

**BPT - Lambeth Remote Physical Activity and Wellness Directory**

The Black Prince Trust has a proud history of working in partnership with sport for development and charity organisations to enrich and cocreate physical activity and wellness sessions to have a positive impact on the lives of the Lambeth community.

During the current lockdown and these unfamiliar times for both BPT and our partners we are working even closer with our partners to support our community.

We would like to take this opportunity to introduce you to the outstanding work currently being delivered across the sector.

**Black Prince Trust delivery**

* Get Active (over 50s) Chair Circuit – Every Thursday at 1230pm

For more information and to receive your session login please contact Jason Henley, BPT Project Lead via email [Jason@blackprincetrust.org.uk](mailto:Jason@blackprincetrust.org.uk)

In the coming weeks BPT will be adding additional sessions including Boxing fitness, football and basketball skills sessions, Junior Academy Gym sessions, Young Peoples Wellness check-in, Coffee Morning with Bev and focused webinars around key issues effecting our community. To keep fully updated please visit [www.balckprincetrust.org.uk](http://www.balckprincetrust.org.uk) or follow us on social media.

**Black Prince Trust Partnership delivery**

**Watmos Community Homes – Yoga and boxing**

Watmos Community Homes are delivering interactive Yoga and Boxing sessions via Zoom meeting portal. These sessions are free and open to all members of the community at level

* Yoga – Every Monday at 6pm
* Boxing – Every Thursday at 6pm

For more information and to receive your session login please contact Sam Mason, Watmos Community Development Officer via email – [sam.mason@watmos.org.uk](mailto:sam.mason@watmos.org.uk)

**KOOTH – online counselling and support for young people**

Kooth is a free web-based service where young people aged 11-25 years old who work, study or live South East London (ages differ by borough) can access specialist mental health support, as well as other tools such as resources, a magazine, and a forum. Signing up is easy, anonymous, and gives you instant access to a wealth of information. Sign up now at

[www.kooth.com](http://www.kooth.com/) using a unique but memorable username and password. For more information please contact Shanelle Webb at [swebb@xenzone.com](mailto:swebb@xenzone.com)

**ECB and Chance to Shine – fun cricket activities**

Please see the below fun activities, skills, quizzes and training ideas from the Surrey Cricket Foundation, ECB and Chance to Shine

<https://apps.apple.com/gb/app/dynamos-cricket/id1497131691>

<https://www.youtube.com/channel/UC6tcs13boMeaKW1g-Sp8hjw/featured> and <https://www.youtube.com/user/Chancetoshinecricket/videos>

**Children and Young People**

**The Princes Trust**

Listed below are several interactive opportunities to learn and up skill during the current lockdown. For more information please use the links highlighted below or email [sana.ikram@princes-trust.org.uk](mailto:sana.ikram@princes-trust.org.uk)

**How to get into Games Design (16-30)**

Love gaming and want to get into Games Design? In this panel, representatives from leading industry specialists will be sharing their knowledge on the UK Games Industry and what kind of roles are available, with an additional Q&A.

**When: Tuesday 19th May, 2pm – 3pm**

**Where: Microsoft Teams**

**How to refer: Contact Jenny –** [**jenny.king@princes-trust.org.uk**](mailto:jenny.king@princes-trust.org.uk)

**Get Started in Health and Fitness (16-25)**

Are you 16-25 and interested in learning more health and fitness skills? This digital programme will help you understand different styles of training, improve your confidence and communication skills, learn about nutrition and diet, as well as getting a true insight into this industry from a professional personal trainer.

**Taster Day: Tuesday 19th May**

*Main Programme: Tuesday 26th May – Friday 29th May*

**Where: Microsoft Teams**

**How to refer: Contact Rachel –** [**rachel.friend@princes-trust.org.uk**](mailto:rachel.friend@princes-trust.org.uk)

**Pathways into Education: Level 2 & 3 (16-30)**

Are you thinking of getting back into education this September? This online session will explore the different avenues you can take to upskill yourself and take a step towards your future career. This session will be looking at Level 2 and 3 courses, routes and funding options.

**When: Wednesday 20th May, 12pm – 12:45pm**

**Where: Microsoft Teams**

**How to refer: Contact Jenny –** [**jenny.king@princes-trust.org.uk**](mailto:jenny.king@princes-trust.org.uk)

**Welcome Session (16-30)**

We are hosting weekly welcome sessions for young people who want to find out more information about The Prince’s Trust and our opportunities. These will be held through Microsoft Teams in a video conference format. Young people can watch the presentation and get involved as much as they want. Afterwards, a staff member will follow up 1:1 and progress them onto our programmes.

