



St Joseph's RC Primary School

Sully Road, Penarth, CF64 2TQ

Tel: (029) 20702864

stjosephsps@valeofglamorgan.gov.uk

www.stjosephsrc.com

Headteacher: Mr Gareth Rein

Thursday 23rd April 2020

Dear parent/carer,

As part of our physical education and health and well-being lessons, teachers will be directing pupils to an online programme called *realPE*. All pupils will be given a username and password to log in, and from there will be able to access hours of fun activities and challenges that will help you to keep them fit and healthy in the coming weeks and months. Each week, teachers will set and direct pupils to a particular lesson, however all pupils are invited to engage with the activities as often as they wish throughout the week.

realPE 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 in addition to an option to choose your own themes and activities.

Once you have logged into the website, there is an option to watch a video which explains clearly how the website works. You will then need to select either Foundation phase if you have a child in Nursery – Year two, or Key stage 2 if you have a child in Year 3-Year 6. Follow the activity timetable by clicking on the activities.

Alternatively, choose your own activities by selecting the real play icon from the menu and choosing the Home tab. View the video at the start of each day for information and top tips. View the user guide and keep up-to-date with all the latest tips, videos and ideas.

Here are the details to access real PE at home:

The website address is: home.jasmineactive.com

Parent email: parent@stjosephsr-5.com

Password: stjosephsr

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.

Yours sincerely,

Miss Ttophi