HSSDP) operates in schools using sport as a tool for learning and students engagement. To achieve this, HSSDP provides support, training and mentoring for teachers and support staffs, to provide students with competent and physical activity opportunities.

Evidence indicates that sport is an effective way to engage students, the value of and characteristics of sports can be effectively transferred to classroom learning environments, and that quality Physical Education and sport enhances academic performance in other subject areas.

Example of Intervention studies conducted over a decade ago states thus:

The studies shows that a 2 year physical activity intervention led to significant improvement in students maths scores. (Hollar, Messiah, Lopez-Mintnik, Almon, Agaston 2010)

- The studies states further that average academic achievement in a case group that received extra physical education was significantly higher than children in a control group that did not receive extra physical education (Shephard, Lavallee, Volle, La Barre 1994)
This school vicinity includes:
• the incorporation of the values and characteristics of sport into the school environment- e.g. teamwork, rules, respect and leadership.
• students leadership development in secondary schools, particularly coaches and utilization of these leaders/coaches in primary and secondary schools.
• connection between secondary schools and some primary schools
• a dedicated PE resource within the school to provide professional development and assist with the introduction of new teaching practices.
• the development and utilization of tools and resources that can be used to deliver Maths, English and PE subjects using sport as a tool to engage student in learning.

The Project also aims at enriching schools with training equipments and to improve the delivery of physical education and sports programs in Primary and Secondary Schools and to engage communities organizations, such as sport clubs ,in supporting teachers and students involved in sports in schools.
HSSDP Initiatives include:

- Creating changes and exciting ways to engage and inspire students so that they can have a chance to take part in high quality physical education and meaningful school sport and enjoy being active.

- Developing activities through ball games and other sources using innovative approaches to educational and sporting strategies, working with range of sport and academic professionals who will positively influence the students experience of physical education and school sport.

- Developing teaching and assessment resources in PE, English and mathematics and other learning areas using sport as a content to engage students in learning.

- Resourcing a dedicated PE leader within the school to provide professional development and help with the introduction of new teaching practices.

- Linking secondary schools and primary school, where Secondary PE expert teachers can provide professional development and support to primary school teachers.

- Delivering student leadership program in secondary schools, focusing on coaching, and utilizing these leaders/coaches in primary schools.

- Incorporating values and characteristics of sport into the school environment, for example, teamwork, rules, respect and leadership.

- Enhancing links to the wider school community, including families, to improve facility utilization and access, and establish school/community/club and sports councils.
The Hoffnung School Sports Development Project (HSSDP) project outcome include:

- Targeting special areas in Academic performance.
- Improving student engagement, measured by reductions in stand-downs, absenteeism and truancy.
- Improving school culture and reducing negative outcomes
- Increase in the number of teachers involvement in sport
- Increase in the number of young people participating in sport
- Increase in the number of coaches and leaders
- Mandation of sport and PE in schools curriculum and policies
- Improving quality and quantity of PE in primary schools

HSSDP will supply equipments and practices needed by other schools that wish to adopt the approach, HSSDP will promote the impact of the project on areas of importance to schools, especially improvement in academic and social outcome.

HSSDP will work with research, and monitoring and evaluation team to measure the expected changes in the school vicinity. Evaluation will be a key part of the project to access the effectiveness of the proposed approach and understand the factors that will lead to a cost effective and sustainable approach in the longer term. It is envisaged that the evaluation will extend to measure the impact of the project in the year following the cessation of our support, with a further data collection period of some year (up to 4-5 years) after the intervention.
Each school identified at least one physical education teacher to lead the HSSDP; this appointment was critical to the future success of strategies and the likelihood of the school community to change its culture and practice in regard to sport.

Each school are expected to take responsibility for:
- developing school specific action plans in three main areas i.e. the formal curriculum, the school environment and home/school/community links.
- Establishing a project team committee within the school community for proper supervision and observation of the project participating students. Including the project in the school management plans.

