

Icareimove workouts
On the Icareimove website
<https://www.icareimove.com/free-workouts/> and live sessions on their Facebook page

Fit in 5
Weekdays 8am and 5pm On Sky One or online (need a Sky account)
<https://www.sky.com/watch/title/series/693ecbdb-9968-479e-8973-4c2aebf62c75/fit-in-5-693ecbdb-9968-479e-8973-4c2aebf62c75>

Alo Moves
Yoga, Barre and Pilates classes on YouTube
<https://www.youtube.com/channel/UCsksmxdgJtJp18iMYQpJg0A>

Go 4 Life
Different workout videos on their website
<https://go4life.nia.nih.gov/workout-videos/>

LV Yoga
Adult and kids live yoga sessions,
Access on LV Yoga Fareham
Facebook Adult times 7pm Monday, 10am Friday (full timetable on Facebook)

Joe Wicks PE Class
9-9.30am every weekday on Joe Wicks YouTube channel
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Move it or lose it
Their fitness classes can be found on the move it or lose it Facebook page or on YouTube
<https://www.youtube.com/watch?v=ujOD1l4fnP4>

Core power Yoga
16 one hour classes
On the core power yoga website
<https://www.corepoweryogaondemand.com/keep-up-your-practice>

Active by POPSUGAR
Free signup to lots of different workouts including cardio, dance, boxing and yoga
<https://active.popsugar.com/>



Exercising during Isolation

Red= High intensity aerobic exercise

Yellow= Yoga

Blue= for people who are less active

Things to remember:

1. If you have a medical condition please follow advice from your doctor.
2. Make sure the type and intensity of your activity is appropriate for your level of fitness
3. Stop exercising immediately if you are injured

Gym free workouts at home

Circuit style bodyweight exercises with written routine and videos
<https://www.nerdfitness.com/blog/the-7-best-at-home-workout-routines-the-ultimate-guide-for-training-without-a-gym/>

Yoga classes

Ranging from 20-40 minutes
<https://www.youtube.com/playlist?list=PLZkDZKOcvYTh4dRDXQ71m7gQUmWkDmLAI>

Pure Gym

Full body workouts circuit style with routine and videos
<https://www.puregym.com/free-workouts/>

Sitting Exercises

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

Strength Exercises

<https://www.nhs.uk/live-well/exercise/strength-exercises/>

Live Yoga classes on Zoom

The MahaDevi yoga centre is offering donate what you can yoga classes. 50% of donations helps to fund yoga therapy for special needs children from low income backgrounds
<https://mahadevicentre.com/online-yoga-classes>

NHS ONE YOU

Cardio and Strength exercises to complete at home
<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

Active 10 App

A free walking app which encourages you to take a briskwalk daily. It allows you to set goals and monitor your progress
Download on ITUNES or Google Play

Couch to 5km

Running podcasts designed to get complete beginners running 5km in 9 weeks
<https://podcasts.apple.com/gb/podcast/nhs-couch-to-5k/id394384987>

Flexibility Exercises

<https://www.nhs.uk/live-well/exercise/flexibility-exercises/>

Balance Exercises

<https://www.nhs.uk/live-well/exercise/balance-exercises>



Exercising during Isolation part 2

Red= High intensity aerobic exercise

Yellow= Yoga

Blue= for people who are less active

Things to remember:

1. If you have a medical condition please follow advice from your doctor.
2. Make sure the type and intensity of your activity is appropriate for your level of fitness
3. Stop exercising immediately if you are injured



Theatre

National Theatre Live
Thursday at 7pm on
YouTube

<https://www.youtube.com/user/ntdiscovertheatre>



Harry Potter

1. Lots of fun activities

<http://harrypotterathome.com>

2. Escape Room

https://docs.google.com/forms/d/e/1FAIpQLSflNxNMUjzbZjUqOckwhGTfH4CM_CA3kCxmby8c3AABEA/viewform?fbclid=IwAR10IBRN3qfwd779mRgPvOcq2eajE7TczMxulCYRBlSzRlepN-Kj4UTAYk&fbzx=913459045494004306



Listen to the Symphony Orchestra

On their YouTube channel

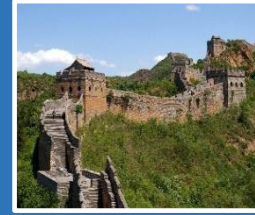
<https://www.youtube.com/channel/UCY1yTii-DaxPbNtLCnwAM1g>



