



# Fleet Primary School

Fleet Road Hampstead London NW3 2QT

Tel: 020 7485 2028

E-mail: [admin@fleet.camden.sch.uk](mailto:admin@fleet.camden.sch.uk)

Headteacher: Don McGibbon



## Learning from home - Nursery Topic – Tell me a story!

This term our topic is based around story telling. We will be focusing on traditional tales such as The Gingerbread Man, Goldilocks and the Three Bears and The Three Little Pigs. Whilst this is obviously not the way we would like to begin the topic, we are planning on continuing to cover some of our focus stories through home learning. This will be a combination of activities you may like to do with your child for all areas of the curriculum, internet video links to learning opportunities and videos of Nicola and Rebecca reading stories, demonstrating activities and focused learning tasks. Please look through the information below and select activities you are able to do with your child. We do not expect for everything to be done and have instead tried to give you a range of fun learning opportunities to choose from that are accessible in the home environment. **As in nursery, some links and activities can be revisited regularly so we will leave some links and ideas in place. New content will be added in red to help you locate it easily.**

Please email any queries and examples of things your child has been doing at home to [admin@fleet.camden.sch.uk](mailto:admin@fleet.camden.sch.uk) so we can see what you have been doing together. We will add examples of home learning to your child's profile as a record of what they have done during this period. Thank you.

### This week our focus story is The Three Billy Goats Gruff



**Listen to The Three Billy Goats Gruff here -**  
**<https://vimeo.com/513957827>**

## Personal, Social and Emotional Development

We are enjoying our phone calls with you very much. It has been lovely to hear what you have been up to! Calls will continue each week. Either Nicola, Margaret or Rebecca will call on Tuesdays and Thursdays for a quick chat. It would be lovely to speak to your child in these phone calls too, if they are willing.

### Mindfulness and why is it important?

Mindfulness is about focusing on the present, and being aware of what is going on both inside and outside, in a non-judgmental way. It's about noticing physical sensations and emotional responses, as well as your connection to other people and to your surroundings.

Practising these skills of focusing and noticing can be hugely beneficial to preschool children in several ways:

- It helps to increase their attention span
- It helps them to understand and regulate their emotions
- It helps with stress management and general wellbeing
- It helps them become more aware of their bodies and their senses
- It helps to build a connection with the natural world
- It helps them to develop empathy and compassion for others



### Some ideas for mindfulness activities...

- Sit down outside and ask your child to listen out for different sounds.
- Put a selection of objects with different shapes and textures into a bag. Ask your child to put their hand in the bag, feel one of the objects and describe it (without looking at it) in as much detail as possible. What does it feel like?
- Lie down outside and look up at the clouds (taking care not to look directly at the sun). Ask your child to look out for shapes and notice how the clouds change as they move along.

Here are some great programmes to watch about being calm and mindful.

<https://www.bbc.co.uk/iplayer/episode/b08vyj3v/hey-duggee-series-2-20-the-yoga-badger>

<https://www.bbc.co.uk/iplayer/episode/p064khwp/happy-tent-tales-1-the-jackal-and-the-drum>

<https://www.bbc.co.uk/iplayer/episode/b09r83hm/treasure-champs-series-1-10-empathy>



The troll wasn't very kind in the story today.  
What could he have done differently?

Talk together to think of another way the story  
could have ended.

Waffle the Wonder Dog has a few tips for helping at home, I think you all might be able to do a better job than him though.

<https://www.bbc.co.uk/cbeebies/watch/tips-for-being-helpful>



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

Do some more Cosmic Kids yoga - this week Jamie tells us the story of The Three Billy Goats Gruff  
<https://www.youtube.com/watch?v=ifPWCZ1Mhto>

Joe Wicks is running PE workouts for children on Mondays, Wednesdays and Fridays at 9am. They are a great way to start your day and get some exercise!