A selection of 8 schools is participating at the ongoing projects and they are:

- Abeokuta Girls Grammar School, Onikolobo, Abeokuta
- Ijemo Titun High School, Ibara, Abeokuta
- Leverage College, Abeokuta.
- Folarin Dalley College, Abeokuta.
- Navy Boys Secondary School, Onikoko, Abeokuta
- Samuel Wilson Dalley College, Abeokuta.
- Ifeoluwa College, Abeokuta.
- Abeokuta Grammar School, Idi Aba, Abeokuta.
### Number Of Students In Each School

<table>
<thead>
<tr>
<th>SCHOOLS</th>
<th>LEVEL</th>
<th>TABLE TENNIS</th>
<th>BADMINTON</th>
<th>TOTAL</th>
<th>Age Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Abeokuta Girls Grammar School</td>
<td>Senior School</td>
<td>4</td>
<td>4</td>
<td>8</td>
<td>11-17</td>
</tr>
<tr>
<td></td>
<td>Junior School</td>
<td>4</td>
<td>4</td>
<td>8</td>
<td>11-17</td>
</tr>
<tr>
<td>2 Ijemo Titun High School</td>
<td>Senior School &amp; Junior School</td>
<td>4</td>
<td>4</td>
<td>8</td>
<td>11-17</td>
</tr>
<tr>
<td>3 Ife Oluwa College</td>
<td>Senior &amp; Junior School</td>
<td>4</td>
<td>4</td>
<td>8</td>
<td>11-17</td>
</tr>
<tr>
<td>4 Folarin Dalley College</td>
<td>Primary school</td>
<td>8</td>
<td>8</td>
<td>16</td>
<td>11-17</td>
</tr>
<tr>
<td>5 Leverage College</td>
<td>Primary school</td>
<td>8</td>
<td>8</td>
<td>16</td>
<td>11-17</td>
</tr>
<tr>
<td>6 Samuel Wilson Dalley College</td>
<td>Primary school</td>
<td>8</td>
<td>8</td>
<td>16</td>
<td>11-17, 6-10</td>
</tr>
<tr>
<td>7 Navy Boys Secondary School</td>
<td>Senior school &amp; Junior school</td>
<td>4</td>
<td>4</td>
<td>16</td>
<td>11-17</td>
</tr>
<tr>
<td>8 African Church Grammar School</td>
<td>Senior School &amp; Junior School</td>
<td>4</td>
<td>4</td>
<td>16</td>
<td>11-17</td>
</tr>
</tbody>
</table>

- Total School for now : 8
- Total Numbers of Students in all Schools - Table Tennis = 46 Boys & Girls
  Badminton = 60 Boys & Girls
- Number of Coaches
  Table Tennis = 3  Volunteers = 3
  Badminton = 3
<table>
<thead>
<tr>
<th>SCHOOL</th>
<th>WEEKLY TRAINING DAYS</th>
<th>TOTAL HOURS OF TRAINING WEEKLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leverage College &amp; Samuel Wilson Dalley college (both primary schools)</td>
<td>Tuesdays: 8am-9am, Wednesdays: 8am-9am</td>
<td>2 hours</td>
</tr>
<tr>
<td>Folarin Dalley &amp; Navy Boys Secondary School (both Secondary schools)</td>
<td>Monday: 8am-9am, Wednesday: 8am-9am</td>
<td>2 Hours</td>
</tr>
<tr>
<td>Abeokuta Girls Grammar School, &amp; Ijemo Titun High School (both secondary schools)</td>
<td>Wednesday: 11am-12pm, Friday: 9am-10am</td>
<td>2 Hours</td>
</tr>
<tr>
<td>Ifeoluwa College &amp; African church Grammar School (both secondary schools)</td>
<td>Tuesdays: 9am-10am, Thursdays: 10am-11am, Wednesday: 10am-11am, Thursday: 11am-12pm</td>
<td>2 Hours</td>
</tr>
</tbody>
</table>
Methods

Participants and Procedure

Head teachers of 5 secondary schools and 3 primary schools in Abeokuta (the Yoruba speaking part of Nigeria) with an extra curricular sport based activity were contacted for the offer. HSSDP provides logistical support to the participating schools who in return, organize at least 2 hours weekly hours of extra curricular activity during school hours on a weekday under the guidance of PE teacher.

9 boys and 7 girls from each school were randomly selected which result in a total of 128 students.

The schools were randomly selected from a list of schools located in the two Abeokuta Local Government Areas (Abeokuta North and South). 4 schools were located in the Urban area, 2 from the suburban and 2 from the rural area. The project participants are enthusiastic 72 boys and 56 girls with the age range of 6-10 and 11-16 in the primary and secondary school respectively. The students are of the same ethnic background (Yoruba), diverse age range and from different schools.