Cirque de Soleil

60 minute performances
plus a look backstage on
their YouTube channel

<https://www.youtube.com/user/cirquedusoleil>



Virtual tour of Famous landmarks

7 different landmarks

<https://www.timeout.com/travel/virtual-landmark-tours>



Free Audiobooks

If you have an apple
device you can access
using the "Apple Books"
app then clicking "Book
Store"



Livestream the Northern Lights

On YouTube

<https://www.youtube.com/watch?v=CwriDd8STdl>

Entertainment Ideas in Isolation



Online Museum Tours

12 different museum links

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>



Virtual Disney World rides

On YouTube

<https://www.youtube.com/channel/UCYvJUEYv-ZW7BgjhP3UbTg>



Watch Ballet and Opera

Fridays at 7pm on YouTube

<https://www.youtube.com/user/RoyalOperaHouse/featured>



Connect with Friends

Whenever you want!
There are lots of online
platforms including
skype and Houseparty



Zoo and Aquarium Tours/Information

Chester Zoo on their
Facebook page

Monterey Bay Aquarium
<https://www.montereybayaquarium.org/>



Andrew Lloyd Webber Musicals

New release Fridays at
7pm on YouTube

<https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FiuMvag>



Virtual Pub Quiz

There are lots of quizzes
available!

<https://www.standard.co.uk/go/ondon/bars/virtual-pub-quiz-coronavirus-lockdown-a4396276.html>



Download the Space Houston app

Interactive tour, GPS maps, selfie filters, augmented reality experiences, virtual reality lite and more!

<https://spacecenter.org/app/>



Virtual tour of Tutankhamun exhibition

Artefact videos and information

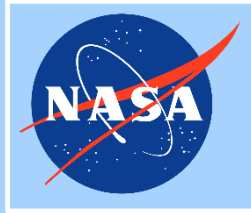
<https://tutankhamun-tondon.com/see-do/>



Play a brain training game

8 different games and links

<https://www.verywellmind.com/top-websites-and-games-for-brain-exercise-2224140>



NASA tours

<https://oh.larc.nasa.gov/oh/>

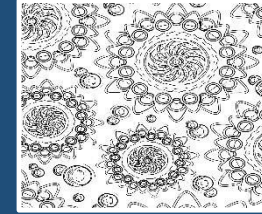
<https://www.nasa.gov/glennvirtualtours>



Explore USA National Parks

See the Hawaii Volcanoes, dive through a shipwreck, trek through a cave and more!

<https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome>



Do some colouring!

Free printable colouring pages

<https://www.fabercastell.com/pages/coloring-pages-for-adults>



Virtual Safari

Longleat Zoo 30 minute narrated safari

<https://www.longleat.co.uk/news/longleat-launches-virtual-safari>

Entertainment Ideas in Isolation

Part 2



Watch Shakespeare

The globe theatre is releasing six plays on YouTube (each is available for 2 weeks)

<https://www.shakespearesglobe.com/watch/>



Watch Live Music

Different artists are livestreaming on their Instagram for example Pink, John Legend, James Blake and Chris Martin



View Artwork

1700 artworks featuring 625 artists selected from the Guggenheim's collection

<https://www.guggenheim.org/collecion-online>



David Attenborough Interactive tour of the Great Barrier Reefs

<http://attenboroughsreef.com/>



Opera and classical concerts

Selection of concerts picked by critics

<https://www.theguardian.com/music/2020/apr/20/opera-and-classical-concerts-to-watch-at-home-our-critics-picks-week-five>



Virtual tour of London

Go sightseeing in London and learn facts about the landmarks

<https://360.visitlondon.com/#>



Watch a Ted Talk

Online talks on a range of topics given by experts

<https://www.ted.com/talks>



Range of Shows

Links to stage shows, musicals and operas

https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html



Tate Modern Tour

Virtual tour led by Nick Grimshaw

<https://www.tate.org.uk/art/360-video/grimshaw>



John Krasinski "Some good news"

Showing good news from around the world with celebrity guests

https://www.youtube.com/channel/UCOe_y6KKvS3Pd1fb9q9pGug



Google tours

Museums around the world, artwork and famous sites

<https://artsandculture.google.com/?hl=en>



Jigsaw puzzles online

A range of different sizes and pictures, no need to print complete online!

<https://www.jigsawplanet.com>



Adopt a grandparent

A scheme designed to combat loneliness!

