



Fleet Primary School

Fleet Road Hampstead London NW3 2QT

Tel: 020 7485 2028

E-mail: admin@fleet.camden.sch.uk

Headteacher: Don McGibbon



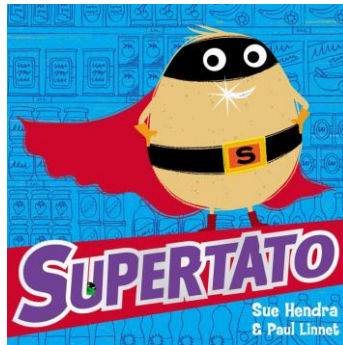
Learning from home - Nursery

Topic - Things we Love!

Please note that some of the learning links and activities can be repeated as they are regular activities we do in nursery. Any new activities and links will be added in **green** so you can locate these easily.

Please remember these are suggested activities - more than anything we want you all to stay safe and enjoy playing together. Thank you for the photos you have sent so far. It has been lovely seeing what you are up to. Best wishes, Nic and Rebecca

This week is Superheroes week!



This week's activity ideas...

Personal, Social and Emotional Development

Superheroes always work together as a team. Can you practise your super helping skills by helping your family with jobs and be a fantastic superhero team? Ask a grown up to give you some super jobs to help with this week, like helping make your bed, helping with the cooking and tidying, helping with some cleaning jobs...



Superheroes have special powers and things that they are good at. Can you think of all the things you are good at? Ask your family about all the things they are good at too.

If your child has questions about the Coronavirus pandemic, CBeebies have made a special Get Well Soon

on the subject, where Dr Ranj explains about the virus
<https://www.bbc.co.uk/iplayer/episode/p08bmd70/get-well-soon-coronavirus>



Physical Development

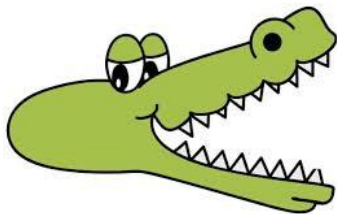
Are you ready for some super challenges? Ask someone in your family to set a timer on their phone or watch for one minute. Now see how many of these you can do in one minute: star jumps, bunny hops, press ups. Can you run on the spot for one minute? How do you feel after exercising?

Make up your own superhero exercise routine for your family to do together. You can get some ideas for your routine by watching Joe Wicks PE sessions. Watch this one for some Spiderman moves

<https://www.youtube.com/watch?v=3Z05939ZMbE>

and this one for some Superman moves

<https://www.youtube.com/watch?v=nMpSKmcdXBI&list=PLyCLOpd4VxBsXs1WmPceKtsQyFbXTf9FO&index=26&t=0s>



Carry on practising your cutting skills at home - remember the rhyme to help you hold the scissors correctly - 'Fingers on the bottom and the thumb on top, open the mouth and go chop, chop, chop!'

A fun thing to try is to use scissors to chop playdough into little pieces. After, you can squish it all back together and chop it up again. You could pretend you are making food for someone.



Parents, this could be the right time to encourage your child to hold their pencil correctly if they need a reminder. If your child is doing lots of mark making but struggling to hold their pencil correctly, there are some tips here to help

<https://www.youtube.com/watch?v=skH32KwdirU>

Dough Disco

Have a dough disco at home! Pop on some music and squish any dough you have! You can easily make dough at home too - <https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/>

Some of our favourite dough disco songs:

<https://www.youtube.com/watch?v=zJQ2CaA7E50>

<https://www.youtube.com/watch?v=i-IfzeG1aC4>

<https://www.youtube.com/watch?v=DrBsNhwzgc>

<https://www.youtube.com/watch?v=KSB08N4ctJg>



Here is a playlist of familiar pop songs you might like to use for a dough disco at home

https://www.youtube.com/playlist?list=PL16OPbE3RaSgoxvrpFBj4gkyt26_aMf0V

Health and Self Care



Can you help make a super snack? What could you make? What superpower will it give you? For instance, some people believe that eating carrots helps you see in the dark. Can you make up some superpowers that different fruit and vegetables might give you? For instance, peppers might make you fly or apples might give you x-ray vision!

The Superveggies from the Supertato books are great superheroes. Could you draw a picture of your favourite fruit or vegetable as a superhero?



Can you practise getting dressed in the morning?
Try to put on your own clothes.

Here is a great hand washing song as we all need to make sure we are washing our hands to stay healthy <https://www.youtube.com/watch?v=dDHJW4r3eIE>



We should all brush our teeth in the morning and at night time for two minutes. This song is all about brushing our teeth and lasts two minutes - try brushing your teeth while you watch!

https://www.youtube.com/watch?v=wCio_xVlgQ0

Remember to use pea sized amount of toothpaste.

Reading

Watch the story videos this week - Supertato and Superworm.
Can you draw a picture of your favourite character in the stories?

Keep a look out for the Evil Pea and shout out when you see him in Rebecca's story and join in with Nicola as she reads the part of Superworm that repeats...

