

May

2020

virtual half term

**FUN**

Online actives for  
young people



# Stay In Work Out

We are all now spending a lot more time at home than we might like, which is why staying as physically active as possible is more important than ever. In the booklet you will find fun and interactive activities you can take part in over the May half term, delivered by local Haringey organisations.

For tips, advice, and guidance on how to keep or get active in and around your home, join the Sport England movement and use #StayInWorkOut to share how you're getting active during this time

**[www.sportengland.org/stayinworkout](http://www.sportengland.org/stayinworkout)**

Want to find other classes online? Check out these useful links below:



## Get Active

**Yorkshire Sports Foundation** –

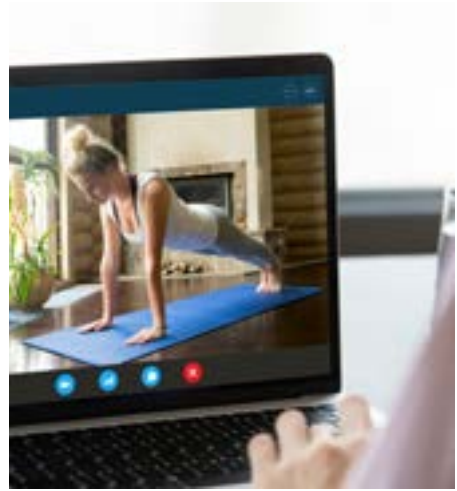
PE Activities at home

**Get Active** – Activity finder for live and recorded classes

**UK Active Kids** – Fun games to stay active at home

**Youth Sports Trust** – 60 seconds challenges

**TrueFit** – Online Dance classes



## Project 2020

Online music production. Are you Interested in creating beats, lyrics, recording and mixing your own tracks and more? Then this is definitely for you. We are offering one tutorial a week with a music tutor, and anytime access to an online music studio. There is also an option to receive feedback from the music industry. It is a great first step into music production.

Spaces are limited, so sign up quickly to avoid disappointment. The sessions are for students aged 14+

**Cost:** Free

**Email:** [Project2020@homesforharingey.org](mailto:Project2020@homesforharingey.org)

**Suitable for Disabilities?** Contact to discuss

## HR Sports Academy Multi Sports Holiday Camp

Multi Sports Holiday Camp - A week of sports, games and competitions which allow participants to have fun, develop their skills and learn in a wide variety of activities which can be played at home. Sessions will include football, basketball, athletics, cheerleading, tennis, volleyball, keep fit, quiz, bingo and a treasure hunt. All activities are suitable for the whole family, age 4+. Minimal or no equipment needed for sessions.

**Cost:** Sessions are free. If you are able to pay £2 per session this can be done via our website. We are also accepting donations.

**For more information and to book visit** [www.hrsportsacademy.co.uk](http://www.hrsportsacademy.co.uk)

**Call:** 07903107217/07947530498

**Email:** [info@hrsportsacademy.co.uk](mailto:info@hrsportsacademy.co.uk)

**Suitable for Disabilities?** Yes



## HR Sports Academy Leadership Programme

HR Sports Academy Leadership Programme - An amazing opportunity to develop a range of valuable skills on how to become a successful sports coach, gain an accredited certificate in leadership, giving back to your community during this difficult period and be mentored. For students aged 13 – 17 years old, with focus on year 10 students who were unable to take part in their work experience placement.

**Cost:** The course is free. If you are able to pay £10 for the course this can be done via our website. We are also accepting donations.

**For more information and to book visit** [www.hrsportsacademy.co.uk](http://www.hrsportsacademy.co.uk)

**Call:** 07903107217/07947530498

**Email:** [info@hrsportsacademy.co.uk](mailto:info@hrsportsacademy.co.uk)

**Suitable for Disabilities?** Yes



## YMCA North London

Live workout sessions for children (suitable for children aged 6 years +) Every Tuesday and Thursday 11am, activity ideas for children to do at home and competitions with prizes.

**Cost:** Free

**Visit** [YMCA North London](http://YMCA North London)

**Contact information:** [marketing@ymcanorthlondon.org.uk](mailto:marketing@ymcanorthlondon.org.uk)

**Suitable for Disabilities?** Contact to discuss





## Tottenham Hotspurs Foundation - School of Spurs

With schools across the UK closed and many children stuck at home, we're aware many parents and guardians will be scratching their heads at how they can keep their young ones entertained during this period.

The School of Spurs is here to help!

**Cost:** Free

**Visit School of Spurs Link**

**Suitable for Disabilities?** Yes

## Jacksons Lane

Our JL Circus facilitators, professional circus artists Kaveh Rahnama, Dan Rose and Miles Fraser, have become YouTubers to carry on teaching circus skills during lockdown. All three use regular household objects in place of proper equipment so that everybody can brush up on their circus skills whilst at home.

So far Dan has taught juggling using rolled up socks as juggling balls, as well as a newspaper, a plastic bag, a mug and a teabag. Kaveh used cupboard essentials to lead fun balancing activities, and Miles brought in magic using hats, later moving on to break down impressive acro-balance poses in simple steps. We also set challenges at the end of each session so young people keep busy throughout the week.

**Cost:** Free

**When:** Our sessions go LIVE on YouTube at 4pm every other week on Monday, Wednesday and Thursday.

**Follow us:**

**Visit Jacksons Lane's You Tube Channel**

**Email:** Natalia Cid on [natalia@jacksonslane.org.uk](mailto:natalia@jacksonslane.org.uk)

**Suitable for Disabilities?** Contact to discuss



## Your Bike Project

Be inspired by qualified cycle trainers and mechanics, and learn a range of skills: mending, fitting and riding bikes as well as journey planning. We're currently running sessions online you can participate in from your home.

**Visit:** [www.yourbikeproject.uk](http://www.yourbikeproject.uk)

**Cost:** Free

**Email:** [info@wheelytots.com](mailto:info@wheelytots.com)

**Suitable for Disabilities?** Contact to discuss

## Wheely Tots

Parent and toddler cycling activities.

**Cost:** Free

**Visit:** [www.wheelytots.com](http://www.wheelytots.com)

**Email:** [info@wheelytots.com](mailto:info@wheelytots.com)

**Suitable for Disabilities?** Contact to discuss



## Selby Boxing

The online class will work on boxing skills and fitness training to help to get you fit and healthy. Live on Instagram and Zoom. Contact us for log in details.

**Email:** [info@selbyboxingclub.co.uk](mailto:info@selbyboxingclub.co.uk)

**Call:** 020 8885 5443

**Visit:** [www.selbyboxingclub.co.uk](http://www.selbyboxingclub.co.uk)

**Suitable for Disabilities?** Contact to discuss