**When: Thursday 21st May, 2pm – 3pm**

**Where: Microsoft Teams**

**How to refer: Call our Customer Services team for free on 0800 842 842**

**Interview Skills with Barclays: Part 2 (16-30)**

This is a practical workshop run by Barclays that will allow you to give a practice interview so that you'll be ready for the real deal. Get instant feedback so that you'll be ready when your next opportunity arrives!

**When: Thursday 21st May, 2pm – 3pm**

**Where: Microsoft Teams**

**How to refer: Contact Jenny –** [**jenny.king@princes-trust.org.uk**](mailto:jenny.king@princes-trust.org.uk)

**Get Started with Photography (16-25)**

Are you 16-25 and want to learn new photography techniques from the comfort of your home? With our new online photography course you'll get creative and document your time in lockdown! You'll also have the opportunity to earn a Bronze Arts Award.

**Taster Day: Tuesday 26th May**

*Main Programme: Monday 1st June – Friday 12th June*

**Where: Microsoft Teams**

**How to refer: Contact Peri –** [**peri.macrae@princes-trust.org.uk**](mailto:peri.macrae@princes-trust.org.uk)

**Careers in the Police (16-30)**

Ever thought about the different career options that are available in the police? In this session we will hear from Detective Sergeant, Rachel, and Police Constable, Matt, as they share their stories of how they got into the police and the entry level options available to you.

**When: Tuesday 26th May, 2pm – 3pm**

**Where: Microsoft Teams**

**How to refer: Contact Jenny –** [**jenny.king@princes-trust.org.uk**](mailto:jenny.king@princes-trust.org.uk)

**Get Started in Health and Social Care (16-30)**

This 3-day virtual employability programme will help young people aged 16-30 explore the essential roles on offer and prepare them for work in the sector. Candidates will also join us in an online recruitment event, completing interviews with Health and Social Care employers in London who are hiring now! See poster attached.

**When: Tuesday 26th May – Thursday 28th May**

**Where:** **Microsoft Teams & Zoom**

**How to refer:** [**Click here to register on Eventbrite**](https://www.eventbrite.co.uk/e/get-started-in-health-social-care-26th-28th-may-tickets-104300794484)

**Enterprise - Information Session (18-30)**

Got a business in mind or want to explore an idea? From training and mentoring support to funding and resources, we're here to help you become the best entrepreneur you can be! We'll tell you how we can support you and, if you're still keen, we'll also invite you onto our four-day interactive workshop.

**When: Tuesday 26th May, 2pm – 4pm**

**Where: Microsoft Teams**

**How to refer: Call our Customer Services team for free on 0800 842 842**

**Money Management with Natwest (16-30)**

In this session we will be exploring attitudes to money management, budgeting tips and how to understand a payslip.

**When: Wednesday 27th May, 2pm – 3pm**

**Where: Microsoft Teams**

**How to refer: Contact Jenny –** [**jenny.king@princes-trust.org.uk**](mailto:jenny.king@princes-trust.org.uk)

**Get the Job with SmartWorks (16-30, women only)**

SmartWorks is a UK charity who support unemployed women into employment by giving them the clothing, coaching and confidence they need to succeed. Our

experienced interview coaches and stylists will be giving advice on job applications, succeeding at interview, and what to wear to make a great impression.

**When: Wednesday 3rd June, 2pm – 3pm**

**Where: Microsoft Teams**

**How to refer: Contact Jenny –** [**jenny.king@princes-trust.org.uk**](mailto:jenny.king@princes-trust.org.uk)

**Pathways into Education: Level 4+ (16-30)**

Are you thinking of getting back into education this September? This online session will explore the different avenues you can take to upskill yourself and take a step towards your future career. This session will be looking at Level 4+ courses, routes and funding options.

**When: Wednesday 10th June, 12pm – 12:45pm**

**Where: Microsoft Teams**

**How to refer: Contact Jenny –** [**jenny.king@princes-trust.org.uk**](mailto:jenny.king@princes-trust.org.uk)

**Get Hired Jobs**

The Prince’s Trust is advertising current vacancies to help support young people into work at this time. We will be supporting them to apply for these roles via our Live Chat. Visit [**https://jobs.gethired.org.uk/**](https://jobs.gethired.org.uk/).

