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| The following listing has a range of activities from various instructors and organisations to keep you and your families active. Hopefully this can support towards improving your physical and mental health. Staying active during these difficult times is important for your body, mind and spirit. Please note the information below is only offered as a guide. |

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| Activities | Link |
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| Close to 6 million views for Joe Wicks first online live PE lesson on YouTube. Streaming every weekday at 9.00am, it's a great way to get you moving and ready to start your day. Give it a go with your families! | <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ> |
| Dance with Oti Mabuse live daily at 11:30am. Fun exercise themed around Disney characters. Great for children! | <https://www.youtube.com/user/mosetsanagape> |
| Free live online Zumba classes with SibuFit at 7:00pm every Monday, Wednesday and Friday. | Get in touch for log in details. |
| Sport England have gathered togethers lots of Stay in, Work out free ideas on how to exercise at home and outdoors. With ideas for young children, families, older adults and people with disabilities or a long-term health condition. It's a brilliant way to try something new. Things to look out for include Disney dance-along, sitting activities and parasport activities. | <https://www.sportengland.org/stayinworkout> |
| If you want to learn to ride a bike to keep fit, then British Cycling's Ready Set Ride daily activity calendar is for you. They are sharing a new game or activity every day and their website has videos and a guide to get you ready to teach your kids to ride a bike. | <https://www.britishcycling.org.uk/getinvolved/article/20200325-getinvolved-Getting-the-most-out-of-HSBC-UK-Ready-Set-Rid-0> |
| NHS 10 Minute Home Cardio Workout. Burn calories, lose weight and feel great with this 10-minute home cardio workout routine for aerobic fitness. | <https://www.nhs.uk/live-well/exercise/10-minute-home-cardio-workout/> |
| Improve your mental wellbeing. Explains how to improve and maintain your mental wellbeing, whether you have a diagnosis of a mental health condition or not. | <https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/> |
| 30 Minute fat burning home workout by the Body Project. Ideal for beginners, achievable with low impact results. | <https://www.youtube.com/watch?v=gC_L9qAHVJ8> |
| [30 Minute No-Equipment Cardio Kickboxing Workout](https://www.youtube.com/watch?v=6oLg5fFe5ww) by POPSUGAR Fitness | <https://www.youtube.com/watch?v=6oLg5fFe5ww> |
| Join Gower Riders CC at 5:30pm for a daily Virtual Cycling Training Session. | Get in touch for log in details. |
| Chair based exercise with coach Jaz from Valleys Gymnastics Academy. | <https://www.youtube.com/watch?v=96tNVDjOZK4&app=desktop> |
| Visit Sport Cardiff on Twitter for Family Fun at Home Series. Showing you games all the family can play. Keep a look out for more new games! | <https://twitter.com/SportCardiff> |
| Practise mindfulness or meditation - these exercises have been proven to help with anxiety and there are a number of apps such as Headspace and Calm which guides you to daily mindfulness practices. | <https://www.headspace.com/>  <https://www.calm.com/?from=/> |
| The Swansea Wellbeing Centre is offering free **telephone consultations and on-line support**for the amazing frontline health care professionals and support workers in this crisis.  With **early morning free meditations** to prepare you for the day, **lunch break mini relaxation sessions** to provide a space for mental clarity and a moment of ease during the challenges of your day. Free/donation **evening classes to unwind** and promote recovery and rest. | <https://us17.campaign-archive.com/?u=7c17923b19afc6e4b8f12ed21&id=0e588dab01> |
| Physical activity can help improve both physical and mental health. That’s why Youth Sport Trust have provided free sources to help young people stay at home during this isolation period. | <https://www.youthsporttrust.org/free-home-learning-resources-0> |
| The department for Education has put together an initial list of online educational resources to help children to learn at home. These websites have been identified by some of the country’s leading educational experts and offer a wide range of support and resources for pupils of all ages.  The list includes subject-specific resources for: [English](https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education#english), Maths, [Science,](https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education#science) PE, Wellbeing, [Special Educational Needs and Disabilities (SEND)](https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education#special-educational-needs-and-disabilities-send). They are currently being offered for free. | <https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education> |
| Follow Swansea Council Sport & Health Team on Social Media for ideas and demonstrations on how to stay active in your home. | <https://www.facebook.com/SportAndHealthSwansea/>  <https://twitter.com/sport_ccs> |
| Welsh Athletics have put together various activities that people can do at home, if they have access to a computer to look at the exercises first. | <https://www.welshathletics.org/en/page/staying-active> |
| Activities for young children under the age of 11.  Basic throwing, jumping and running skills, which require very little equipment. | <https://www.startingblocs.co.uk/> |
| Pilates and general fitness workouts by Optimal Lifestyle on YouTube. | <https://www.youtube.com/channel/UCFdYh0131d74tuIzn5R7Oow/featured> |
| Yoga by Self Centre Hypnotherapy | <https://www.youtube.com/channel/UCNFYxmXaGcJmlOwLgSYBWSA> |
| Sport Wales makes educational resources available online. Sport Wales ‘Play to Learn and Dragon Multi-Skills and Sport’ programme are used in schools and education settings across Wales. With families looking for inspiration to keep children active, the resources can now be accessed online. | <https://www.sport.wales/media-centre/latest-news/2020-04-21-sport-wales-makes-education-resources-available-during-lockdown/> |
| Visit Newport Live - Happy and Healthy at Home Programme. Lots of online resources and information available that will help you to stay fit and healthy, support positive physical and mental wellbeing and inspire creativity whilst at home. | <https://www.newportlive.co.uk/sport-leisure/happy-and-healthy-at-home> |

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| If you have any activities or resources that you would like to share with others, then please do forward on to the email address below. If you have any questions or require any support, then do not hesitate to get in touch.  Mohammed Basit  Project Officer – BME Sport Cymru  E: basit@eyst.org.uk  T: 07982 930601 |