<https://www.youtube.com/watch?v=Rz0go1pTda8>

If you need some inspiration, there are lots of ideas to get active here;

<https://www.fleet.camden.sch.uk/ckfinder/userfiles/files/Home-Learning/Nursery/Physical-Activity-Ideas.pdf>



Can you build a bridge for the goats to walk across? Use Lego, bricks or whatever you have at home. Would it be strong enough to hold the goats?

Use steady hands to build your bridge. You could even make it in a tray of water - let's hope the goats don't fall in or the troll might be waiting for them!

Can you build a bridge to walk across at home with cushions and pillows? Don't fall in the river!

It is great to include your child in preparing and cooking meals. They will begin to learn about where their food comes from and how to use equipment safely. We have left the guide for teaching these techniques for reference.

<https://www.warburtons.co.uk/downloads/teaching-resources/cooking-in-a-primary-school-classroom/Guide%20-%20How%20to%20teach%20food%20skills.pdf>



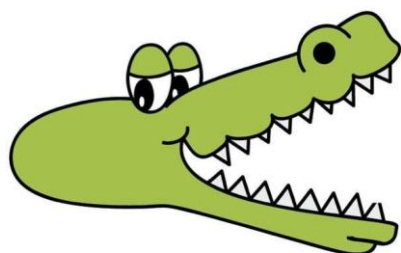
In Nursery, we make toast every Friday. The children have their own knife to butter their bread or spread their jam. If you are having toast at home, include your child when making it. They are developing great knife skills so it would be great to continue this at home. Thank you!



It is really important to keep developing fine motor control too. There are lots of activities to try with items you may have at home, such as sorting into baking trays, threading through the holes in a colander or using pegs to attach to things or pick small objects up...



Try and get some time outside if you can. The Heath is just on your doorstep and is a great place to explore. Find trees to climb, spot any wildlife that is about and feed the hungry ducks. There are examples of games to play, skills to develop and activities to do here, if you need some inspiration <https://www.bbc.co.uk/cbeebies/shows/footy-pups>



Carry on practising your cutting skills at home – imagine the scissors are like a crocodile's mouth and 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!'

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=skH32KwdjrU>



## Dough Disco

Work on rolling your dough into a ball this week. Do some Dough Disco with Rebecca to practise your rolling! <https://vimeo.com/503288979>

We enjoy having dough discos at nursery. As well as being fun, they are a great way of developing hand strength and co-ordination - both very important for developing writing skills.

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>

<https://www.youtube.com/watch?v=BOLR3pQt8zg>

<https://www.youtube.com/watch?v=BOLR3pQt8zg>  
<https://www.youtube.com/watch?v=o9D5lfqZF3o>  
<https://www.youtube.com/watch?v=aAo2h36DVfA>

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



Don't forget that you can have a dough disco with any music though. Pop on your favourite tunes and get squishing! It is so useful for developing hand strength for writing!

## Health and Self Care



Can you make a healthy troll face for your lunch?

What could you use for eyes, ears, the mouth?

Think about all the different features on your troll face and what you could use to make them?

Learn about your body parts with this song...

One Finger, One Thumb, Keep Moving...

<https://www.youtube.com/watch?v=39EFvqWUcVY>

You might be missing your friends or family. Maybe you could call someone in your family for a chat and don't forget to join our Nursery Zoom on Wednesday - we can't wait to see all your faces!

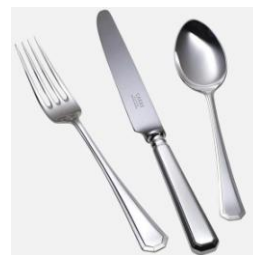


If your child is finding it hard being at home more than normal, take a look at this...

Pablo is finding it hard to be in his home more than normal too.

<https://www.bbc.co.uk/iplayer/episode/m000kbbi/pablo-specials-house-time>

Encourage your child to use their cutlery to feed themselves. Show them how to use their knife to cut their food - soft foods like fishfingers are a good place to start.



