

Below are ideas to keep up with Sport and PE at home

*Willow Tree School Sport Partnership is a PE and school sport organisation in the London borough of Ealing hosted by Willow Tree Primary School. Over the coming weeks while schools continue to remain closed to the majority of pupils, the partnership will be supporting families to be active, play and learn together through physical activities and challenges. Please follow the social media channels below to find out more and take part in their daily challenges:*

*Twitter: @WillowTreeSSP*

*Instagram: @willowtreessp*

***Please look out for their daily physical challenges starting on Monday!***

***#stayhomestayactive***

***#stayinworkout***

### **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 next 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](https://home.jasmineactive.com)**

Parent email: **parent@durdanspar-1.com**

Password: **durdanspar**

## Websites and Links to online support for PE

<https://www.youthsporttrust.org/free-home-learning-resources-0>

<https://www.girlsfootballinschools.org/>