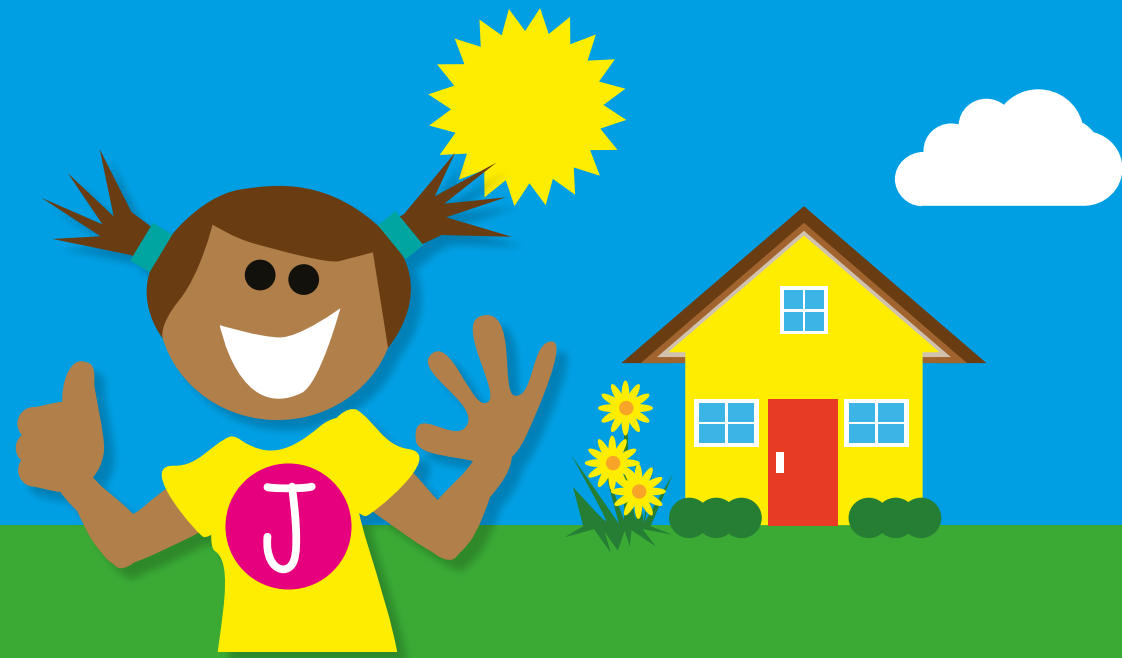


Guidance for Schools and Families



real PE at home

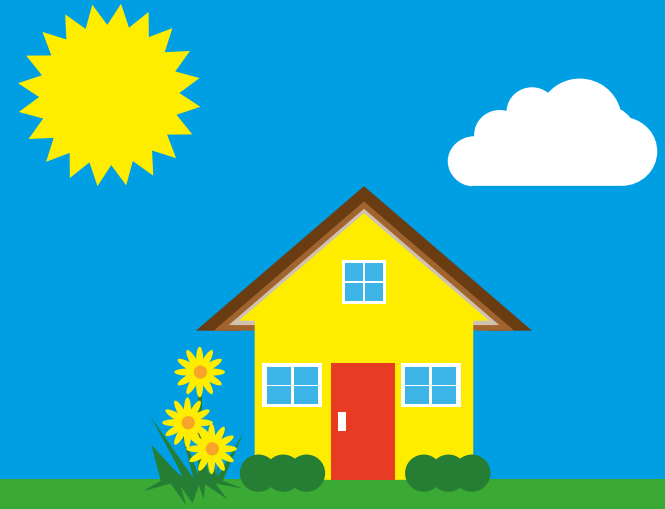


A programme to support children and families to be active, play and learn together.

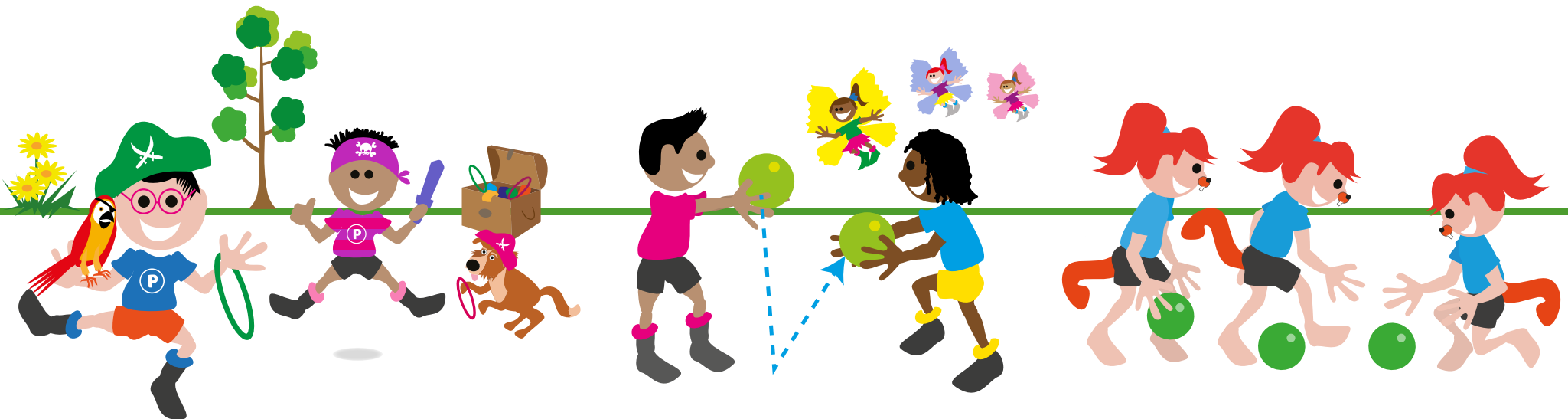
Early Years and Key Stage 1 – 12 themes, 6 areas, over 250 activities and challenges and 1000s of hours of fun, activity and family play.

