

## Keeping Southwark Active

Southwark Council is asking all residents to follow the national guidance on staying safe when considering being active, e.g. avoiding areas which will prevent social distancing from being possible if going out for daily exercise activity. [Please note guidance for people at high or moderate risk has been changed – [find more details here.](#)]

Staying active is more important than ever, and even if you're mostly in your house at the moment, there are plenty of ways you can achieve this. Being active in a way that is right for you can improve your physical health, help manage stress and anxiety, and generally make you feel better.

If you're going outside to get fresh air and to be active, you must respect social distancing and good hygiene guidelines, be alone, with people from your household, or with no more than one person from another household.

Sport England have created a webpage that gives details of resources to exercise at home or in the outdoors as part of their campaign [Join the Movement](#) with further ideas being shared across social media via #StayInWorkOut

The Youth Sport Trust have made resources available to support teachers, parents and carers to continue with Physical Education and Active Play while children are at home instead of school – [free home learning resources](#)

If you are rarely active, or have an existing or previous health condition that could be affected by a new exercise routine, then it is probably wise not to start anything new that might be beyond your capability. Any new activity should be comfortable to do and only increased very slowly over days and weeks.

Collated physical activity opportunities – in the home and for outdoors

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

Collated list of live fitness classes that can be joined – both paid and free

<https://getactive.activityfinder.net/activities>

## Current opportunities

### Children and family activities:

#### **The Daily Mile**

Encouraging children and families to do 15 minutes of walking , jogging or running together <https://thedailymile.co.uk/at-home/>

#### **The Body Coach (Joe Wicks)**

Daily workouts for children and families, 9am Monday -Friday on [The Body Coach YouTube](#)

#### **Change4Life(NHS) and Disney ‘10 minute shake up‘**

Short activities aimed at children [www.nhs.uk/10-minute-shake-up/shake-ups](http://www.nhs.uk/10-minute-shake-up/shake-ups)

#### **Marathon Kids**

Daily videos of games and activities posted for children and families on the [Kids Run Free YouTube](#) channel.

#### **London PE and School Sport Network**

They have developed a range of resources for children and families which can be found on their website - [Spread a little happiness](#)

#### **Team GB’s Get Set Programme**

Team GB's Get Set programme has put a range of free activities and learning resources to support parents and teachers at [www.getset.co.uk](http://www.getset.co.uk)

#### **BBC Boogie Beebies**

BBC dance show for younger children [www.bbc.co.uk/programmes/b006mvsc](http://www.bbc.co.uk/programmes/b006mvsc)

#### **NETBALL MoJo**

This resource aims to empower girls and women on how to be the best netballer they can be – [www.wsnet.co.uk/MoJoAFRICA](http://www.wsnet.co.uk/MoJoAFRICA)

## **The Move Crew**

Nike has partnered with UKactive Kids to launch 'Move Crew' - activities aimed at incentivising children to complete their 60 minutes of recommended activity found via [www.ukactive.com/movecrew](http://www.ukactive.com/movecrew) and on UKactive's [YouTube channel](#).

## **BBC Super Movers**

Videos which help children move and learn – [www.bbc.co.uk/teach/supermovers](http://www.bbc.co.uk/teach/supermovers)

## **Adults:**

### **NHS 10 Minute workouts**

Short bite size workouts [www.nhs.uk/live-well/exercise/10-minute-workouts/](http://www.nhs.uk/live-well/exercise/10-minute-workouts/)

### **Healthwatch Southwark**

General information on activities to do at home [www.healthwatchsouthwark.org/advice-and-information/2020-03-25/how-everyone-can-stay-active-home](http://www.healthwatchsouthwark.org/advice-and-information/2020-03-25/how-everyone-can-stay-active-home)

### **Couch to 5k**

Week by week exercise plan which builds towards running 5km - [www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/](http://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/)

### **Fitness Blender**

Videos featuring a range of exercise and workouts - [www.fitnessblender.com/](http://www.fitnessblender.com/)

### **The Bridge – Health, Fitness & Wellbeing**

Fitness videos :- [www.youtube.com/channel/UCev9uCIZRRdzovJYKGahCjg](http://www.youtube.com/channel/UCev9uCIZRRdzovJYKGahCjg)

### **This Girl Can**

A range of activities aimed at females of all ages - [www.thisgirlcan.co.uk/activities/](http://www.thisgirlcan.co.uk/activities/)

## Older adults:

### 10Today

Radio and video 10 minute workouts for older adults being played on BBC 5Live sport extra - <https://10today.co.uk/>

### Later Life Training

Three 10 minute videos a day for functional movement activity for older people - [www.youtube.com/watch?v=PjUqXg3Ky6s&list=PLeePVUq4FvWu9uSwUK8YMwZIVjx1CKp8q](http://www.youtube.com/watch?v=PjUqXg3Ky6s&list=PLeePVUq4FvWu9uSwUK8YMwZIVjx1CKp8q)

### Oomph Wellness

Older adult wellbeing exercises to follow on video - <https://oomph-wellness.org/2020/03/26/at-home-exercise-programmes-for-the-over-60s/>

### Silverfit

A series of online workouts for older adults delivered by Silverfit instructors for people to follow - [www.youtube.com/channel/UCzG9yqTx20nbmv0nbYHJJ7w](http://www.youtube.com/channel/UCzG9yqTx20nbmv0nbYHJJ7w)

## Inclusive activities for people with a disability:

### Access Sport

A range of inclusive activities for people to do at home - [www.accesssport.org.uk/Pages/Category/inclusive-activities](http://www.accesssport.org.uk/Pages/Category/inclusive-activities)

### Disability Sports Coach

Online workouts and support for disabled people - <https://disabilitysportscoach.co.uk/dsc-at-home/>

### Leonard Cheshire Disability

Developing interactive activities for young people with a disability - [www.leonardcheshire.org/what-we-do/learning-and-lifestyle/opportunities-16-35-year-olds](http://www.leonardcheshire.org/what-we-do/learning-and-lifestyle/opportunities-16-35-year-olds)

## Join the online physical activity movement

Sport England and London Sport have a live timetable of curated virtual (livestream) classes on their website – example [see here.](#)

If you are delivering online sessions, you can submit them to be part of this national and

### Popular social media searches

#StayInWorkOut (Sport England)

#MakeMovementYourMission (Later Life Training)

#DailyMileAtHome (Daily Mile)

regional campaign - [Here is how to submit your online class using Open Sessions.](#)