



## Sports Link Free February Half Term Events

### Mini PE with Embrace PE

SUITABLE FOR YOUNG PEOPLE IN KS1 & KS2

#### DATES

Time: 9:00am – 10:00am

17th February

18th February

19th February

Fun PE activities that can be done at home with equipment that can be used from things found around your home. Bring a bottle of water and get ready for fun!

These sessions have been recorded and the videos will be made available for you to watch at home from 9am Wednesday 17th, Thursday 18th and Friday 19th February.

[REGISTER HERE](#)



Your Teacher:  
Simon Evitts

Sport has always been a passion of mine with Rugby being my number one sport, this has given me core values such as teamwork, respect, discipline, enjoyment, being a role model, and fairness which I use in my everyday life.

### Fitness with Gwen

SUITABLE FOR YOUNG PEOPLE IN KS3 & KS4

#### BEGINNERS GROUP

#### DATES

Time: 12:00pm – 12:30pm

17th February

18th February

Fun beginners fitness workout without the use of any equipment. bring your trainers and a bottle of water!

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Your teacher:  
Gwen Fennell

Gwen is zealous about fitness, education, and nutrition by helping others and beyond. She is a passionate and determined individual who continues to strive to the best she can be in whatever endeavours she pursues.

#### INTERMEDIATE GROUP

#### DATES

Time: 3:00pm – 3:30pm

17th February

18th February

This session is more advanced than the Beginners, but not too challenging and still fun! bring your bottle of water and trainers!

These sessions have been recorded and the videos will be made available for you to watch at home from 12pm for the beginners group and 3pm for intermediate group Wednesday 17th and Thursday 18th February.

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### Yoga & You

SUITABLE FOR YOUNG PEOPLE 16 +

#### BEGINNERS GROUP

#### DATES

Time: 4:00pm – 4:30pm

17th February

18th February

Be connected with yourself and others through Meditation, yoga and breathing techniques.

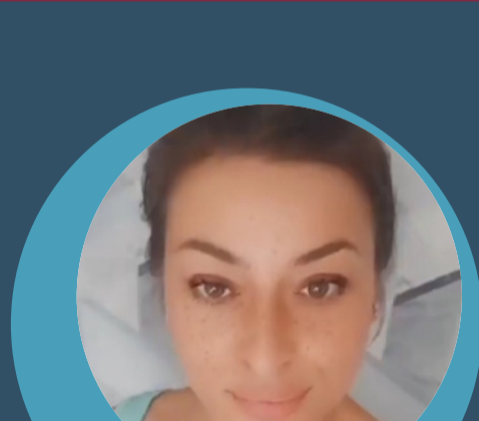
Benefits of these sessions include:

- improvements of wellbeing
- increase in flexibility
- increase of stamina within your core.

No sports equipment needed.

These sessions will be provided by Zoom and are live sessions. Please ensure an adult is present during the session.

[REGISTER HERE](#)



Your teacher:  
Rhianna Lilley

Rhianna is a yoga instructor which is the training that focuses your mind, helps with flexibility and does wonder your soul and wellbeing.

### 60 second challenges - Youth sports trust

SUITABLE FOR YOUNG PEOPLE KS1 – KS2

#### DATES

Time: 11:00am – 12:00pm

19th February

20 free 60second resources to challenge yourself and have some fun.

Download free PDF resources to follow along with at home.

[REGISTER HERE](#)

### Aspirations talk with

### Bernardo Pezo

SUITABLE FOR YOUNG PEOPLE KS3 – POST 16

#### DATES

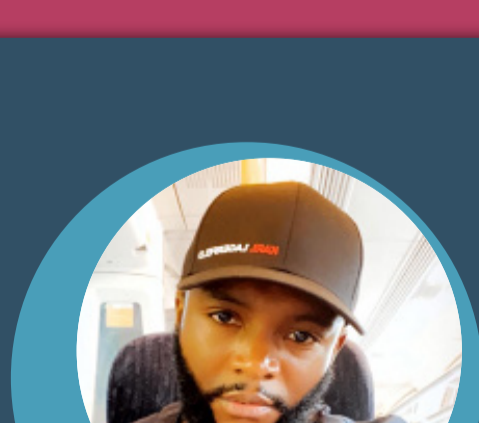
Time: 1:00pm – 1:30pm

19th February

Inspirational talk from Barnardo about his life, being in care and how sport inspired him to better his life.

This session has been recorded and the videos will be made available for you to watch at home from 1pm 19th February.

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Your teacher:  
Bernardo Pezo

"I am a confident individual with experience and qualifications that enables me to coach. I am also a care leaver and experienced the care system. Supporting other young people in my local community. I am empathetic, organised, with a passion for delivering excellent results by motivating and empowering care experienced young people to make positive life choices".