It is such a great skill to be able to do up your own coat! When you are going out for a walk, try doing it yourself, Nursery. Put your coat on by lying it on the floor, standing by the hood, put your arms in the sleeves and flip it over your head! Now try and do the zip or buttons too. Great job! Remember to wrap up warm when you go outside – here's a good song to help you get ready to go out. [https://www.youtube.com/watch?v=-jBfb33\\_KHU](https://www.youtube.com/watch?v=-jBfb33_KHU)

It is important for everyone to find time to relax and calm down each day. Listen to some relaxing music and have some quiet time. Take some deep breaths and think about what you have enjoyed today. <https://www.bbc.co.uk/iplayer/episode/p062glb7/daydreams-cbeebies-wind-down>

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

Remember to use pea sized amount of toothpaste.

## Reading

Listen to Nicola read The Three Billy Goats Gruff story here...

<https://vimeo.com/513957827>

Watch The Three Billy Goats Gruff story too...

<https://www.bbc.co.uk/iplayer/episode/p064kjkd/happy-tent-tales-3three-billy-goats-gruff>

Listen to an audio version of the story here...

<https://www.bbc.co.uk/teach/school-radio/eyfs-listen-and-play-billy-goats-gruff/zr3yt39>

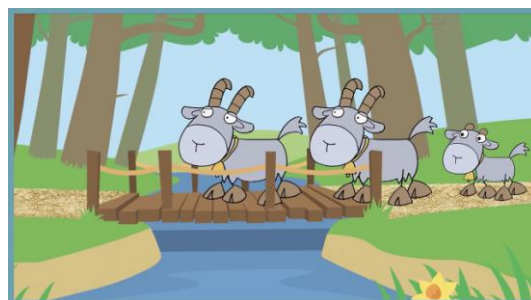
Listen to some more stories about trolls and goats.

Rebecca reads The Troll -

<https://vimeo.com/513433206>

Rebecca reads The Three Billy Goats Fluff -

<https://vimeo.com/513519809>



When you are looking at different books, can you spot any of our sounds we have learned so far?

Find some of your favourite stories at home and share them together. Cuddle up and enjoy talking about the pictures and events in the books. Maybe you could try doing silly voices for the characters or acting the story out?

<https://www.penguin.co.uk/articles/children/2018/tips-to-master-bedtime-reading-from-the-booktrust.html>



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>

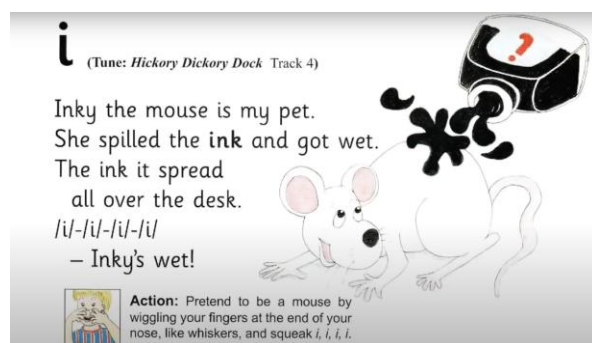
## Sound of the week - i

You can watch a video about our new sound and how to write it [here](#)

<https://vimeo.com/513959865>

You can listen to a song about i here

<https://www.youtube.com/watch?v=QL7w-PAQUb8>



Can you sing along and remember pretend to be a mouse by wiggling your fingers at the end of your nose like whiskers and squeak i,i,i

On the nursery page you will see a document called *Nursery letter and sound formation s, a, t, p and i*. Here you will find a reminder of the sound, song words, action and sentence for letter formation for each letter taught so far.

Can you have a look around you home and find any objects that begin with the i sound?



## The Mystery Sound Bag

Can you guess what is in the bag this time? We will practise words with 2 and three sounds again. Can you guess the object from listening to the sounds?

This is a great game to practise segmenting and blending words to identify the sounds eg i-n-k = ink. This is such an important skill to develop for reading and writing.

<https://vjmeo.com/513499164>



We have also been practising identifying different sounds. Play a game where you have to guess the sound with Rebecca - Vimeo link - can you guess what Rebecca is using to make each noise? Can you make your own version of this game with your family at home?

