

This is a quick use guide to enable you to access the online PE learning on Real PE's Jasmine program.

1. Google 'Jasmine PE' or 'Jasmine active' to find the website
2. Logon to Jasmine using the Real PE username and password that has been sent to you.
3. When you are logged in, you should be on a page titled real PE at home. Click on the KS2 FUNS skills icon.
4. On the next page there will be icons related to lots of different PE skills. Click on the icon we are doing for that day (currently we are doing dynamic balance on Tuesday and ball handling on Thursday).
5. After clicking on the chosen icon, a screen should come up with a video. These videos are about the different skills related to this unit. Each lesson, work your way through the skills in the videos. I would recommend starting on the green skills and spending between 10/15 minutes practising the different skills shown. Make sure you are confident with the skills in one colour before moving onto the next one.
6. After 10/15 minutes of practice, have a look at the activity icons that are on the same page as the video. Each lesson, click on one of the icons. Make sure you select a different one each lesson.
7. Each activity has a set of instructions found by clicking on the blue icon with the curved arrow and people symbols. Complete the activity as instructed or as close as you are able to. There is also a pink lightbulb icon which gives suggestions for how to complete it and an icon with the child to give tips to improve physical performance. Some also have a video icon which demonstrates how to do the activity and make adaptations.
8. I would recommend doing the activity at least twice, seeing if you can improve your performance the second time you do it. Try to spend 15 minutes doing the main activity and feel free to adapt it to suit your own home circumstances.

I hope this will help you to access and enjoy our real PE learning at home.