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.

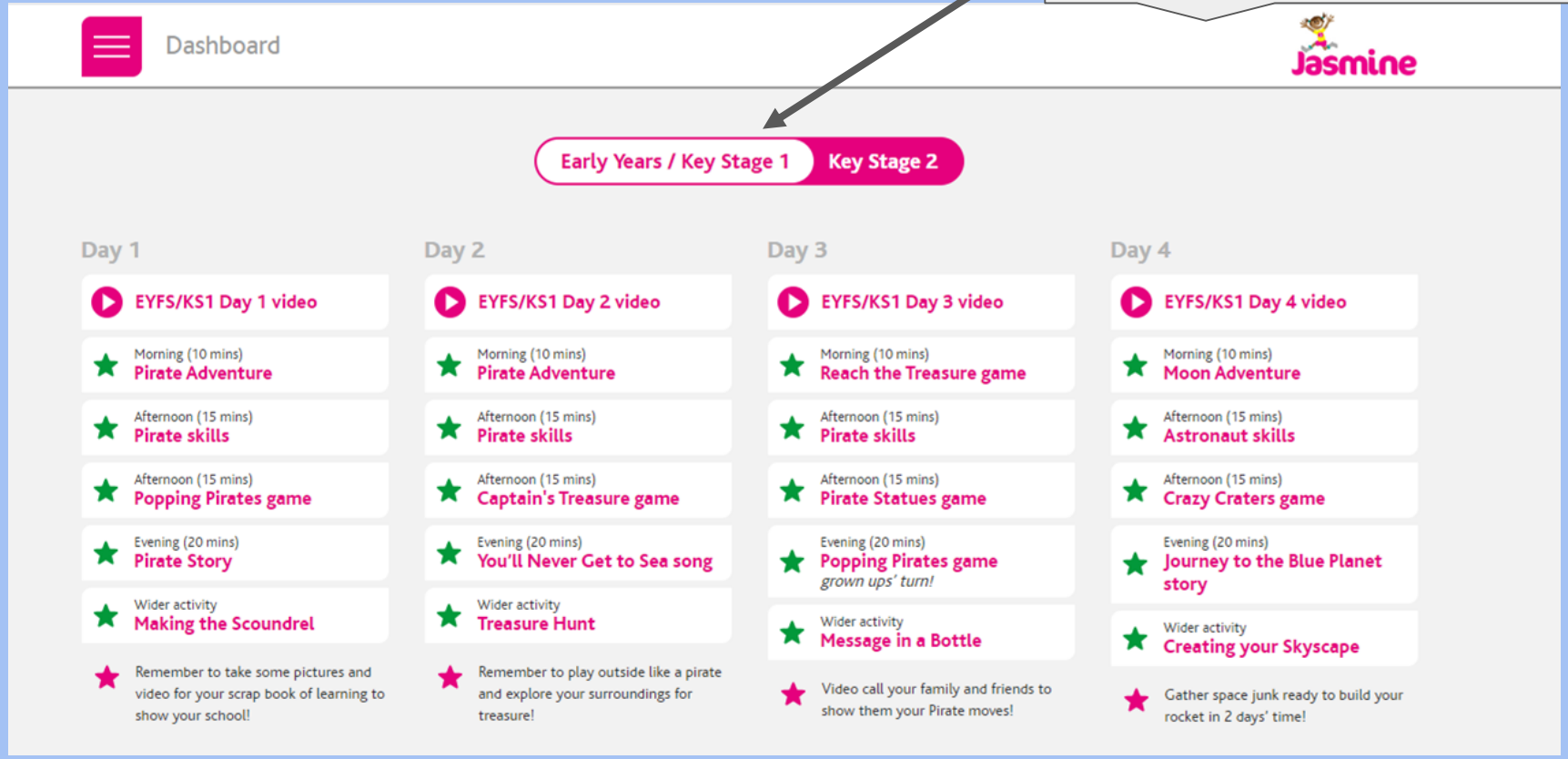
The website address is: **home.jasmineactive.com**

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



PE session for wc 18.5.20

Day 3

Pirates Day 3 video

Morning (10 mins)
Reach the Treasure game

Afternoon (15 mins)
Pirate skills

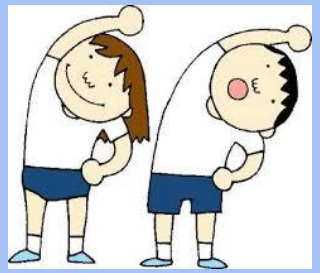
Afternoon (15 mins)
Pirate Statues game

Evening (20 mins)
Popping Pirates game
grown ups' turn!