<https://vimeo.com/503390931>

We have been working on identifying and creating sounds. Try to use your body to make sounds - have a go at some body percussion

<https://www.youtube.com/watch?v=sW2DY1OpgrI>

<https://www.youtube.com/watch?v=QOh1P1ZcTaU>

<https://www.youtube.com/watch?v=QqBHPT5uTP8&list=PLm2RM2K7CuCSfq278KRAJYGjq29ngs03M&index=2>

## Rhyme of the Week

Last term we learned lots of different rhymes and poems with accompanying actions. The children learned lots of them by heart.



Our new rhyme is called Spring Wind -

<https://vimeo.com/513421997>

It's a great one to say when you're out and about on a windy day!

Please find time to learn the rhymes with your child. Rhymes are such a fantastic way of developing vocabulary, rhythm of speech and can lead to good reading behaviours later on.

Here are the links to the ones we know already. Please keep practising these regularly if you can.

Leaves are Falling <https://vimeo.com/497810518>

Breezy Weather <https://vimeo.com/497814462>

Wise Old Owl <https://vimeo.com/497836290>

Five Little Pumpkins <https://vimeo.com/497831863>

Pointy Hat <https://vimeo.com/497827013>

Chop Chop <https://vimeo.com/497804596>

Falling Apples <https://vimeo.com/497822687>

Popcorn <https://vimeo.com/497953922>

A Little House <https://vimeo.com/500480050>

Let's Put On Our Mittens <https://vimeo.com/503382840>

I Can Build a Snowman - <https://vimeo.com/505895071>

Carrot Nose - <https://vimeo.com/505892166>

Pancakes - <https://vimeo.com/508338541>

## Writing

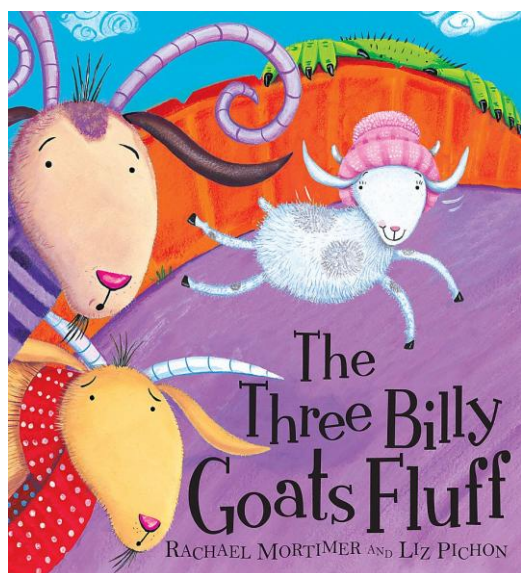
Watch the i video with Nicola to help you write the letter i.

<https://vimeo.com/513959865>

Remember rhyme to help you write it is 'Down the body, dot for the head'



Find lots of different ways to try to write the letter that aren't just on paper to help you child get used to making the letter shape. You could practise in the bath, in the air, write with a stick if you go outside. Please don't worry if your child is finding this tricky praise your child for their efforts and help them to learn the rhyme. This will all help when they are ready to write letters.



Listen to Rebecca read The Three Billy Goats Fluff and Nicola read The Three Billy Goats Gruff.

How are these stories the same and how are they different?

Can you draw pictures of something that is the same and something that is different from the stories?

Which story do you like best? Why?

Which parts don't you like? Can you say why you don't like them?

Can you draw a picture of the troll under the bridge? Maybe you could think of some words to describe him? Is he mean? Hairy? Grumpy?

The children were making such great progress with their mark making and writing before the holidays and we would really like to keep this going. Try to do lots of mark making at home if you can. It is best for children to have a reason to draw and write so try to involve them in any writing you do - birthday cards, shopping lists etc.

