

**February 2021**

**virtual half term**

**FUN**

Online activities  
for young people



## Selby Active

### All ages

Join us online this February half term. Activities include Basketball, boxing, bingo and Volleyball. All activities are delivered via Zoom. Follow the link below to find out more.

**Dates:** 15 – 19 Feb

**Platform:** Zoom

**Instagram:** @Selbycentre

**Visit:** [www.selbytrust.co.uk/post/selby-active-online-half-term](http://www.selbytrust.co.uk/post/selby-active-online-half-term)



## Selby Boxing

### All ages

Free online boxing delivered by Selby ABC. Classes will take place on Zoom. Please contact us for zoom link and more information.

**Dates:** 15 - 19 Feb

**Cost:** Free

**Platform:** Zoom

**Insta:** @selbyabc1

**Call:** 07534287618

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

**Suitable for Disabilities?** No



## Virtual Parent and Toddler Balance Bike sessions

### Toddlers

A virtual stay and play - with balance bikes. Get tips and guidance from family cycling experts for engaging your little one in cycling. Sessions will run virtually, over Zoom. See website for more details.

**Platform:** Zoom

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

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

**Suitable for Disabilities?** Yes



## Played Sport Online Activities

### All ages

Thousands of free online activity videos for you to try at home.

**Cost:** Free

**Visit:** <https://played-home.azurewebsites.net/activities>

**Suitable for Disabilities?** Yes

## Youth Sport Trust

### All ages

Whether you're a teacher in school, teaching remotely, or a parent or carer supporting home learning, here you will find our free PE, physical activity and sport resources. There is a range of wellbeing support for teachers here too

**Cost:** Free

**Visit:** <https://www.youthsporttrust.org/free-resources>

**Suitable for Disabilities?** Yes



## Activity Alliance

### All ages

We are committed to ensuring disabled people can be and stay active. You may not be going to your favourite weekly exercise class in the gym or making a splash at the local swimming pool. But there are lots of ways you can enjoy being active. We have compiled a list of exercise advice, workouts, videos and activity guides to support disabled people.

**Cost:** Free

**Visit:** <http://www.activityalliance.org.uk/get-active/at-home>

**Suitable for Disabilities?** Yes



## Haringey Shed Half Term Project

**7 - 11 and 11 - 16 years**

Join us for an online creative journey to explore and create a piece of drama alongside our friends Angel Shed. An inclusive and creative 3 days!

**Dates:** 19 - 21 Feb, 11 am - 1 pm

**Cost:** £30 per person, £15 for concessions

**Book:** [ashling@haringeyshed.org](mailto:ashling@haringeyshed.org)

**Suitable for Disabilities?** Yes

## Little Open Out Gallery... at the Castle

**All ages**

Discover our new gallery and get creative. An art project where you can enjoy images and artwork by local children on display in the windows of Bruce Castle. Want to take part? Be inspired by your local area and create an artwork to display. Entries should be A5 portrait and work will go on display summer 2020.

**How to enter:** Send your creations with the subject Little Open Out Gallery to [museum.services@haringey.gov.uk](mailto:museum.services@haringey.gov.uk) along with your first name and age. Entrants will be informed when the artwork is displayed. Please note we cannot display images of children so photographs of artwork only please.

**Dates:** Feb 2020

**Cost:** Free

**Suitable for Disabilities?** Yes



## Shape Up with Spurs - Family Fun

**All ages**

Join us for our Shape Up family exercise sessions, bringing everyone together to move more and have some fun as a family. Sessions are 40 minutes long. To join, please contact [foundation@tottenhamhotspur.com](mailto:foundation@tottenhamhotspur.com) for registration information.

**Dates:** 15, 17, 19 Feb, 10 - 10.40 am

**Cost:** Free

**Email:** [foundation@tottenhamhotspur.com](mailto:foundation@tottenhamhotspur.com)

**Suitable for Disabilities?** Yes