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.

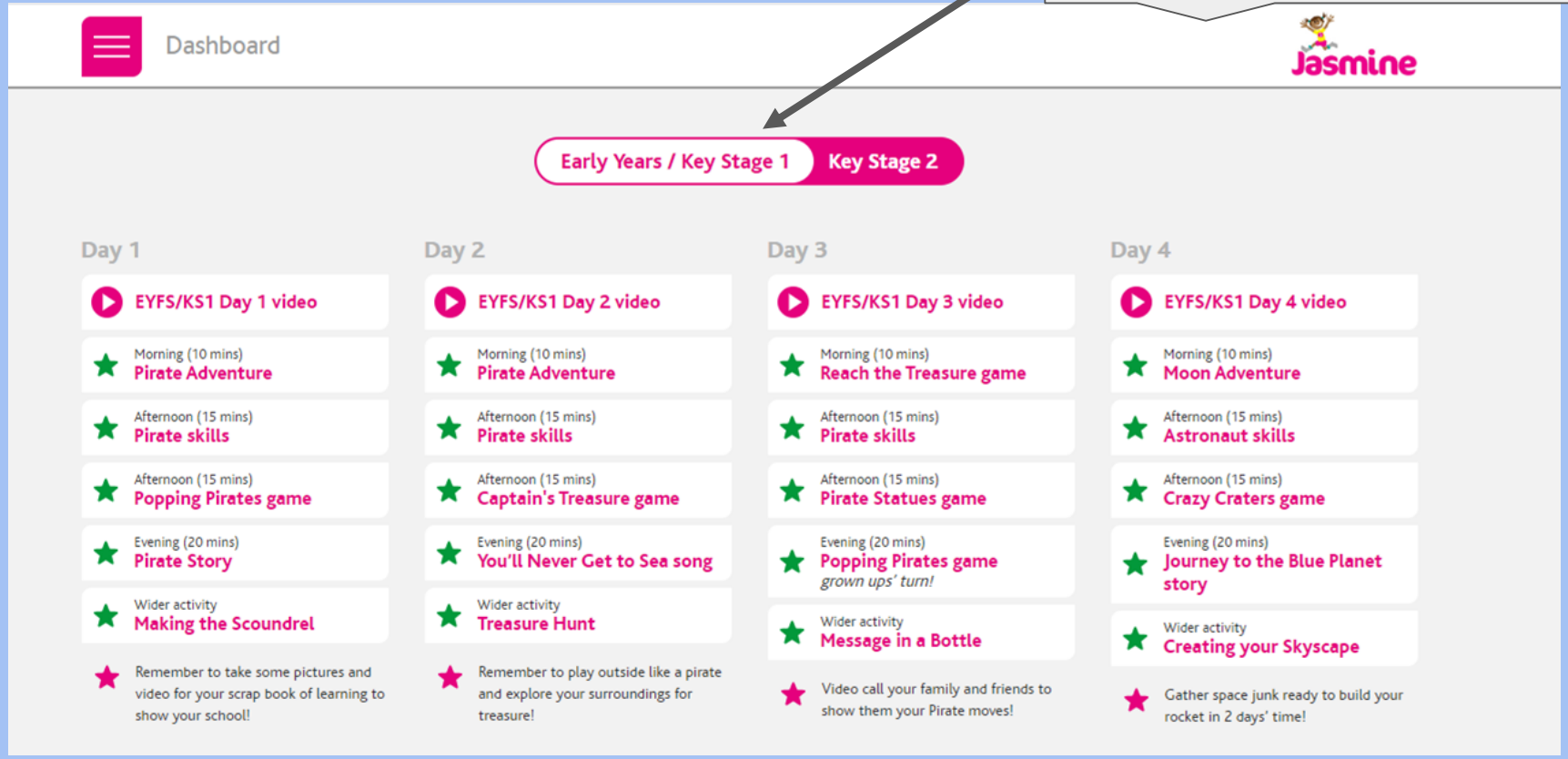
The website address is: **home.jasmineactive.com**