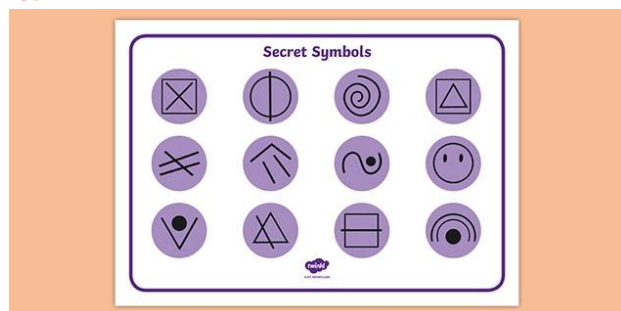


Message Monster is really missing having the children write to him and hide messages around Nursery! Why not do some secret messages for your family instead? On scraps of paper, make notes

for your family and hide them – maybe put them in the fridge, in someone's shoes, under a pillow? What does your secret message mean? Here are some ideas of symbols you could use. Remember to give your secret message a meaning. Could you draw a symbol that means 'I love you' or 'Please can I have a snack?'

Rebecca has been writing secret messages for her family at home. Watch by following this link <https://vimeo.com/402249718>

Can you practise writing our sounds of the week as secret messages to hide around your home?



There are lots of fun ways to make marks. Here are lots of ideas to keep you busy!

<https://www.fleet.camden.sch.uk/ckfinder/userfiles/files/Home-Learning/Nursery/Mark-Making.pdf>

## Maths

### Numbers

This week our number of the week is...

Just like in our focus story has 3 goats!

Rebecca will tell you more about the number 3, show you all the ways we can show 3 and make 3, and tell you a number rhyme that shows you how to write it here - vimeo link



We are also going to look at the ways you can make 3 - 2 and 1, 3 1's. This will help your child start to understand more about each number - the threeness of three!

<https://vimeo.com/513361277>

Learn about Numberblock three

<https://www.bbc.co.uk/iplayer/episode/b08bzgxx/numberblocks-series-1-three>

and sing along with the Numberblocks Three song

<https://www.bbc.co.uk/cbeebies/watch/numberblocks-the-three-song>

Sing some songs and learn more about the number 3

<https://www.youtube.com/watch?v=W-SeOeSo7gY>

[https://www.youtube.com/watch?v=sppcp-alo\\_Y](https://www.youtube.com/watch?v=sppcp-alo_Y)

<https://www.youtube.com/watch?v=g1lqG3s6XN4>

<https://www.youtube.com/watch?v=1DLqZOujkCM>

Here is a counting story to listen to and Rebecca shows you how to use your careful counting finger to count! <https://vimeo.com/415594556>

Can you practise recognising numerals? Look for numbers around your house and when you go outside. Look on doors, on buses and signs. Which numerals can you spot?

Practise counting with numeral cards here <https://vimeo.com/411401618>

Here are some of our favourite counting songs...

<https://www.youtube.com/watch?v=dk9Yt1PqQiw> (10 Little Numbers)

<https://www.youtube.com/watch?v=DR-cfDsHCGA> (Counting to 10)

<https://www.youtube.com/watch?v=HkkYaj0m6cg> (Funky Count to Ten song)

<https://www.youtube.com/watch?v=6RfIKqkvHTY> (Zero Superhero)

Some counting songs to join in with <https://www.youtube.com/watch?v=7D4K9oi7oBM>

Learn the Days of the week with a song <https://vimeo.com/400924659>

## Measuring



In The Three Billy Goats Gruff, the three goats were different sizes. There was the big Billy Goat Gruff, the middle sized Billy Goat Gruff and the small Billy Goat Gruff. Can you find three things in your house that are the same but different sizes and put them in order?

Maybe 3 socks, 3 shoes, 3 teddies?

Can you think of other words we use to talk about size?

What words can you think of for small? Tiny, titchy, weeny...any others?

What words can you think of for big? Enormous, giant, huge...any more you can think of?

