

PE Activities at home

We now have online access to a wonderful PE resource called **real PE** at home for all our families at Wyndham.



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.

For children in Key Stage 2 there are carefully selected personal best challenges, skills and games designed for the home and garden. Daily and weekly guidance is provided for both programmes 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@wyndhampri-1.com

Password: **wyndhampri**

Click [here](#) to view more information to support you including a user guide and FAQs.

You can view what **real PE** at home looks like by clicking [here](#).

Remember to join the Facebook community group, **real PE** at home -top tips & advice and look out for the competitions where you have the chance to win prizes for your family.

