



real PE at home – online learning resources

real PE at home includes an online programme which supports families to be active, play and learn together. It includes a programme specifically for children in Early Years and Key Stage 1 with 12 themes, 6 areas, over 250 activities and challenges and 1000s of hours of fun and activity. This programme is also great for family play and fun.

It also includes a programme for children in Key Stage 2, with daily and weekly guidance provided for both programmes (starting from this week) in addition to an option to choose your own themes and activities.

There are so many benefits to being active, not only to our physical wellbeing but also to our emotional and mental health, especially in such testing times for all of us. We hope that the ideas help support you and your family to stay fit and healthy in the coming months. Here are the details to access **real PE** at home:

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

Parent email: parent@northwickp-1.com

Password: northwickp