



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 – 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 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 Ugly Duckling.



See you all on Zoom at 11am on Wednesday!

Personal, Social and Emotional Development

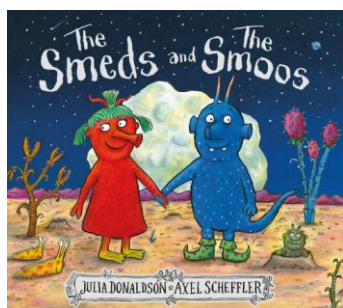
We are enjoying our phone calls with you very much. It has been lovely to hear what you have been up to! Calls will continue each week. Either Nicola, Margaret or Rebecca will call on Tuesdays and Thursdays for a quick chat. It would be lovely to speak to your child in these phone calls too, if they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



The other ducks were not very kind to the duckling. How did it make the ugly duckling feel? It is important to use kind words and treat other people with kindness. What would you do to cheer the ugly duckling up?

It doesn't matter that the ugly duckling looked different to the other ducks. We all have things that make us the same and things that make us different - that is what makes everyone interesting.

Can you think about what things are the same and what things are different between you and someone in your family? Maybe you both have the same colour eyes but different coloured hair? Maybe you like and dislike different foods?



Here is a great story about two groups of aliens - one group is blue and one is red. They don't like each other because they look different and like different things but eventually learn to appreciate their differences and become friends!

<https://vimeo.com/505896464>



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

Here is some yoga to try. It is about another type of animal who lives in water.

https://www.youtube.com/watch?v=2cNjAj_o0SI

Learn how to do some duck yoga here <https://www.youtube.com/watch?v=HtNcJbkjeNw>

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>

We hope you have been enjoying doing some yoga at home. It is great for balancing and stretching. Here is a link to some farm themed yoga to try...

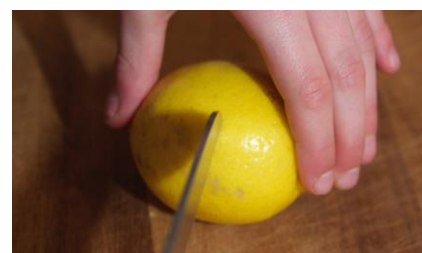
<https://www.youtube.com/watch?v=YKmRB2Z3g2s>

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>

Hopefully you had a chance to make some vegetable soup last week. 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!

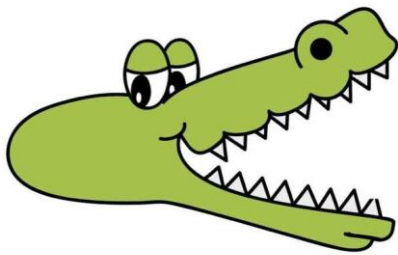
Can you be like a duck and try to pick up small things with your fingers, like a duck catches food in its beak? Use tape over a bowl or box to create small spaces for your fingers to reach through to pick up small objects.



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=skH32KwdirU>



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=DrBsNhwxyzgc>

<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

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

Last week we thought a lot about keeping our bodies healthy. This week, let's think about keeping our minds healthy too. Take time to have some quiet play. Collect blankets, pillows and duvets together and make a cosy den. Can you look at stories in your den or play with your favourite toys? Can you make a den big enough for another person in your family to fit in too? You could talk together about what you have enjoyed doing today and how you are feeling.



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!

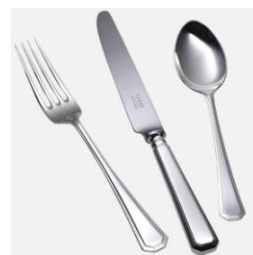


If your child is finding it hard being at home more than normal, take a look at this...

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

<https://www.bbc.co.uk/iplayer/episode/m000kbb1/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

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>

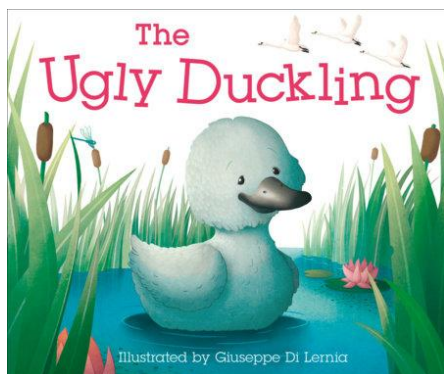


We should all brush our teeth in the morning and at night time for two minutes. This song is all about brushing our teeth and lasts two minutes - try brushing your teeth while you watch!