**Young People Relief Fund**

As part of our efforts we have launched a [**Young People Relief Fund**](https://www.princes-trust.org.uk/support-our-work/donate).

By donating to our Young People Relief Fund you could:

* Help young people who are missing school and college to continue their learning
* Support young people who are out of work into jobs where we need them
* Give the most vulnerable young people the support they need to cope day-to-day in these anxious and uncertain times

**UK Active – Move Crew**

*UK Active and  Nike have just launched* [*Move Crew*](https://ukactivekids.com/movecrew/)*, a programme of daily ‘missions’, developed with teachers, PE Specialists, elite athletes, kids and coaches. Each ‘mission’ is designed to help kids unlock their recommended 60 minutes of daily activity. Key presenters include British Sprint Champion, Dina Asher-Smith and Hanna Sepeta, Active School Hero and PE lead from Granton Primary School in Lambeth.*

## DEPARTMENT OF HEALTH Overview of recommended activities

## PE and physical activity: Primary

### Boogie Beebies

**Website:** <https://www.bbc.co.uk/programmes/b006mvsc>

**Key stages:** early years foundation stage

**Description:** videos that get younger children up and dancing with CBeebies presenters.

**Registration:** not required

### Disney 10 Minute Shakeups

**Website:** <https://www.nhs.uk/10-minute-shake-up/shake-ups>

**Key stages:** early years foundation stage to key stage 2

**Description:** 10-minute activities based on Disney films that count towards a child’s 60 active minutes per day.

**Registration:** not required

### Super Movers

**Website:** <https://www.bbc.co.uk/teach/supermovers>

**Key stages:** key stage 1 and key stage 2

**Description:** videos which help children move while they learn. They support curriculum subjects, including maths and English.

**Registration:** not required

### *#ThisIsPE*

***Website:***[*https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/*](https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/)

***Key stages:*** *key stage 1 and key stage 2*

***Description:*** *videos delivered by teachers focusing on the PE curriculum which are accessible on YouTube.*

***Registration:*** *not required*

## PE and physical activity: Secondary

### Fitness Blender

**Website:** <https://www.fitnessblender.com/>

**Key stages:** key stage 3 to key stage 5

**Description:** videos featuring a range of exercises and workouts. You can choose exercises by degree of difficulty, type, gender and whether equipment is needed or not.

**Registration:** not required

### #ThisIsPE

**Website:** <https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

**Key stages:** key stage 3 and key stage 4

**Description:** videos delivered by teachers focusing on the PE curriculum which are accessible on YouTube.

**Registration:** not required

**LONDON SPORT – Overview on all that is on offer from London Sport**

1. **Race to Health**

Race to Health is an award winning online physical activity challenge that can help encourage physical activity at home for children and their families. Normally run over 5 weeks during summer term, they’ve made some adaptations for 2020 so that in addition to remaining suitable for children of key workers attending school, pupils and families who are home learning can take part. This year’s race route follow’s Max’s magical journey from his bedroom in Maurice Sendak’s classic ‘Where the Wild Things Are’.  Each minute of physical activity pupils and their families do, will be converted into miles and contribute to their class and whole schools’ total, helping Max get back in time for his supper whilst it’s still hot! 20 primary schools from across London are invited to compete against schools from Camden, Islington, Redbridge & Southwark in the first ever Race to Health London. There is no cost to schools wanting to take part on this occasion. Please see this  [short video clip](https://www.youtube.com/watch?v=BWMwbxqYCGY) for more information and to register your school’s interest please contact [mike.mortlock@camden.gov.uk](mailto:mike.mortlock@camden.gov.uk)

1. **Create Development – Real Play**

Create Development are makingtheir real play at home free for any families whilst schools are closed.  Click [here](https://vimeo.com/398010428) to view the real play at home video preview. Schools can send an expression of interest email to [Jasmine](mailto:jasmine@createdevelopment.co.uk)

1. **The Body Coach**

Joe Wicks, The Body Coach, has started holding live PE lessons from 9am Monday-Friday live on his [Youtube channel](https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ" \t "_blank). The sessions are aimed at children of all ages and are available on demand alongside a number of other short fun workout videos.

1. **Change4Life**

Don’t let the current challenging situation prevent children from getting the activity they need. The [NHS Change4Life website](https://www.nhs.uk/change4life/activities/indoor-activities) has a host of videos, activities and resources to help get kids moving indoors. Plus, there’s healthy eating tips and resources available.