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



Session 1 - Day 1

Day 1

EYFS/KS1 Day 1 video

Morning (10 mins)
Pirate Adventure

Afternoon (15 mins)
Pirate skills

Afternoon (15 mins)
Popping Pirates game

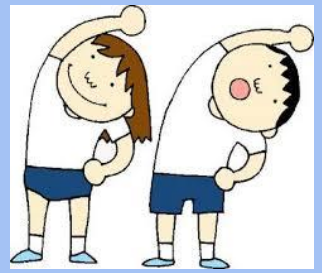
Evening (20 mins)
Pirate Story

Wider activity
Making the Scoundrel

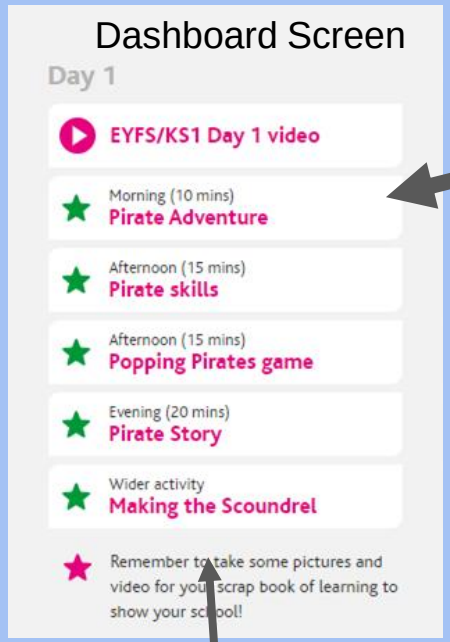
Remember to take some pictures and video for your scrap book of learning to show your school!

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!



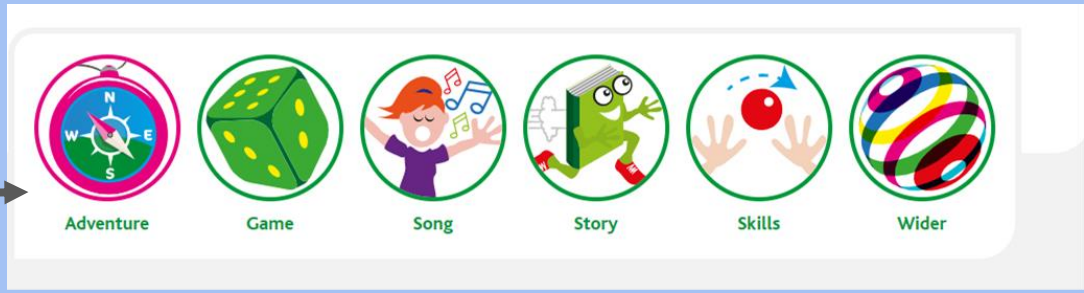




After the video, click on the Pirate adventure to get started!



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.

Session 2 - Day 2

Day 2

EYFS/KS1 Day 2 video

Morning (10 mins)
Pirate Adventure

Afternoon (15 mins)
Pirate skills

Afternoon (15 mins)
Captain's Treasure game

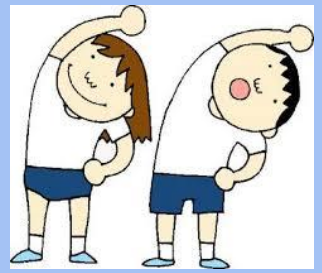
Evening (20 mins)
You'll Never Get to Sea song

Wider activity
Treasure Hunt

Remember to play outside like a pirate and explore your surroundings for treasure!

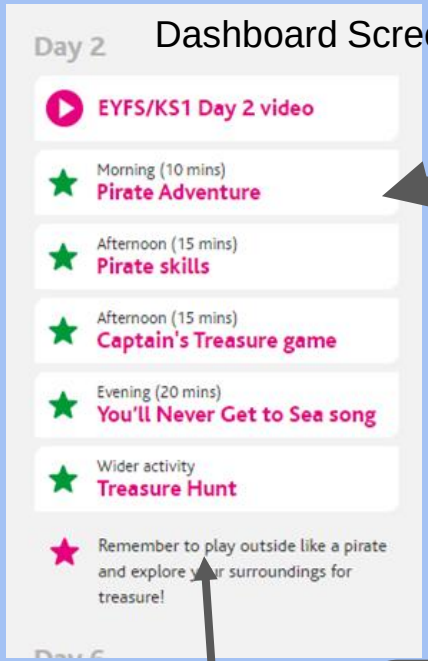
Start by watching the video clip. This will set the scene for today's activities.

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





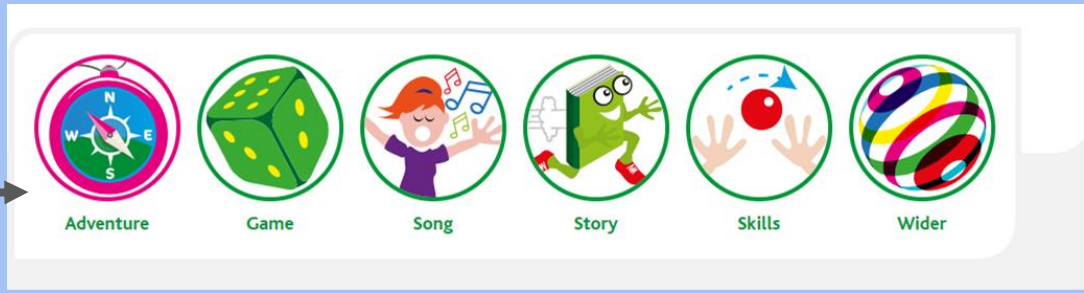
Dashboard Screen



After the video, click on the Pirate adventure to get started!



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