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

Remember to use pea sized amount of toothpaste.

Reading



Listen to The Ugly Duckling on the Nursery page

Watch the CBeebies Ugly Duckling story and ballet too
<https://www.bbc.co.uk/iplayer/episode/b01rp5h1/cbeebies-presents-ballets-the-ugly-duckling>

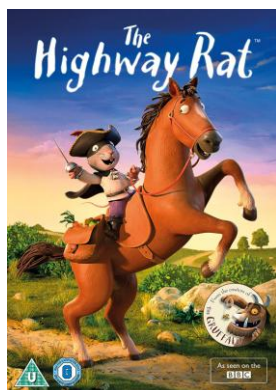
How does this story make you feel at the beginning?

How do you feel at the end of the story?

Listen to some more stories about ducks.

Super Duck - <https://vimeo.com/506095502>

A Duck so Small - link on the Nursery page



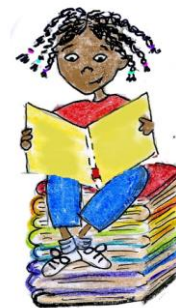
Watch The Highway Rat - this story has a very clever duck who saves everyone!

<https://www.bbc.co.uk/iplayer/episode/b09kkt1k/the-highway-rat>

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?



Bedtime can be a special time of the day to share a story. Here are some tips for reading bedtime stories.

<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>



Phonics

Sound of the week - a

You can watch a video about our new sound and how to write it on the nursery page of the website.

You can listen to a song about a here

<https://www.youtube.com/watch?v=RSj3XeJXfnc>

Can you sing along and remember to wiggle your fingers above your elbow pretending that ants are crawling on you!

Parents, this may sound very strange but by giving an action to a sound it helps children to remember it.

On the nursery page you will see a document called *Nursery letter and sound formation s, a and t*. 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 a sound? We found it a lot trickier to find things but maybe you will find more. Can you think of any names that begin or end with an a sound?



Silly Soup is back! Join Rebecca sorting out all the objects for her silly soup! How silly will it get this time?

<https://vimeo.com/506108252>

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?

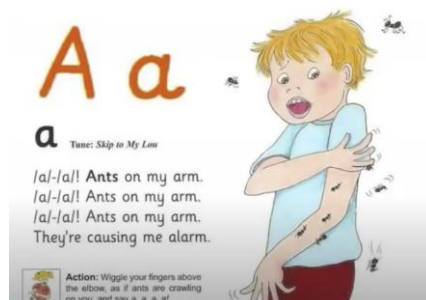
<https://vimeo.com/503390931>

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=sW2DY10pgrI>

<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 rhymes this week are called

I Can Build a Snowman -

<https://vimeo.com/505895071>

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

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>

Writing

Watch the **a** video with Nicola to help you write the letter **a**. Remember rhyme to help you write it is 'Round the apple, down the leaf'.



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.



Practise making marks in some different ways - why not try pouring a thin layer of salt, sugar or flour on to a tray or plate?



Following on from last week when we thought about the order of the story, can you draw a picture for the beginning, the middle and the end of the story of The Ugly Duckling?

Please talk through or act out the events of the story and encourage your child to use these words to help put the events in order.

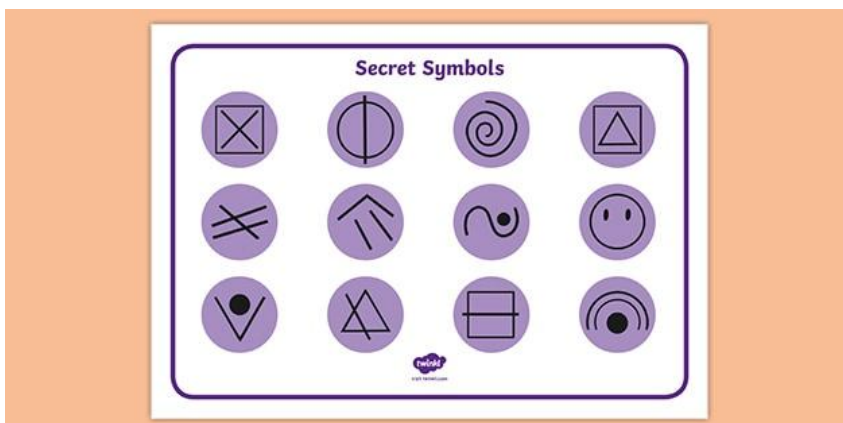
The children were making such great progress with their mark making and writing before the holidays and we would really like to keep this going. Try to do lots of mark making at home if you can. It is best for children to have a reason to draw and write so try to involve them in any writing you do -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

