



Think about Developing your Cultural Capital during your #Stayathome

Explore what is possible – Broaden your horizons – Find your potential –
Learn something new – Change your perspective

While you have time at home- think about trying a new cultural pursuit online. If we #Stayathome, the entertainment and learning can stream into our home instead. Lots of online services have enabled free access- so please take advantage of this unexpected opportunity.

Watch a Play

National Theatre Live will screen a NT Play every Thursday at 7pm. They will be available to screen for the following 7 days, It starts on 2nd April with James Corden in One Man Two Guvnors.

<https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEMQiqw>

The **Royal Shakespeare Company** has free full length broadcast here

<https://www.rsc.org.uk/education/teacher-resources/online-performances>

Watch a Film and Discuss!

Into Film has film guides which are designed as informal discussion prompts for viewing a film. The site also features extension activities that children and young people (ages 5 to 16+) can take part in on their own without the need for constant supervision.

<https://www.intofilm.org/news-and-views/articles/film-guides-to-use-at-home>

#Review100

Write a review of any film you watch in 100 words or less. Then send Into Film a photo of the review on Twitter or Facebook and the winner will receive a £20 Amazon vouchers. A winner will be awarded every two weeks. See further guidance on the Into Film website.

Watch a Ballet

Every Friday at 7pm a full-length ballet will be broadcast by the **Royal Opera House**

<https://www.youtube.com/user/RoyalOperaHouse>

This week begins with Peter and the Wolf

<https://www.youtube.com/watch?v=vF8iuOW7BwA>

English National Ballet are offering a range of ways to keep involved in ballet through practical classes and viewings more information can be found here <https://www.ballet.org.uk/enb-at-home/>

Sadler's Wells are presenting a programme of full-length dance performances and workshops online more information can be found here <https://www.sadlerswells.com/whats-on/2020/digital-stage/>

Matthew Bourne and his dance company have start to provide some online Dance provision. Students can sign up to the newsletter here <https://new-adventures.net/mailling-list>

Stay at Home Sport - A Complete Guide

Mrs Bidgood has emailed a '*Stay at Home Sport Guide*' to all students. The guide is packed full of fantastic ideas and activities. If you haven't received a copy – please email Mrs Bidgood directly. Please send your feedback to your PE teacher.

Discover a new City or Culture

Explore the world's greatest landmarks, culture and arts with **Google Arts and Culture**

<https://artsandculture.google.com/explore?hl=en>

Virtual Tour

Here are 12 of the **world's greatest museums and galleries**

<https://www.southernliving.com/syndication/museums-with-virtual-tours>

Explore London

All our best **Museums and Galleries** from Home

Museums <https://londonist.com/london/museums-and-galleries/calling-all-culture-vultures-here-s-how-to-experience-london-virtually-during-the-coronavirus-pandemic>

Galleries <https://mumsdotravel.com/2020/03/how-to-explore-londons-top-art-galleries-from-home/>

National Gallery: <https://www.nationalgallery.org.uk/visiting/virtual-tours>

Ted Talk

TED Talks are influential videos from expert speakers on education, business, science, tech and creativity

Who will inspire you? Liaise with your subject staff for specific recommendations.

<https://www.ted.com/talks>

Have you ever tried Opera?

The **Met Opera in New York** have nightly broadcasts of World-class performances

<https://www.metopera.org/nightly-opera-stream/>

Glyndebourne Opera is in East Sussex

<https://www.glyndebourne.com/on-screen/>

Attend a virtual Lecture

Gresham College records all of its high-quality lecture programme

<https://www.gresham.ac.uk/>

MASSOLIT works with academics from the world's best universities to produce high-quality videos.

<https://www.massolit.io/>

'In Our Time' **BBC Radio 4** - Culture. Popular culture, poetry, music and visual arts and the roles they play ...

<https://www.bbc.co.uk/programmes/b006qykl>

Live Classical Music

Chamber music from around the world

<https://www.therestisnoise.com/2020/03/covid-19-live-streams.html>

Berlin Philharmonic

<https://www.digitalconcerthall.com/en/home>

Speak another Language

Learn a language for free

<https://www.duolingo.com/>

Read/listen to Classic Books

Free on Audible including some classics

<https://stories.audible.com/discovery>

There are over 1000 free audiobooks here

<http://www.openculture.com/freeaudiobooks>

Go to University

Try a Short University Courses from around the world

<http://www.openculture.com/freeonlinecourses>

Or consider: 50 ways to experience culture from your couch

<https://us.cnn.com/2020/03/26/cnn-underscored/virtual-museums/index.html>

Still not found your passion?

Try Chatterpack's - Zoo cams, podcasts, tour, challenge, concerts, prayer, mindfulness, dance, engineering, Tai Chi, economics, rainforest tours, virtual choirs and lots more! It's fantastic... <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

We would love to hear about the 'cultural capital' experience you selected and completed. So do email your tutor and Head of Year to give a brief outline of the resource you accessed and why you enjoyed it.

We look forward to hearing from you.

Stay safe, Stay well, Stay home.

***Best wishes,
Plume Academy***