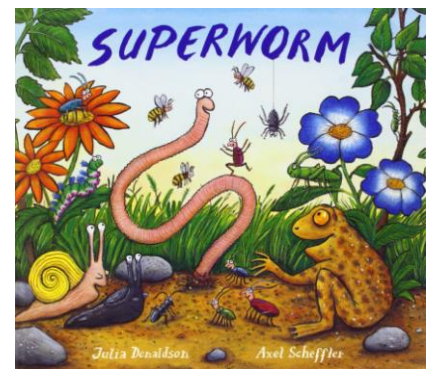
'Superworm is super long, Superworm is super strong. Watch him wiggle, see him squirm. Hip hip hooray for Superworm!'

Do you have any superhero books at home to look at?

If you want to listen to other stories, watch our other story videos on our Nursery page and there are lots more to watch on the CBeebies bedtime stories page

<https://www.bbc.co.uk/iplayer/episodes/b00jdlm2/cbeebies-bedtime-stories>

If you would like further reading books and books for other members of the family, please look here <https://www.camden.gov.uk/digital-library> to sign up for the Camden library service.



Phonics

This week we are going to learn another new sound. It is the 'm' sound as in mouse, monkey and mountain. You can watch a video about our new sound on the nursery page of the website.

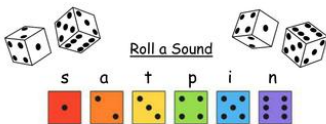
The song for m is here

<https://www.youtube.com/watch?v=fPpiphWXjKM>

Visit Espresso and watch the video about the m sound here

https://content.espresso.co.uk/espresso/primary_uk/subject/module/video/item71632/grade6/module61932/index.html (login student21013

password fleep)



s	a	t	p
i	n	s	a
t	p	i	n
s	a	t	p
i	n	s	a

This website is great for showing you the actions, songs and rhymes for each sound. <https://www.thebabybearclub.co.uk/copy-of-t-spring-phonics>

On the nursery page there is a Roll a Sound game. You can print this out or use it to make your own on a sheet of paper. To play, use a dice (or a dice app on your phone) and some colouring pencils/pens. Take it in turns to roll the dice and find the sound to colour eg if you roll a three, colour in a t. See if you can get a line of 3 sounds.

Parents, if your child is confident with the sounds we have learned so far (s,a,t,p,i,n,m) you could show them how there are words they can build with these sounds eg s-a-t, t-a-p, m-a-n, t-i-p, p-i-n, etc Make a set of sound cards and see if you can move them around to make some words.

There are some good resources and ways to support your child with phonics here and it is free for parents at the moment <https://new.phonicsplay.co.uk/>

Sing along to the all the Jolly Phonics songs for all the sounds here

<https://www.youtube.com/watch?v=jvAYUvQUrGo>

Writing



Can you make up your own superhero identity? Draw a picture of yourself dressed as a superhero and remember to say what your superhero powers would be.

Can you fly? Are you super strong, super stretchy, invisible? Do you have x-ray vision?



Practise writing your sounds. Can you write our new sound - m? Say the rhyme as you write - Maisie, mountain, mountain. Watch the nursery video to help you.

There are lots of ideas for mark making activities on the nursery page here

[http://fluencycontent2-schoolwebsite.netdna-](http://fluencycontent2-schoolwebsite.netdna-ssl.com/FileCluster/FleetPrimaryRedesign/MainFolder/3-Parents/Home-Learning/Work-for-home---Nursery/Mark-Making.pdf)

[ssl.com/FileCluster/FleetPrimaryRedesign/MainFolder/3-Parents/Home-Learning/Work-for-home---Nursery/Mark-Making.pdf](http://fluencycontent2-schoolwebsite.netdna-ssl.com/FileCluster/FleetPrimaryRedesign/MainFolder/3-Parents/Home-Learning/Work-for-home---Nursery/Mark-Making.pdf)

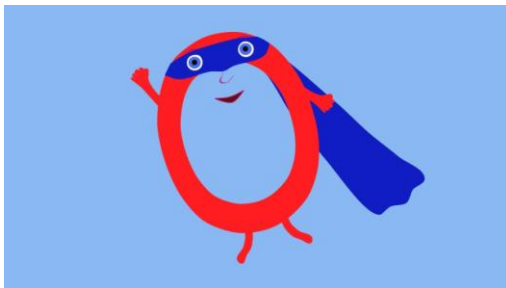
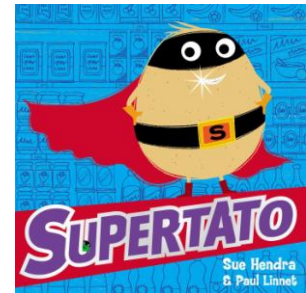
Maths

Numbers



Watch the video of Ten Little Superheroes and practice counting back from 10. In the video we use our careful counting finger to count each object. You can join in at home by collecting 10 objects to count. It doesn't need to be superheroes, it can be 10 of anything - raisins, lego bricks, pencils, or a mixture of objects.