1. **imoves**

imoves wants to help keep primary aged children as active as possible by offering free access to their improvement platform. Some of their best resources including videos, music and lesson plans are now available free to help pupils stay active and healthy even when they can’t go to school. [Sign up](https://imoves.com/signup-success).

1. **Youth Sport Trust**

To help better support teachers and parents, Youth Sport Trust have collated a list of free to use resources which can help support home activity. This includes: Ready Set Ride resources, Play Format videos, Personal Challenge videos as well as Inclusion 2020 activities. [View here.](https://www.youthsporttrust.org/free-home-learning-resources)

1. **London Sport – Active At Home table**

London Sport and their tech partners – those that they have worked with through Sport Tech Hub and other tech innovators – have collated a range of free or low-cost physical activity offers. It’s an open, inclusive list of tech tools from London and around the world that people and organisations can use to stay active at home. Accessible on the [Active At Home table.](https://londonsport.org/covid-19/stayinworkout-resources/sporttech-and-fittech-solutions/)

1. **This Girl Can**

Sport England’s This Girl Can campaign has teamed up with Disney to create fun dance routines to help parents get their kids active while listening to the songs they love. You can learn their moves or put your own spin on their routines.  At the end of the day, it’s about breaking a sweat while having a bit of fun. [Visit the website](https://www.thisgirlcan.co.uk/activities/disney-workouts/).

1. **Go Noodle**

GoNoodle engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free for everyone to encourage fun home activity. [Check it out.](https://family.gonoodle.com/)

1. **Healthy Futures**

Receive weekly food and exercise log, sporting challenge cards such as active monopoly, plus daily exercise videos to help keep your children active from Healthy Futures. To receive these free resources straight to your inbox. [Sign up](https://healthyfutures.us4.list-manage.com/subscribe?u=35a57192e9ec6a559eaaa6cf9&id=492f01d6de).

**Sport England**

Sport England have pulled together some useful ideas and tips on how everyone can remain active at home, if you’re well enough. If you’ve found a great way to keep active online, use the hashtag **#StayInWorkOut** on social media to share your idea. [Take a look.](https://www.sportengland.org/news/how-stay-active-while-youre-home)

1. **KidsRunFree**

KidsRunFree have been activating children across the UK for over a decade and they want to continue to do so. They are uploading [daily videos](https://www.kidsrunfree.co.uk/) of games and activities that families can play together to help stay, fit and healthy.

1. **Lords Taverners**

The Lord’s Taverners have just launched a free online hub aimed at  disadvantaged and disabled young people and designed to increase physical activity and help with mental wellbeing amid the coronavirus pandemic, It includes a range resources and ideas for fun, cricket based and activities that can be done at home. Visit the Lord’s Taverners website online hub via these links: [Super 1s](https://bit.ly/S1s_Hub), [Table Cricket](https://bit.ly/TC_Hub) and [Wicketz](https://bit.ly/Wicketz_Hub).

1. **Gymrun**

Gymrun wants to help keep children moving at home. They are uploading free accessible videos on their [youtube channel](https://www.youtube.com/channel/UCSsIwJ2fnTYfV6XMYXUYj4w/videos?view=0&sort=da&flow=grid). These videos combine both body bodyweight movements and short periods of running with seven sequenced exercises. Each session links to the Gymrun Five Challenges. For more information visit [www.gymrun.co.uk](http://www.gymrun.co.uk).

1. **UK Active ‘Move Crew’**

UK Active have partnered with Nike to launch [Move Crew](https://ukactivekids.com/movecrew/), a programme developed with teachers, PE Specialists, elite athletes, kids and coaches. Each daily mission is designed to help kids unlock their recommended 60 minutes of daily activity. Key presenters include British Sprint Champion, Dina Asher-Smith and Hanna Sepeta, Active School Hero and PE lead from Granton Primary School in Lambeth. So join the #nikemovecrew!

Here’s also a link to ‘Get Active’ (<https://getactive.activityfinder.net/activities>) which has now been completely repurposed for online activity. As you can see – there’s loads going on to keep us all active during this unprecedented time.

**Home Learning**

**WLM St Lukes**

Improve your digital skills with free online courses.  From beginners getting started in using a computer, to learning  how to do a video call or improve your CV, have a look at <https://theskillstoolkit.campaign.gov.uk/>.  They also have beginner’s everyday maths