Wider activity
Message in a Bottle

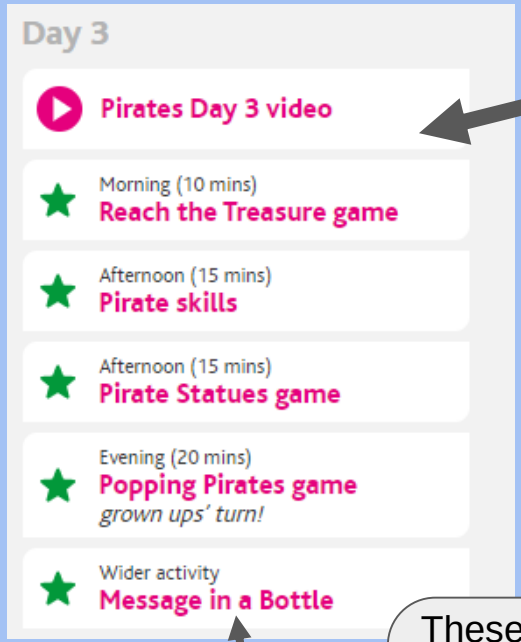
Start by watching the video clip. This will set the scene for today's activities.

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





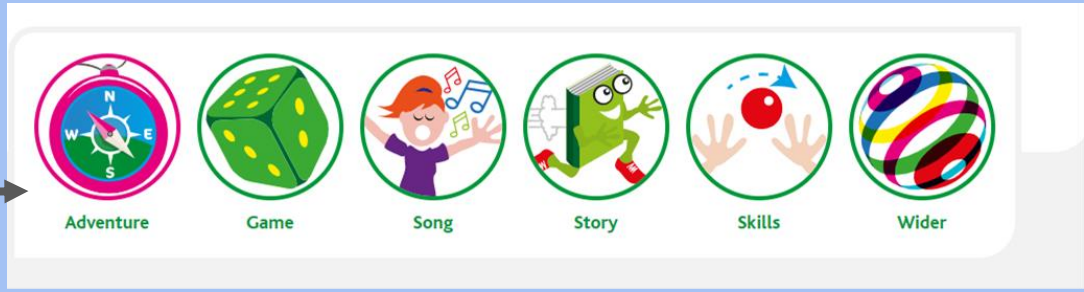
Dashboard Screen



After the video, click on ‘Reach the Treasure game’ 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.

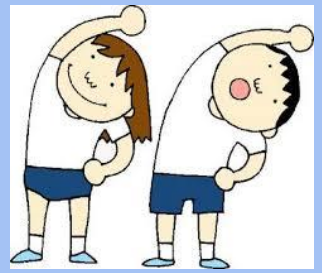
PE session for wc 1.6.20

Day 4

- Space Day 1 video
- Morning (10 mins) **Moon Adventure**
- Afternoon (15 mins) **Astronaut skills**
- Afternoon (15 mins) **Crazy Craters game**
- Evening (20 mins) **Journey to the Blue Planet story**
- Wider activity **Creating your Skyscape**

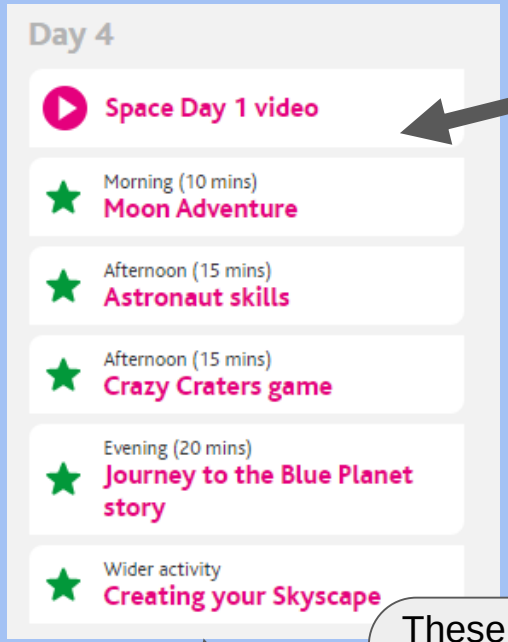
Start by watching the video clip. This will set the scene for today's activities.

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





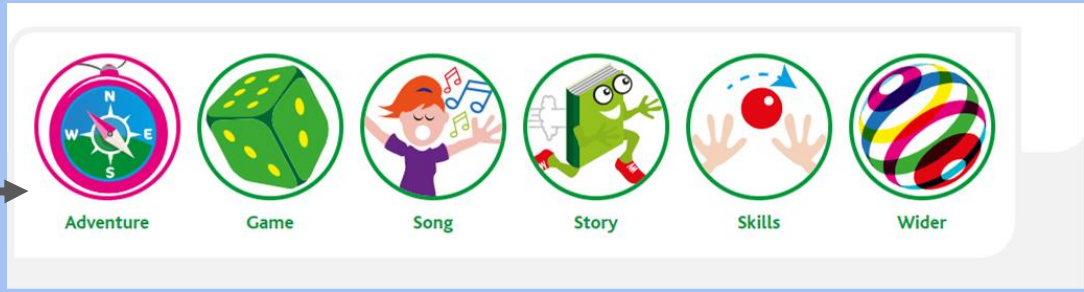
Dashboard Screen



After the video, click on the 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.