Key Stage 2 – A daily programme of **real PE** activities, challenges and opportunities to develop your Fundamental Movement Skills.

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 and support we can provide will help you to keep your children and families fit and healthy in the coming months.

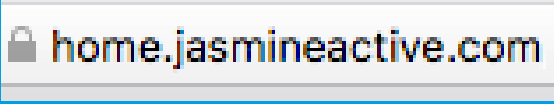


Follow the **simple steps** below to access the programme:

Step 1

ENTER the following web address into your browser*

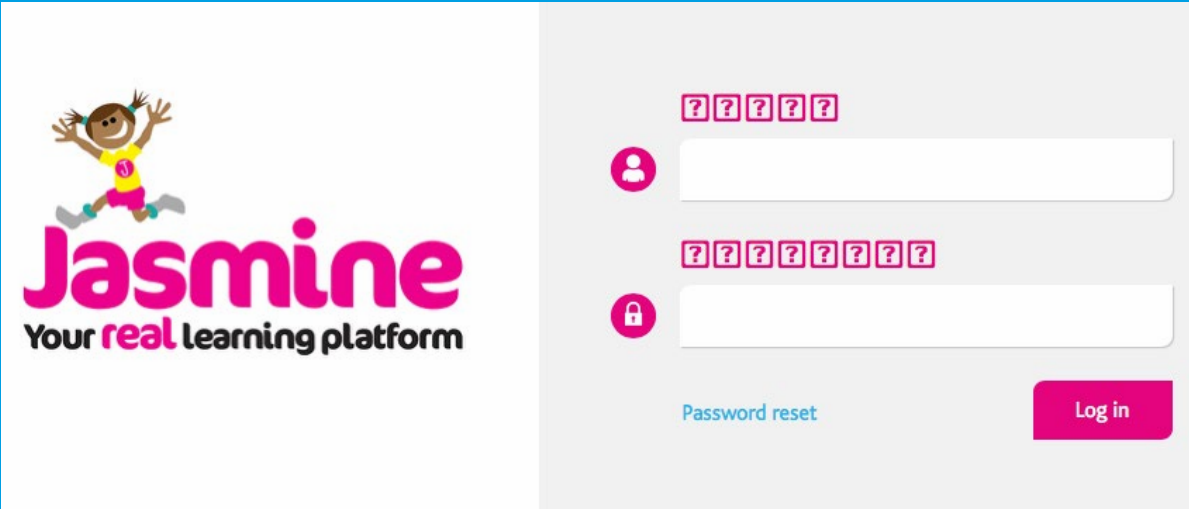
<https://home.jasmineactive.com/>



**The programme can be accessed on PCs, tablets and many Smart TVs (best browsers are Chrome, Edge, Firefox and Safari)*

Step 2

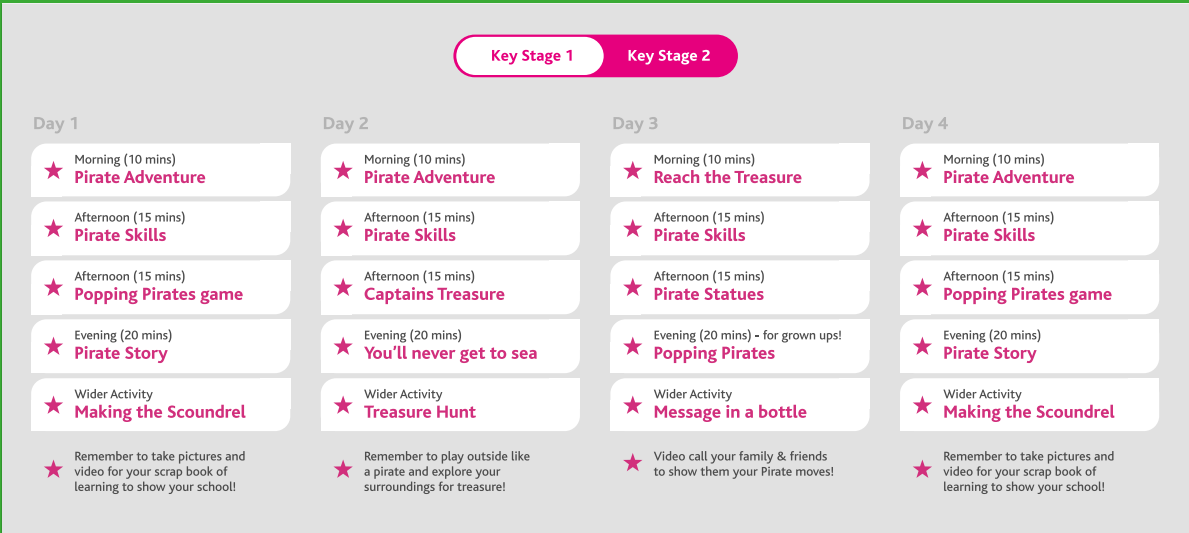
ENTER your **username** and **password** where prompted.
(This will have been provided for you by your school or directly by us.)



Step 3

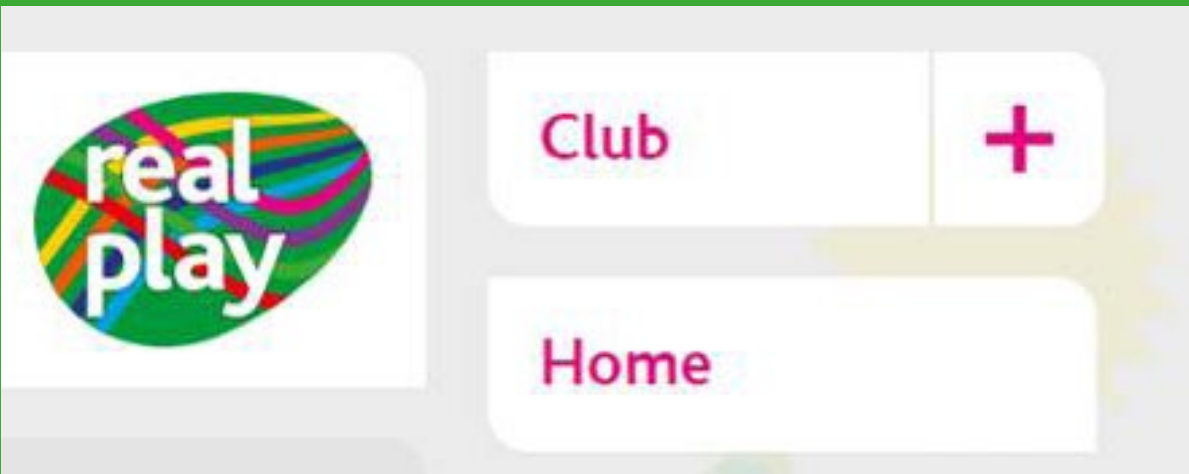
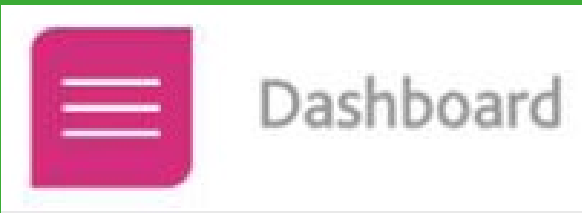
OPTION 1

CLICK on the pre-set activities for the day to follow our proposed programme.
Remember to watch the video first as this will give tips, hints and reminders each day.



OPTION 2

CLICK on the menu bar, then the **real play** logo and then the Home tab to navigate to the programme menu.
Once here, you can choose your own theme or follow the programme set out by your school.



Step 4



Get active, have fun and develop your skills!

[CLICK HERE](#) to view a short introduction video as to how the programme works.

Keep up-to-date with all the latest tips,
new videos and ideas for your family

Follow us on:



@Create_Dev



create_development



facebook.com/create.development



You can view the latest updates on the news page on
jasmineactive.com or you can **CLICK HERE.**

We will be building an online community to share all the benefits of families playing and learning together. We would love to see photos and videos of your family exploring the activities and games to support and motivate other families to enjoy having fun and being active together.

A chance to win prizes for **your family!**



LOOK OUT for the **Create competitions** for your chance to win fun, family prizes during school closures. Weekly prizes will be announced! Videos can be shared on Twitter, Facebook or Instagram by parents/guardians or those with permission to share videos.

Please ensure you tag us in by using our social media handles (e.g. Twitter: **@Create_Dev**) so that we can see your posts and enter them into the competitions.

Please use these hashtags in your posts:
#homelearning #realPEathome





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