

wakefieldcollege

ACTIVITIES



THE LOCKDOWN

NEWSLETTER



STAY HOME
STAY CONNECTED
STAY SUPPORTED
STAY ACTIVE

ISSUE 1



THE LOCKDOWN

NEWSLETTER



Welcome to the Lockdown Newsletter, your weekly source of activities and ideas to help keep you connected, supported and active during the latest lockdown.

In this issue you can find out more information on all the activities that you can get involved in whilst at home!

How do i join activities?

Check out the activity timetable on page 5 to see when everything is running. All sessions

are on TEAMS and the links and more info can be found on Moodle.

Struggling to find the links/join clubs? Email us (activities@wakefield.ac.uk) and we can email you the links directly and don't forget, attending activities counts towards your PEEP hours!





STAY CONNECTED

STAY CONNECTED WITH OUR WEEKLY ONLINE CLUBS
& ACTIVITIES

Debating Club

Discuss and research different topics each week and learn how to communicate effectively!

Students' Union & Class Reps Meeting

Be the voice of the College, and students by discussing College events and campaigns that matter to you!

Bingewatchers

Come share, chat and find out about the most binge worthy shows and films out at the minute.

BORIS Club

Join this club to discuss every and any current affair happening now, including the regular Boris updates!

Photography Club

Love the look of photos on Instagram, but don't know how to recreate them? Good for all levels of photographers.

Duke of Edinburgh

Do you want to stand out against others when you apply for university or a job? The DofE helps you learn new skills, gain confidence and more. For more info email dofe@wakefield.ac.uk

David Attenborough Club

Do you love David Attenborough? Do you love the planet? If yes, then this is the club for you!

Human Race Club

Help promote Equality & Diversity within College. Share experiences and make positive changes.

Unsolved Crimes Club

Join other students each week as we try to uncover unsolved crimes.

Beginners French

Do you want to learn
a new language?
SI OUI!

Then French for
beginners will take
you through all of
the basics.

Driving Theory

Learn the rules of
the road with other
students so that
you're ready to
pass your driving
theory test.

Scribbler Student Newsletter

Write and submit
articles about
College and
student life for the
student newsletter
'The Scribbler'



STAY SUPPORTED

STAY SUPPORTED WITH OUR WEEKLY SESSIONS LED
BY OUR YOUTH WORKERS AND ACTIVITY LEADERS.

Mindfulness Club

Come along to
learn how to de-
stress and for
some great
relaxation
techniques.

LGBTQ

Meet, have fun and
discuss LGBTQ
issues with other
like minded
students.

What's on Your Plate?

Get some top tips
and advice on
healthy eating,
nutrition and meal
planning.

Wellbeing Wednesdays

Fun activities that create a bit of a
release from the
boredom of being stuck at home,
whilst helping us to stay focussed
and mindful.

Thursday Thoughts

Interactive discussions around
different topics. This can be
based on anything that we feel you
might find useful or raise awareness
amongst our communities.



STAY ACTIVE



STAY ACTIVE WITH OUR WEEKLY PHYSICAL ACTIVITY SESSIONS AND ONLINE CHALLENGES.

Move Monday

Start the week right with our High Intensity Interval Training (HIIT) workout. Suitable for all abilities.

Beginners Yoga

Ever wanted to try Yoga? Now is your chance with our beginners Yoga class, with easy poses and stretches.

Bodyweight Fitness

A workout based around strengthening our muscles and building our core. Suitable for all abilities.

Get Fit Fridays

Join for information and tips on easy ways to get/stay fit during lockdown. Share ideas with other students.

Or get active in your own time and be entered into monthly competitions with our

Wakefield College Strava Groups

Join our
Walking/Running/Cycling
Strava groups to track your
activity and enter our monthly
competitions.

Activity Portal

Sign up to our dedicated
activity portal where you will
have access to lots of different
activity videos to help keep
you active.
5sport.co.uk/wakefieldcollege

New Year, New goals?

BOOK A 1-1 SESSION WITH ONE OF OUR ACTIVITY LEADERS FOR PERSONALISED ADVICE AND GUIDANCE ON HOW TO GET FIT, IMPROVE YOUR HEALTH AND WELLBEING AND HELP ACHIEVE ANY PERSONAL GOALS THIS YEAR.

- HOW TO GET ACTIVE
- ADVICE ON NUTRITION
- ADVICE ON OVERALL HEALTH & WELLBEING

EMAIL - ACTIVITIES@WAKEFIELD.AC.UK TO BOOK YOUR SLOT

wakefieldcollege ACTIVITY TIMETABLE

MONDAY

11am- 12pm
Debating Club

12pm- 1pm
BORIS Club

12.30pm-1pm
Unsolved Crimes Club

1pm- 2pm
David Attenborough Club

3pm - 3.30pm
Move Monday
Workout

TUESDAY

11am -12pm
Photography Club

12pm - 1pm
Driving Theory

1pm - 2pm
Beginners Yoga

3pm - 3.30pm
Mindfulness Club

4pm- 5pm
Human Race, E&D Group

WEDNESDAY

12pm - 1pm
LGBTQ

1pm - 1.30pm
What's on Your Plate?

1.30pm - 2.30pm
Wellbeing
Wednesdays

2pm - 3pm
Students' Union &
Class Reps Meeting

THURSDAY

12pm - 1pm
Thursday Thoughts

12pm-1pm
Bingewatchers

1pm-2pm
Beginners French

2pm-3pm
Duke of Edinburgh

3pm - 3.30pm
Bodyweight
Fitness

FRIDAY

12pm- 1pm
Scribbler
Student
Newsletter

1pm- 2pm
Get Fit Fridays