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.

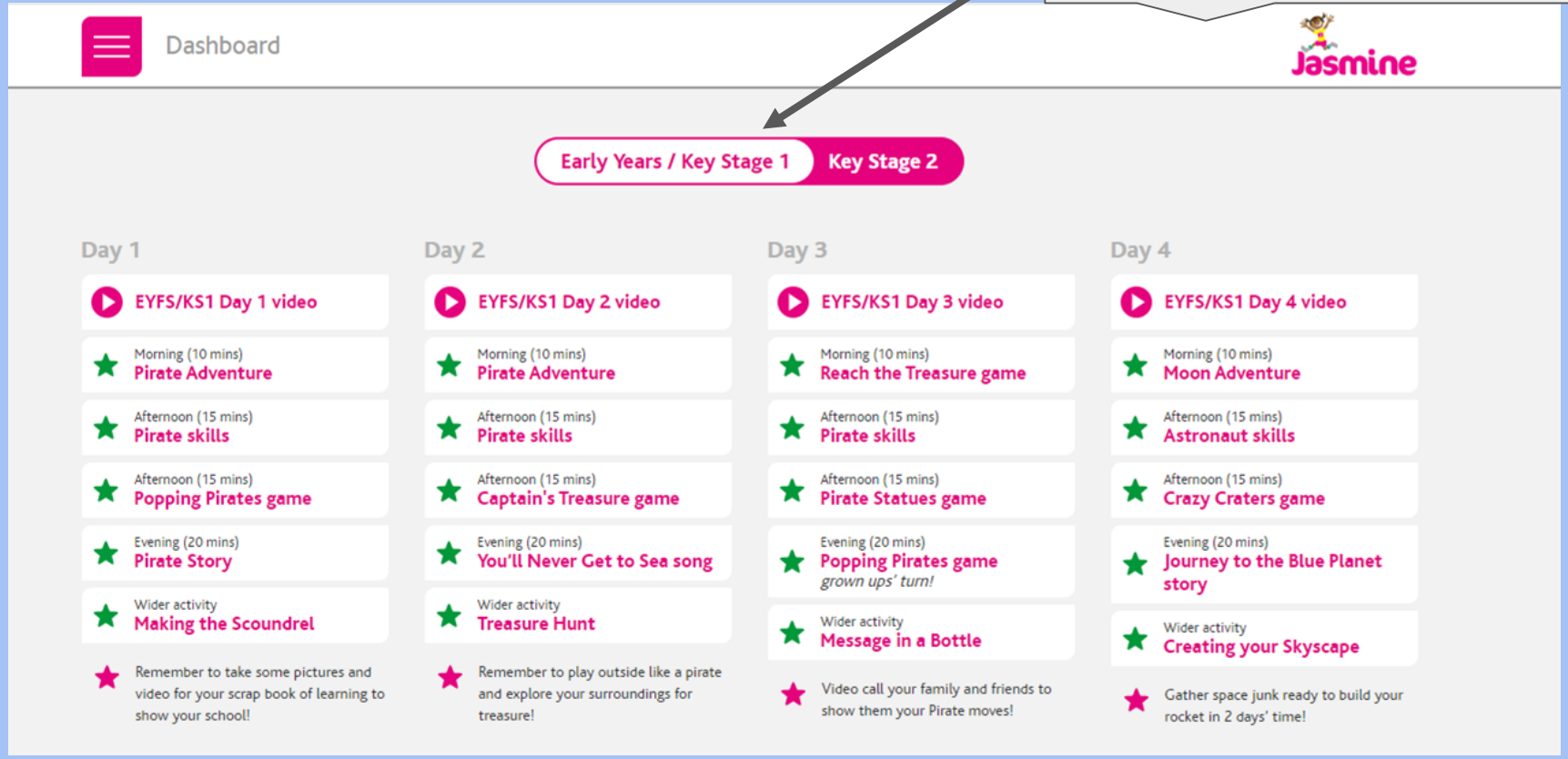
The website address is: **home.jasmineactive.com**

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



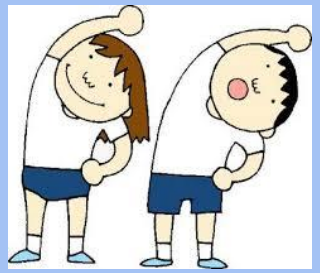
PE session for wc 29.6.20

Day 9

- Jungle Day 3 video
- Morning (10 mins) **Mirror Mirror game**
- Afternoon (15 mins) **Monkey skills**
- Afternoon (15 mins) **Cheeky Monkey Says game**
- Evening (20 mins) **Throw the Fruit game** *grown ups' turn!*
- Wider activity **Making a Safari Tent (inside)**