For a series of daily maths activities based around the Supertato story, please visit this website <https://whiterosemaths.com/homelearning/early-years/> and click on Summer Term Week 1 (20th April) - they are really worth a look!



Sing along to a fantastic superhero song to learn about zero! It's called Let's Count up to Ten!

<https://www.youtube.com/watch?v=6RfIKqkvHTY>

Sing the days of the week song from our Nursery website.

<https://vimeo.com/400924659>

Practise counting forwards and backwards and writing numbers up to 10

<https://www.youtube.com/watch?v=7D4K9oi7oBM>

Look for opportunities to count around the house – how many steps to the kitchen? Go on a number hunt – what numbers can you see around you?

Count with the Numberblocks

<https://www.bbc.co.uk/iplayer/episode/b08cr24d/number-blocks-series-1-how-to-count>



Watch the counting practise video on the Nursery page - can you order numbers 1-10? Make some quick number cards by writing numbers 1-10 on pieces of paper and try to order them

<https://vimeo.com/411401618>

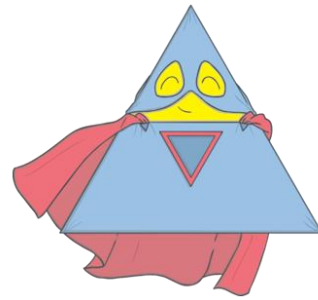
Shapes

Our shape of the week is a triangle. Can you look for triangles around your home?

Listen to some great triangle songs and see if you can sing along

<https://www.youtube.com/watch?v=2wFMdKb0cz0>

<https://www.youtube.com/watch?v=Z4cUQ1ItK-w>



twinkl.com



Can you use triangles to make a necklace? Watch the video on the nursery page to show you how.

Go on a shape hunt – how many different shapes can you see in your house?

<https://www.youtube.com/watch?v=TJhfI5vdxp4>

<https://www.youtube.com/watch?v=OEbRDtCAFdU>

Understanding the World



Now it is Spring it is a great time to grow vegetables. Watch this programme that tells you more

<https://www.bbc.co.uk/iplayer/episode/b0brf9gs/kit-pup-series-1-49-vegetables>

Talk about what plants need to grow. If you have any, plant some seeds or water any plants growing in your

home> Watch a song about this here <https://www.youtube.com/watch?v=dUBIQ1fTRzI>

Look at the vegetables and fruits you eat. Where do they grow...in the ground, on a tree?

You could look up some information together on the internet.

Find out more about how vegetables like potatoes need to be cooked and how this changes what they look like

https://content.espresso.co.uk/espresso/modules/t1_finding_about_food/exploring_food/vid_eo_how_food_changes.html?source=search-all-all-all&source-keywords=potatoes



Expressive Arts and Design



If you have any old potatoes at home, maybe you could make your own Supertato?



Can you cut a triangle to make a cape for a lolly stick superhero? Use pens and paper to add details to your lolly stick.

Use toilet roll tubes (for superhero cuffs) and a paper plate (for a shield) to make a superhero costume. What colours will you use? Will you have letters, a picture or shapes on your costume? Use a small sheet or towel to make a cape. Get your grown ups to dress up too. Use chairs and sheets to make a superhero headquarters to plan your rescues together.



You could collect and use any junk boxes, bottles, tape, scissors to make a superhero vehicle or trap for the bad guys. How will they get trapped?



Watch the Small Potatoes tell us about all the different types of art <https://www.bbc.co.uk/iplayer/episode/b01115c7/small-potatoes-10-art>

Dance and Music

Learn a superhero dance. There are a few to choose from...

<https://www.youtube.com/watch?v=ok7V1pWtRzs>
<https://www.youtube.com/watch?v=6y3RMeH0jME>
https://www.youtube.com/watch?v=K_iert5hSKY

Watch a superhero song and sing along. Maybe you could dress up too?

<https://www.youtube.com/watch?v=Py4fhsx3Ct4>

Get moving with the 'Move and Freeze' song we do in Nursery

<https://www.youtube.com/watch?v=388Q44ReOWE>

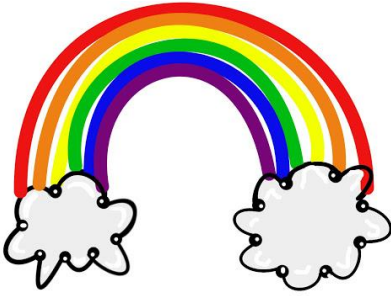


Learn and practise nursery rhymes, for example Five Little Ducks, Mary had a Little Lamb. <https://www.bbc.co.uk/cbeebies/curations/nursery-rhymes>

You can find some more physical activity ideas on the nursery website page

<http://fluencycontent2-schoolwebsite.netdna-ssl.com/FileCluster/FleetPrimaryRedesign/MainFolder/3-Parents/Home-Learning/Work-for-home---Nursery/Physical-Activity-Ideas.pdf>

Most of all...



We hope you are enjoying time as a family.
The weather has been lovely - it makes such a difference when the sun shines! Take time to be together and have fun...and remember, CBeebies is always there when you need a break! ;-)