

Free Ideas for Isolation

Exercise

What?	When?	How?
Joe Wicks PE class	9-9.30am daily	Joe Wicks YouTube channel https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ
16 one hour core power yoga sessions	Daily at 2pm and 7pm	On the core power yoga website https://www.corepoweryogaondemand.com/keep-up-your-practice
Icareimove workouts for older people	Whenever!	On the Icareimove website https://www.icareimove.com/free-workouts/
Fit in 5	Weekdays 8am and 5pm from the 30 th March	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

Entertainment

What?	When?	How?
National Theatre Live	Thursdays at 7pm starting on April 2nd	National Theatre YouTube channel https://www.youtube.com/user/ntdiscovertheatre
Chester Zoo online tour	Whenever!	On the Chester Zoo Facebook page
Virtual Disney World Rides	Whenever!	On the virtual Disney world YouTube channel https://www.youtube.com/channel/UCYyJUeYv-ZW7BgjhP3UbTg
Connect with friends	Whenever!	Using online platforms such as Houseparty (can play fun games as well as chat) other chat platforms include zoom and skype
Take part in a virtual pub quiz	There are lots of quizzes available	Here is a website with a few different ones to pick from! https://www.standard.co.uk/go/london/bars/virtual-pub-quiz-coronavirus-lockdown-a4396276.html

Education

What?	When?	How?
Learn a new language	Whenever!	On the BBC language website http://www.bbc.co.uk/languages/
Myleene's Music Klass: music lessons	Whenever!	https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ
Open learn free university taster courses	Whenever!	On the open learn website https://www.open.edu/openlearn/free-courses

Cultural

What?	When?	How?
12 Museum tours	Whenever!	All 12 links of the travel and leisure website https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours
Programme of Ballet and Opera	Every Friday at 7pm a new performance is released	Royal Opera House YouTube https://www.youtube.com/user/RoyalOperaHouse/featured

Home Schooling Resources

Subject	Activity	Where to find it
Maths	Carol Vorderman Maths Lessons Primary maths (In US grades)	http://themathsfactor.com https://www.prodigygame.com
English	David Walliams audiobook release at 11am daily English Language learning	https://www.worldofdavidwalliams.com/elevenses/ https://www.britishcouncil.org/school-resources/find
PE	Joe Wicks exercise class 9-9.30am daily	https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ
Science	General Science lessons Awards to complete at home	https://mysteryscience.com https://www.crestawards.org
Geography	National Geographic: younger children Games	https://www.natgeokids.com/uk/ https://world-geography-games.com/world.html
History	Secondary School activities	https://www.bighistoryproject.com/home
Languages	Learn languages using website or app	https://www.duolingo.com
DT	Jamie Oliver Recipes for children Creating 3D Designs	https://www.jamieoliver.com/features/category/get-kids-cooking/ https://www.tinkercad.com
IT	Computer Programming	https://blockly.games https://scratch.mit.edu/explore/projects/games/
Business	Digital Enterprise award scheme	https://idea.org.uk
Life Skills	Challenges and Activities	https://www.pawprintbadges.co.uk
Art	Art Activities Arts and craft for younger children Art for younger children	https://www.facebook.com/artfulparent/ https://www.redtedart.com https://theimaginationtree.com

General Useful Learning Sites

BBC learning <http://www.bbc.co.uk/learning/coursesearch/>

Khan Academy <https://www.khanacademy.org>

Primary School Resources <https://www.oxfordowl.co.uk/for-home/>

Primary School Educational games <https://toytheater.com/>

Activities and Quizzes

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSeITf4do6aPhff8A3tAktmmpaxqZbkgudD49I71ep8-sjXmrac>

Printouts (1 month free for parents)

<https://www.twinkl.co.uk>

GCSE/A level resources <https://www.senecalearning.com>

Open University Taster Courses

<https://www.open.edu/openlearn/>

Ted Ed <https://ed.ted.com>

Crash course for older children <https://thecrashcourse.com>

Crash course for younger children

<https://m.youtube.com/user/crashcoursekids>

Educational videos <https://thekidshouldseethis.com>

Nature based Activities

<https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/>