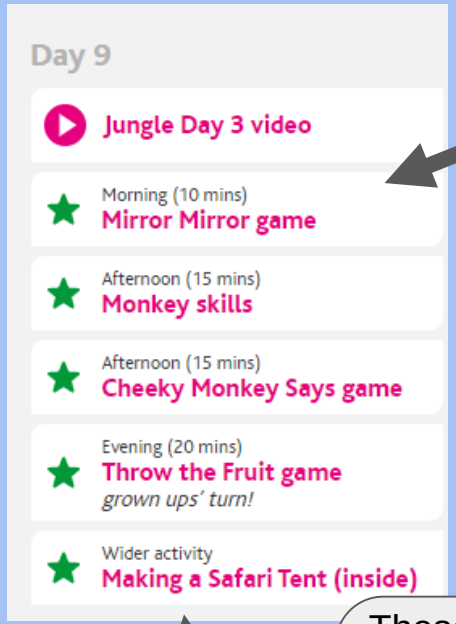
Start by watching the video clip. This will set the scene for today's activities.

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





Dashboard Screen



After the video, click on 'Monkey Mirror' 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.

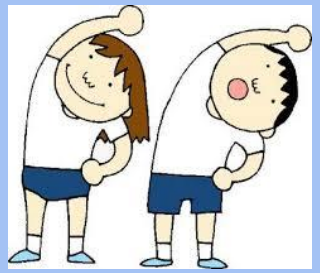
PE session for wc 6.7.20

Day 10

- Fairy tale Day 1 video
- Morning (10 mins) **Fairytale Adventure**
- Afternoon (15 mins) **Hobgoblin skills**
- Afternoon (15 mins) **Magic Beans game**
- Evening (20 mins) **Ringo to the Rescue story**
- Wider activity **Fairy tale Fiction**
- Take a walk and look for lots of natural items fairies could use to build a house

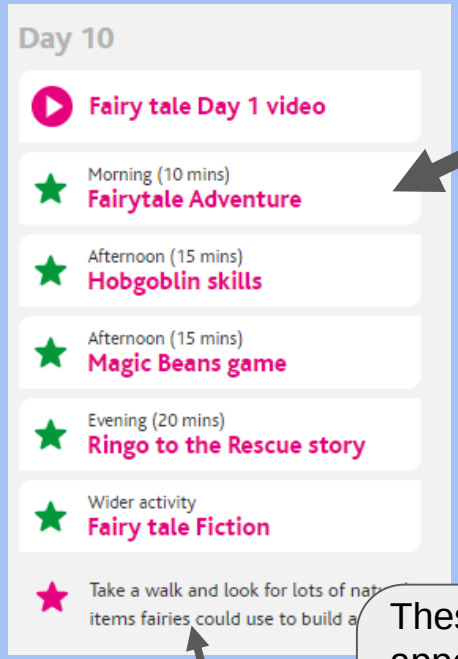
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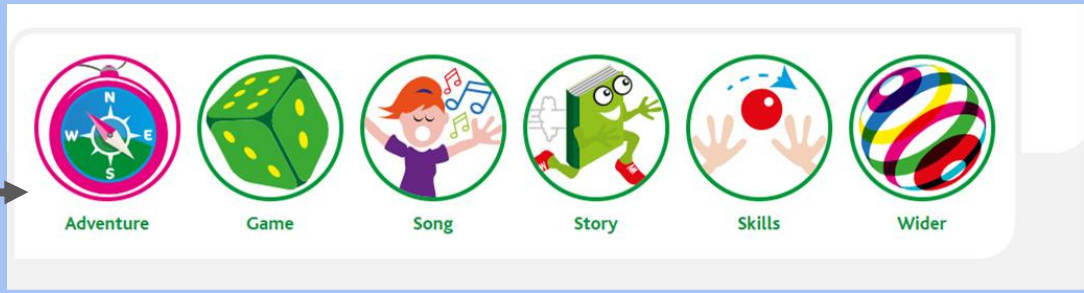
Dashboard Screen



After the video, click on the ‘Fairytale 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.