HSSDP day to day activity include going to one of our 8 schools and play sport with participants during their physical education period as drafted in the school curriculum. All participating students from each school are used to our mode of operation and they see themselves as ambassadors of their schools and their community at large.

From September through May, our tackle project runs on Monday, Tuesday, Wednesday, Thursday and Friday. We are privileged to have a regular transportation courtesy of Hoffnung Sports Foundation Patron.

Changes are likely to include:

- enhanced teacher professional development
- New teaching practices and resources
- new assessment resources and approaches
- shift in school culture
- better relationships between secondary schools, primary schools, community organizations and sporting clubs
Training needs were highlighted prior to the training and during with the majority of schools involved identifying the need to implement competition and activity in playtime as a key requirement (70%) followed by training in curriculum P.E (30%)

80% of the attendees rated the training as outstanding while the remaining 14% rated it as very good. 15 school staffs which includes Head Teachers, PE. Teachers and volunteers were trained locally.

128 Students were surveyed and 65% had taken part in the game of badminton while the rest 35% enjoy playing table tennis. The greatest improvement was achieved by students in years 6 and 7 as there was clear improvement in the students scores in coordination, balance and agility. School judged that standard in PE. had risen during the project, these are significant differences.

HSSDP students had 39% greater engagement and increase in positive attitude to Mathematics. The highest perceived increase was recorded at 72% in all level of engagement in Physical Activity was recorded at 38%

Testimonials

HSSDP. offered sport led educational training. Our students now think of team work, trust, hope and their future
- PE. Teacher, Ife-Oluwa College, Orile Imo

Engagement of the students gave them an understanding of their rights and a sense of empowerment.
- Head Teacher, Abeokuta Girls Grammar Schoo, Abeokuta.
We use to go on a collective excursion tour with the students once in two months, to the Ogun State Sports Complex where adults and professional athletes trains as this gives the students a natural inspiration and motivation, it also connect the students from different schools and not have HSSDP secluded experience to each school, but rather it be experienced all together as a 'unit'. Since our participating schools have greasy green field for the students to fall on and the cool fresh breeze to practice, our participating students love it, they never wanted each training day ends, instead they always call for extra time.

COMMITTMENT

The Project focuses on developmental practicing and teaching materials, with the provision of standard facilities for helping these students in order to easily combine Sport with Academics. The project will however build on success stories of the of the developed countries in the ways of involving the Physical Education teachers, Certified Coaches as a viable form of manpower service, the project will work to teach them meaningful training information and techniques in order to effectively utilize the ample time they have with the students in showcasing these techniques And most importantly acquire the important social skills through the project. This will prepare them for their various future endeavors.
PROJECT OVERVIEW

Hoffnung is a German word that means 'Hope' which of course is what the Project is giving Nigeria's decayed system of school sport development system. HSSDP focus is to encourage sport development among the students in secondary schools in Primary schools, and youths beginning with racket games across the state. This is a guaranteed way of rebuilding sports in Ogun State and Nigeria at large.

The Primary goal of this Project is the introduction of different racket games into the Primary and Secondary Schools in Ogun State, Nigeria. It is expected that through the introduction of these sports in the school, with the full support of the parental organization Hoffnung Sports Foundation, in collaboration with corporate bodies around the world, in providing the required facilities will encourage the Students to combine their academics with sport, as been practiced in the developed countries.

The Project, in conjunction with the Ogun State Ministries of Youths, Sports & Development and Ogun State Ministry of Education has commenced with the introduction of experienced coaching Staffs and Physical & Health Education Teachers respectively to assist in coordinating the Project. Emphasis will be placed on the benefits of combining Sports with Academics so as to improve on their essential social skills that will enhance their quality in life and improve their sport talents as a result of quality education.
Summary
The project will emulate the success of the developed nation by using sport as a tool of learning and engagement in line with school curriculum. It also aim in enriching the schools and the engaged students with facilities. Changes in the school will be monitored to quickly identify critical components of the project that can be transferred to all schools at its conclusion.
Appreciation

Appreciation to Ogun State for their support in seeing that the goals of Hoffnung Sport Foundation is continually achieved

Also thanking Victor International, Germany for their excellent support and partnership in progress

It is very easy for the young ones to join bad association in school. We must make it easy for them to participate in sport and academic programme for them to grow well and avoid bad association

Adedapo Akiode
Hoffnung Sports Foundation
Founder