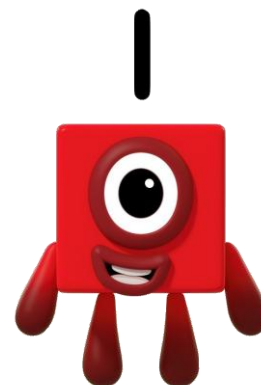
Maths

Numbers

Sing along to Five Little Ducks - <https://vimeo.com/401087224>

We are going to start learning about each number. This week our number of the week is...

Rebecca will tell you more about the number 1, show you all the ways we can show 1, tell you a number rhyme that shows you how to write it and read you a story about 1 here - <https://vimeo.com/505858663>



Learn about Numberblock one

<https://www.bbc.co.uk/iplayer/episode/b08bzzns/numberblocks-series-1-one>

Sing some songs and learn more about the number 1

<https://www.youtube.com/watch?v=jwQ3eeu5o9g>

<https://www.youtube.com/watch?v=LJMfmGU4VMY>

<https://www.youtube.com/watch?v=vxffHm4wy24>

Jon has made the number 3 with his toy cars. Can you make a number with your toys too? Which number will you make?



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>

Shapes

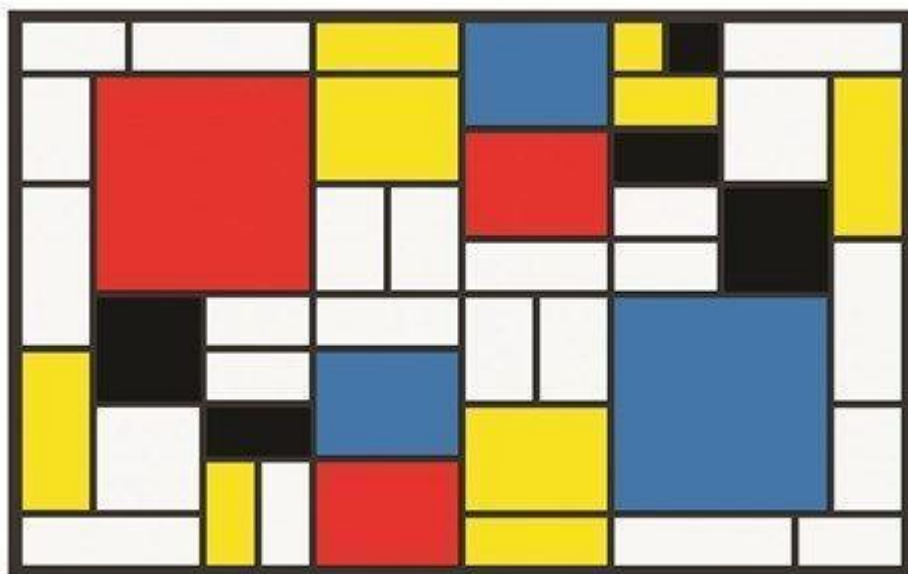


Our shape of the week is a rectangle. Nicola is going to tell you all about rectangles here <https://vimeo.com/418406153>

Can you find any rectangles in your home?

This song tells you all about rectangles
<https://www.youtube.com/watch?v=9JP-ZhwrzI>

An artist called Piet Mondrian used lots of rectangles to make a piece of art. Can you try and make your own rectangle picture like this one? Ask a grown up to help you draw lots of rectangles of different sizes or use tape to make the shapes.



Understanding the World

This week we would love you to find out some information about ducks. Could you go to the Heath and feed the ducks? They love to eat seeds, sweetcorn, peas, oats and rice! How many different kinds can you spot? This website will help identify the types of ducks you might see <https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/bird-a-z/ducks-geese-and-swans/>

Some common ducks to spot are:

A moorhen



Mallards

A coot



Here are some photos of ducks in our local park. Can you count how many you see at the ponds on Hampstead Heath?



