

## Latest Update

- Winter Warriors Activity Booklet
- Online Resources
- Live Virtual Sessions
- Equipment Delivery



## We've got this!

Lockdown 3.0 is tough and it's more important than ever that we look after our physical and mental health. **We're here to help get you moving and your happy endorphins flowing.**

Something missing? Whether it's an awesome activity you think more people should know about, or a gap that needs filling, get in touch!

**Phone:** 020 7993 9883

**Email:** [disability.inclusion@accesssport.co.uk](mailto:disability.inclusion@accesssport.co.uk)

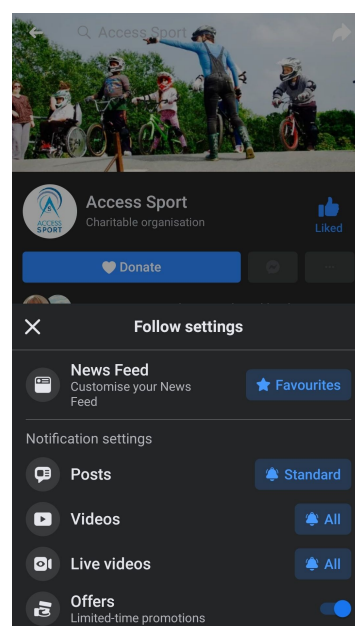
**Facebook:** [@AccessSport](https://www.facebook.com/AccessSport)

## What Next?

As well as our regular e-newsletter updates, we'll be sharing lots of inclusive content on our social media channels including:

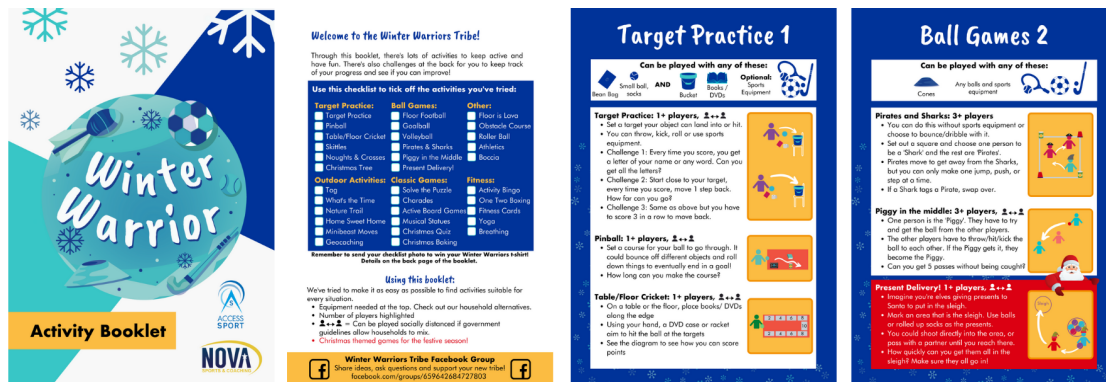
- Videos and resources from us and our partners
- More detailed sessions spotlights to help you decide if it's right for you

**To make sure you don't miss out on any great content, follow Access Sport and edit 'Follow Settings' to receive notifications!**



## Downloadable Activity Booklet

Our Winter Warriors Activity Booklet is jam-packed with fun, inclusive activities that can be done from home with household items or any sports equipment you have. Options to download in [colour](#) or [black and white](#).



Download in Colour Here

## Online Resources & Live Sessions

There's lots of awesome stuff out there but it can be a bit overwhelming to find the best option for your needs. We've tried to make it as easy as possible with our directories of opportunities.

Click on the images to view the full options with clickable links.

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## Activities

A collection of activities that we think could be suitable for varying needs:

- Autistic Spectrum Disorder
- Wheelchair User
- PMLD
- Ambulant Physical Impairment

### Assorted Opportunities

Click on the links to go to their site.

