

Skills Horizon — Activity Guide

Skills Horizon @ Shifa Health & Social Care, Ensign
Youth Club, Wellclose Square, London E1 8HY



This guide will
give information
on:



Let's Get Active



A guide to physical activity and sports for
people with a learning disability

Easy Read



Where you can go if you want to take part
in sport and physical activity with Skills
Horizon- Day Opportunities

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For all enquiries:

0207 123 8933



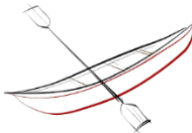



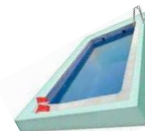


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In this guide there will be information about Reason for this guide

	What is physical activity and sport? Physical activity means sport, exercise and fitness. For example, walking, running, cycling and swimming. Sport is a type of physical activity		It can help you improve your sleep and memory		You can learn new skills
			Families, friends and carers of someone with a learning disability		It can improve your confidence and help you make new friends.
	Why is being active important? Physical activity and sport is good for your health and fitness		It can make you healthier and feel good		Visit the place a few days before the session so you know what it looks like and how to get there
	A support worker helps people to live a happy life and do things for yourself		Community centre is a place where people get together and take part in activities.		Try activities that do not cost much money. For example, walking, jogging, cycling or football.
	It is good for you because: Being active can help you to lose weight. It lowers the chance of you getting health problems like diabetes and heart disease and helps you live longer.		Playing sport does not mean you have to take part in competitions against other people. You can play a sport for fun at your local sports club or community centre		If you are not sure if an activity is right for you then you can speak to the session leader first
	Ideas of what activities and sports you can try Try lots of different activities and what you like best		Physical activity and sport is for everyone and anyone can take part.		not worry about what other people think – as long as you enjoy yourself that is all that matters.

Sports and activities you could try
















	I do not know what activity to do If you do not know what sport or activity you want to do you could think about what you would like to get out of doing sport;			Walking - It is very easy to fit in walking into your everyday life. You could walk instead of driving or getting the bus
	Other Sports Do you want to try something you have never done before? If you do you could think about what type of activities you might enjoy and give them a try. For example rowing or golf			Basketball - Do you want to meet new people? If you do then you can try a team sport. For example football, basketball or netball
	Cycling – You can cycle for fun or as a way of getting somewhere instead of getting the bus or driving.		Football – You can do it with some of your friends and family in your free time.	Running : You can run on your own or with family and friends. There are lots of running groups you could join.
	Swimming – You can swim in your local public swimming pool.		Badminton – Lots of leisure centres allow you to hire a badminton court.	Exercise in the gym – There are lots of activities you can try in the gym.
				

Skills Horizon Weekly Activity – Spring Term (morning)

Monday	Tuesday	Wednesday	Thursday	Friday
Activity Planning	City Explore	Field Trip	Swimming	Horticulture
10:30 -11:30	10:30 -13:00	10:30 – 15:00	10:30 to 12:30	10:30 to 12:00
				
Local Park	General Knowledge	Field Trip	Football	Community Outreach
10:30 to 12:30	11:30 12:30	10:30 – 15:00	11:30 – 13:00	11:30 -12:30
				
Arts & Craft	Soft Games	Field Trip	Multi Activities	Cooking
12:00 – 13:00	12:00 – 13:00	10:30 – 15:00	12:00 – 13:00	12:00 – 13:00
				
Lunch Break: 12:30 to 13:30			Lunch Break: 12:30 to 13:30	

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Skills Horizon Weekly Activity – Spring Term (afternoon)

Monday	Tuesday	Wednesday	Thursday	Friday
Literacy Class	Menu Planning/ Cooking	Field Trip	Cinema	Makaton
13:30 -14:30	13:30 -14:30	11:00 – 15:00	12:30 – 15:30	13:30 – 14:30
				
Music session	Bowling	Field Trip	GYM	Soft Games
14:00 to 15:00	14:30 15:30	11:00 – 15:00	14:00 – 15:30	14:30 -14:30
				
Multi Activities	Multi Activities	Field Trip	Soft Games	Dance & Music
14:30 – 15:30	14:30 – 15:30	11:00 – 15:00	14:00 – 15:30	14:30 – 15:30
				

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