## Positional Language

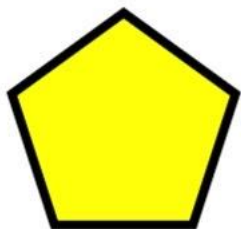


The Three Billy Goats Gruff is a great opportunity to talk about positional language. Positional language is words that describe where something is - the troll is under the bridge. The goats are on the bridge. Try to find time to draw attention to these words this week - in, on, under, next to, by, behind, in front.

Play a game where you put a toy somewhere and your child has to describe where it is using positional language.



## Shapes



Our shape of the week is a pentagon.

Nicola is going to tell you all about pentagons and help you to sort them from triangles and squares here - <https://vimeo.com/513964044>

Can you find any pentagons in your home? Remember a pentagon has 5 sides, we found it quite tricky but maybe you might have more success.

Here is a song all about pentagons

<https://www.youtube.com/watch?v=M44hNrLgT3I>

The puffballs are going to help you learn about pentagons too –

<https://www.youtube.com/watch?app=desktop&v=WhzcyYP6jYM>

## Understanding the World



Let's learn about goats this week!

Can you find out some facts about goats and maybe draw a picture of a goat with all your facts around it?

There is something very different about a goat's eyes. We have round pupils in our eyes (that is the black circle in the middle of our eyes). What shape is a goat's pupil?

Here are some programmes to tell you more about goats...

<https://www.bbc.co.uk/iplayer/episode/b09s3kq3/ferne-and-rorys-vet-tales-series-1-15-gerald-the-goat>

<https://www.bbc.co.uk/iplayer/episode/b06rfx9n/sign/my-pet-and-me-series-2-10-pygmy-goats>

<https://www.bbc.co.uk/iplayer/episode/b0b3fly3/andys-safari-adventures-series-1-16-andy-and-the-mountain-goats>

<https://www.bbc.co.uk/iplayer/episode/m00029tm/yakka-dee-series-2-17-goat>

And some fun programmes about goats for when you are relaxing...

<https://www.bbc.co.uk/iplayer/episode/m000bk15/molly-and-mack-series-2-11-willow-the-goat>

<https://www.bbc.co.uk/iplayer/episode/b0bg9gcz/bitz-bob-series-2-9-snowy-sneezy-goat-gala>

If you are looking for some new recipes to try, there is a fantastic programme on CBeebies where children cook different foods from their culture. Take a look here...

<https://www.bbc.co.uk/iplayer/episodes/b09r7th9/my-world-kitchen>

Some useful websites for home learning

<https://www.fleet.camden.sch.uk/ckfinder/userfiles/files/Home-Learning/Nursery/EYFS-websites.pdf>

If you are looking for suitable apps for your child, this may be useful.

<https://www.fleet.camden.sch.uk/ckfinder/userfiles/files/Home-Learning/Nursery/iPad-Apps-for-EYFS-home-learning.pdf>

## Expressive Arts and Design

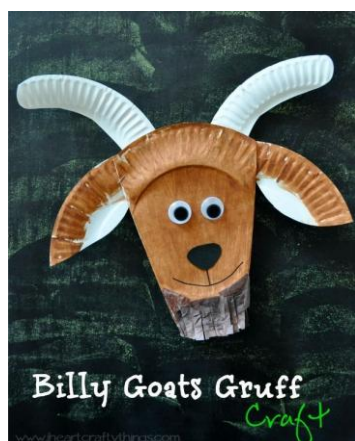


Let's make puppets and a story scene for The Three Billy Goats Gruff. You will need some paper, scissors, pens, tape or glue and 4 lolly sticks or straws. Watch the instructions here...

<https://vimeo.com/513345093>

Can you tell the story of The Three Billy Goats Gruff with your story scene? You could put on a show for your family and tell them the story!

Can you make a goat from things you have in your house like a paper plate or a cardboard tube? Maybe you could make three for the story?