<https://chdliving.co.uk/adopt-grandparent>



Take a helicopter flight over Victoria falls

<https://www.youtube.com/watch?v=gDrsGe1Atws&feature=youtu.be>

Entertainment Ideas in Isolation

Part 3



Trace your family tree

Follow these helpful tips and links

<https://www.ageuk.org.uk/information-advice/travel-hobbies/hobbies/trace-your-family-tree/>



See what famous Castles would look like reconstructed

<https://www.budgetdirect.com.au/blog/7-ruined-castles-across-europe-reconstructed.html>



Count Penguins

Watch time lapse cameras and record the penguins to help contribute to conservation

<https://www.zooniverse.org/projects/penguintom79/penguin-watch>



Smithsonian National Museum of National History Tour

<https://naturalhistory2.si.edu/vt3/NMNH/>



Watch mini concerts

15 minutes long and a range of artists

<https://www.youtube.com/playlist?list=PL1B627337ED6F55F0>



Tour of 9 London attractions

Links to The Tower of London, Buckingham Palace, 10 Downing Street and more!

<https://bit.ly/2WY2xl6>



Listen to a podcast

Find a podcast using ITUNES or Google play music or BBC

<https://www.bbc.co.uk/podcasts>

Learn a skill in Isolation



Open University Taster Courses

<https://www.open.edu/openlearn/free-courses>



Learn a new language

<http://www.bbc.co.uk/languages/>
<https://www.duolingo.com/>



Learn Origami

A range of different origami models

<https://origami.me/diagrams/>



Myleene's Music Class

Music lessons

<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>



Baking Class

Bread ahead bakery are doing live baking classes on Instagram see the schedule and ingredients

https://www.breadahead.com/live-bake?doing_wp_cron=1587552311.3600490093231201171875



Learn to knit

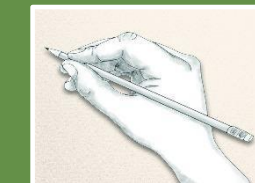
Free Knit patterns and you can order supplies

<https://www.lovecrafts.com/en-gb/>



Complete a basic first aid course

https://www.futurelearn.com/courses/basic-first-aid?utm_source=fl_blog&utm_medium=organic&utm_campaign=covid_content



Learn to Draw

Free drawing lessons

<https://www.drawspace.com/lessons>



Learn to Dance

1. Salsa, Rumba + Waltz + more
<https://www.youtube.com/user/Leonidt1985/videos>
2. Oti Mabuse classes
<https://www.youtube.com/user/mosetsanagape/videos>



Learn to decorate cakes

Emma Page is offering regular decoration classes on her Instagram page "emmepagecakes"



Learn Calligraphy

YouTube tutorial for beginners
<https://www.youtube.com/watch?v=sBoVGqjSsr4>



Learn to touch type

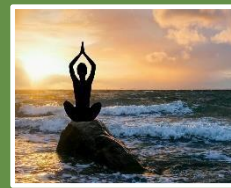
Typing test and different courses available
<https://www.typingtest.com/>

Learn a skill in Isolation Part 2



The Great Course Plus

Free lectures (around 15-30 minutes) on a range of topics
<https://www.youtube.com/playlist?list=PL3EDD8D756C75A052>



Meditation

HeadSpace is offering tips for meditation and a free trial of their app
<https://www.headspace.com/meditation/meditation-for-beginners>



Class Central

Free online courses on astronomy and space travel
<https://www.classcentral.com/subject/astronomy>



Cooking Class Beginner Level

Learn cooking techniques
<https://www.instructables.com/class/Cooking-Class/>



Repair your clothes

<https://www.loveyourclothes.org.uk/blogs/are-you-one-77-18-34-year-olds-want-learn-new-garment-repair-skill>



Photography

Free 4 week course
<https://join.shawacademy.com/learn-photography-online>



Nail Art

A link to 25 tutorials for beginners
<https://www.diys.com/nail-art-tutorials/>



Edinburgh University

Free short online courses on a range of subjects
<https://www.ed.ac.uk/studying/online-learning/free-short-courses/free-online-courses>



Creative Writing

Different classes on creative writing including writing for online engagement, writing suspense and journaling
<https://www.skillshare.com/browse/creative-writing>



Yale University

A semester of class lectures and accompanying material such as reading lists and exams on a range of subjects
<https://oyc.yale.edu/courses>



Ballet

A range of videos from beginner to advanced
<https://australianballet.com.au/event/studios>



Sign Language

BSL are offering a beginners course (minimum payment £3) and the website has lots of free content
<https://www.british-sign.co.uk/learn-online-british-sign-language-course/>