

PE

When we are in school we would normally have a weekly PE session. Since you have been at home, we know lots of you are beginning the day with the Joe Wicks workout, as well as doing some other form of daily exercise. This is great and helps keep our bodies and minds healthy!

From now on, we will plan to include one PE session a week in our work packs. We will be using the REAL PE resource to support this.

REAL PE

To access the PE lesson, you will need to log in to the website below.

The website address is: **home.jasmineactive.com**

Parent email: parent@stcatherin-1.com

Password: **stcatherin**

Once you are logged in, you will see this screen.

Make sure you are following Key Stage 1

The dashboard features a top navigation bar with a hamburger menu icon and the word "Dashboard" on the left, and the "Jasmine" logo on the right. Below the navigation bar is a tabbed interface with two tabs: "Early Years / Key Stage 1" (selected) and "Key Stage 2". The main content area is organized into four columns, one for each day of the week. Each column contains a video link at the top, followed by a list of activities with star icons, and a reminder at the bottom marked with a star icon.

Day 1	Day 2	Day 3	Day 4
EYFS/KS1 Day 1 video	EYFS/KS1 Day 2 video	EYFS/KS1 Day 3 video	EYFS/KS1 Day 4 video
★ Morning (10 mins) Pirate Adventure	★ Morning (10 mins) Pirate Adventure	★ Morning (10 mins) Reach the Treasure game	★ Morning (10 mins) Moon Adventure
★ Afternoon (15 mins) Pirate skills	★ Afternoon (15 mins) Pirate skills	★ Afternoon (15 mins) Pirate skills	★ Afternoon (15 mins) Astronaut skills
★ Afternoon (15 mins) Popping Pirates game	★ Afternoon (15 mins) Captain's Treasure game	★ Afternoon (15 mins) Pirate Statues game	★ Afternoon (15 mins) Crazy Craters game
★ Evening (20 mins) Pirate Story	★ Evening (20 mins) You'll Never Get to Sea song	★ Evening (20 mins) Popping Pirates game grown ups' turn!	★ Evening (20 mins) Journey to the Blue Planet story
★ Wider activity Making the Scoundrel	★ Wider activity Treasure Hunt	★ Wider activity Message in a Bottle	★ Wider activity Creating your Skyscape
★ Remember to take some pictures and video for your scrap book of learning to show your school!	★ Remember to play outside like a pirate and explore your surroundings for treasure!	★ Video call your family and friends to show them your Pirate moves!	★ Gather space junk ready to build your rocket in 2 days' time!

Day 5



Space Day 2 video



Morning (10 mins)

Moon Adventure



Afternoon (15 mins)

Astronaut skills



Afternoon (15 mins)

Home Planets game



Evening (20 mins)

I Jumped Aboard a Rocket
Ship song

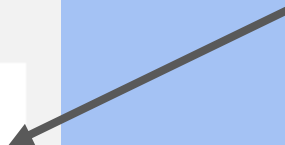


Wider activity

Describing your Alien

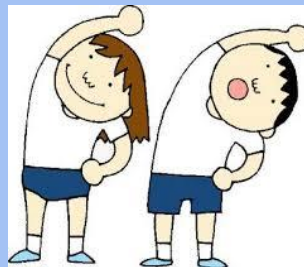


Find an outside SPACE and try jumping
over all the craters



Start by watching the video clip. This will set the scene for today's activities.

Remember to wear appropriate clothing and footwear, just like we would in school!



Dashboard Screen

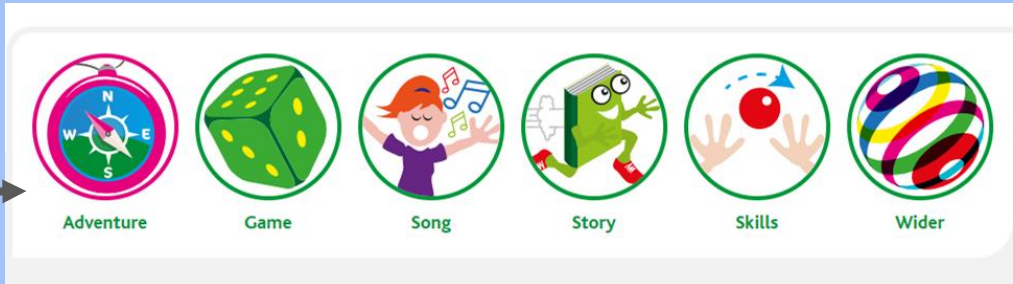
Day 5

-  **Space Day 2 video**
-  Morning (10 mins)
Moon Adventure
-  Afternoon (15 mins)
Astronaut skills
-  Afternoon (15 mins)
Home Planets game
-  Evening (20 mins)
I Jumped Aboard a Rocket Ship song
-  Wider activity
Describing your Alien
-  Find an outside SPACE and try jumping over all the craters

After the video, click on 'Moon adventure' to get started!



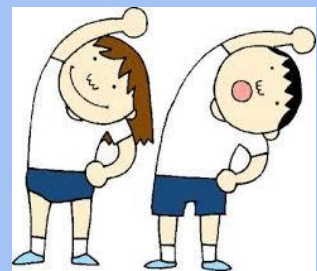
These icons will appear at the bottom of the page. You can use them to navigate through the lesson.



Or you can return to the 'dashboard' screen and click on the next section here.

Start by watching the video clip. This will set the scene for today's activities.

Remember to wear appropriate clothing and footwear, just like we would in school!



Day 6

-  **Space Day 3 video**
-  Morning (10 mins)
Asteroid Shower game
-  Afternoon (15 mins)
Astronaut skills
-  Afternoon (15 mins)
Space Race game
-  Evening (20 mins)
Crazy Craters
grown ups' turn!
-  Wider activity
Junk Modelling Rocket Ships
-  Film a space documentary and share with friends and family

Dashboard Screen

Day 6

 **Space Day 3 video**

★ Morning (10 mins)
Asteroid Shower game

★ Afternoon (15 mins)
Astronaut skills

★ Afternoon (15 mins)
Space Race game

★ Evening (20 mins)
Crazy Craters
grown ups' turn!

★ Wider activity
Junk Modelling Rocket Ships

★ Film a space documentary and s
with friends and family

After the video, click on the 'Asteroid Shower game' to get started!

Asteroid Shower



These icons will appear at the bottom of the page. You can use them to navigate through the lesson.



Adventure



Game



Song



Story



Skills



Wider

Or you can return to the 'dashboard' screen and click on the next section here.