- [Netflix](#) ★
  - PE Teacher Simon Roadley has created an amazing dashboard of lots of inclusive physical activity opportunities! There's something for everyone!
- [Gympanzees 'Our Home'](#) ★
  - Videos and resources specific to children with different play & exercise needs including demonstrations of different activities, games, skills, play ideas and exercises for your child.
- [Bristol Bears Community Foundation #BearsOnline](#) ★
  - Videos specifically prepared for participants with PMLD, sensory impairment, ASD and sensory processing difficulties
- [Oxford Health & Access Sport - Have a Go At Home](#) ★
  - Games, Fitness, Challenges, Yoga and Mindfulness videos
- Active Kids Do Better
  - [Activity Cards](#) for the whole family to do at home that can be printed ★
  - [Activity Booster](#) - Select your movements, duration and a music track - then off you go! Videos of the different exercises so they can be followed with minimal or no support ●●●●
- [Youth Sport Trust](#) ★
  - Downloadable learning cards and videos to be used at home
  - Options for primary, secondary and SEND specific activities
- The PE & School Sports Network
  - PDF Resource covering mindfulness, crafts, games, activities, recipes!
  - [Videos](#) covering a variety of SEND specific activities



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## time' either for you to follow along or with interaction from the coach.

- Autistic Spectrum Disorder
- Wheelchair User
- PMLD
- Ambulant Physical Impairment

### Live Sessions - click on the links to go their site

- Mon, Tues, Thurs, Fri 5pm - Adapt to Perform ●
  - 4 week wheelchair fitness plan
  - Live on Youtube and saved to channel after
  - Approx. 60 minute sessions
- Monday 1.30-2.30pm: Chair Yoga ●
  - Closed Zoom group for 16+ years
  - Free of charge but donations welcome. Register with hello@thelodge.space
- Tuesday 5-6pm: Inclusive Yoga ●●●
  - Closed Zoom group for families living in Greenwich, 6-16 years
  - Free of charge. Register by emailing disability.inclusion@accesssport.co.uk
- Tuesday 6-7pm: [Adaptive Martial Arts - Self-Defence](#) ★
  - Beginner online sessions for you to learn the basics of self-defence in a fun way!
  - Suitable for 6+ years
  - Free of charge. [Register here](#)
- Wednesday 5pm: [Mojo Moves - Online Disco with 80s Aerobics](#) ★
  - For children & young people with SEN & their parents/carers
  - Free of charge. Sign up online
- Thursday 4:30-5:30pm: [Cray Wanderer's Family Fit Sessions](#) ●●●
  - Facebook live session - videos remain on FB page
  - Suitable for all the family
- Thursday 5.15-6.15pm: [Adaptive Martial Arts - Fitness](#) ★
  - Suitable for 6+ years. Free of charge. [Register here](#)
- Thursday 6-7pm: [Bristol Boccia](#) ★
  - Closed Zoom call, have a chat and play some boccia!
  - Email [bocciabristol@IrwinMitchell.com](mailto:bocciabristol@IrwinMitchell.com)



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View on our website

## Equipment for Home

Click on the images to see the full flyers.

### CP Sport

If you have Cerebral Palsy, you can rent Race Runners and Game Frames from CP Sport.

- Minimum of 3 months
- Receive 1-2-1 coaching sessions
- They arrange delivery and help with set-up and maintenance
- Cost dependent on CP Sport membership

[Find out more and register here](#)

### AMA At Home

Adaptive Martial Arts are offering an AMAzing opportunity to engage in a 12-week training programme:

- Loan a bespoke kit bag
- Take part in up to 3 online small group classes a week
- Experienced and inclusive instructors
- £20 per month with £25 one-off delivery fee

[Sign up to AMA at Home here](#)



**ADAPTIVE MARTIAL ARTS HOME**



**REGISTER TODAY!**  
**[ADAPTIVEMA.CO.UK/AMA-HOME](https://adaptivema.co.uk/ama-home)**

Professional instructors have designed a 12 week disability inclusive programme suitable for all experience levels. Kit loan and up to 3 sessions a week! All for only £20 per month direct debit. Plus £25 delivery.

**Zoom Classes:**

- Group Exercise Classes
- Striking Training
- Self Defence Training
- Brazilian Jiu jitsu Training
- and so much more



**Kit can include:** Boxing gloves, focus mitts, elbow pads, shin pads, resistance bands, grappling dummy, slam ball, aqua ball, agility markers and kit bag! RRP over £780.

## [Volunteers needed to star in lockdown workout video!](#)

Young people in lockdown, Leonard Chesire need your help! They are looking for volunteers to star in a video that promotes physical activity at home to help young people in lockdown showing them how to get active to stay healthy and happy. [Find out more here.](#)