Can you use salt dough or playdough to make a troll? Leave your salt dough out and it will eventually harden (or you can bake it in the oven if you haven't added things like googly eyes, etc)



Salt dough recipe:

### How to make Salt Dough

Mix together:

- \* 2 cups of plain flour
- \* 1 cup of salt
- \* Up to 1 cup of water

(add the water in slowly as you may need less)

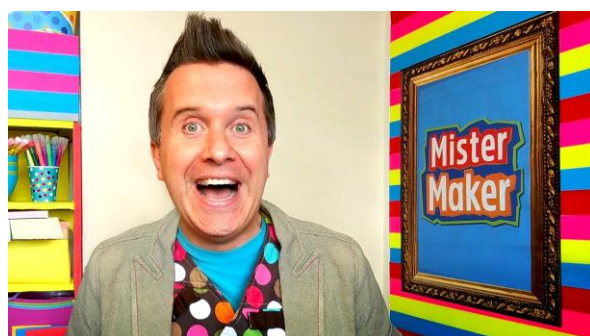
Knead the mixture into a dough and get creating

(You can't really go wrong, if it's too sticky just add some more flour)

[www.messylittlemonster.com](http://www.messylittlemonster.com)

Mister Maker is in lockdown too! He is making a programme from home to give us all lots of ideas for making and being creative while at home. Take a look here...

<https://www.bbc.co.uk/iplayer/episodes/m000k4wg/mister-maker-at-home>



For some role play ideas to try at home

<https://www.fleet.camden.sch.uk/ckfinder/userfiles/files/Home-Learning/Nursery/Role-Play-Ideas.pdf>

There are lots more ideas here for creative play and exploration

<https://www.fleet.camden.sch.uk/ckfinder/userfiles/files/Home-Learning/Nursery/Creative-Play-Ideas.pdf>

## Dance and Music

The Royal Academy of Music is offering families the opportunity to sign up for their Academy Tots sessions – songs, stories and musical activities for very young children.

The sessions are going to be held on Zoom and are free, you just need to sign up first.

Lasting for about 45mins, they are at 10.30 on the following dates:-

- Fri 12 Feb

- Fri 26 Feb
- Fri 12 Mar

<https://tickets.ram.ac.uk/sales/categories/academy-tots>

We love to dance and sing in nursery – watch the videos below and remember to join in.

Campfire Billy Goats Gruff story song [https://www.youtube.com/watch?v=nSST2cH\\_fH8](https://www.youtube.com/watch?v=nSST2cH_fH8)

The goats came marching <https://www.youtube.com/watch?v=ZxkZz24O-JU>

Billy Goats Gruff song <https://www.youtube.com/watch?v=IWZKCAAdFW64>

Goat song <https://www.youtube.com/watch?v=8n1HN-gRUVY>

Grumpy Troll song <https://www.youtube.com/watch?v=1ScMHgVbpmg>

Go Noodle - Trolls - Can't Stop the Feeling -  
<https://www.youtube.com/watch?v=KhfkYzUwYFk>

Get dancing with Oti from Strictly Come Dancing on Boogie Beebies  
<https://www.bbc.co.uk/iplayer/episodes/m000jsds/otis-boogie-beebies>

Learn about musical instruments with Yolanda  
<https://www.bbc.co.uk/iplayer/episodes/p06vc6tb/yolandas-band-jam>

Old MacDonald had a Farm  
[https://www.youtube.com/watch?v=\\_6HzoUcx3eo&t=0s&list=PLkHlmRetnpDqCnPjobd7ngterJpgwr3EP&index=10](https://www.youtube.com/watch?v=_6HzoUcx3eo&t=0s&list=PLkHlmRetnpDqCnPjobd7ngterJpgwr3EP&index=10)

Banana Banana Meatball  
<https://www.youtube.com/watch?v=BQ9q4U2P3ig&list=PLYy5je71sMB2okYgQMoxvJqR-o8TAEJhC&index=4>

Elephants have wrinkles <https://www.youtube.com/watch?v=KJonGSbUWXE>

Move and Freeze <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>



Most of all...



We hope you are enjoying time as a family. Hopefully we will all be back at nursery soon but until then take care, stay safe, have fun...and remember, CBeebies is always there when you need a break! ;-)