Let's learn about ducks with Andy...

<https://www.bbc.co.uk/iplayer/episode/b01kvktc/andys-wild-adventures-series-2-7-mandarin-ducks>

<https://www.bbc.co.uk/iplayer/episode/m000fbtn/andys-aquatic-adventures-series-1-4-andy-and-the-wood-ducks>



Fearne and Rory tell us what it is like to have a pet duck...

<https://www.bbc.co.uk/iplayer/episode/b06vpqby/sign/my-pet-and-me-series-2-12-ducks>



Ducks are very good at floating on the water. Can you think of anything else that is good at floating or anything that sinks? Let's do an experiment to find out... vimeo link

Find out more here

<https://www.bbc.co.uk/iplayer/episode/b06cp0cf/messy-goes-to-okido-series-1-6-float-or-sink>

You could also take part in the Big Garden Bird Watch.

It is free to join and helps the RSPB collect information about the wild birds around our homes. You just need to look for the birds outside your home and record them on the website. There is a recording sheet on the Nursery page too. Register for free here...

https://www.rspb.org.uk/get-involved/activities/birdwatch/?sourcecode=BWMITH0230&channel=paidsearch&gclid=Cj0KCQiAjKqABhDLARIsABbJrGnYy-3uC_QJ1ASxe6TzfxGVxWUBELwABoDQK0sN-KVviC2x023E_7MaAhm5EALw_wcB



You could encourage birds to your home by making bird feeders. Find out how here...

<https://www.rspb.org.uk/search/?q=make+a+bird+feeder>

Maybe you could design your own bird feeder to show us?

The birds would love it as it is harder for them to find food in the winter.

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>

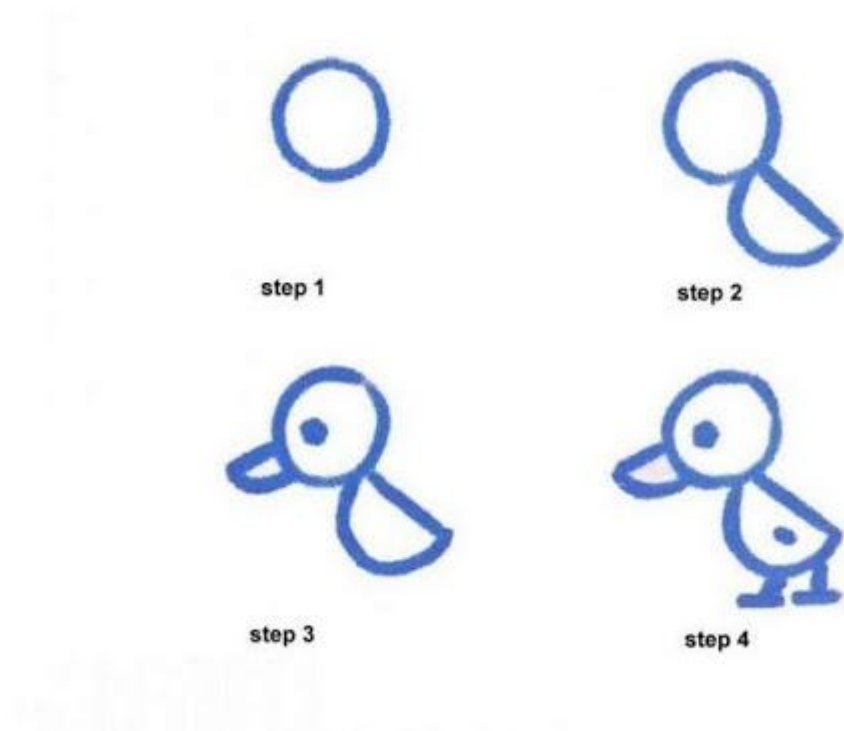
If you are looking for suitable apps for your child, this may be useful.

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

Expressive Arts and Design

Can you take some paper and pencils to the Heath and draw the ducks you see?

Learn how to draw a duck using this guide...



You could use a paper plate to make a duckling or a swan!



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 start 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.

This is a very funny song about a duck looking for some grapes. You'll love it! Watch until the end! <https://www.youtube.com/watch?v=MtN1YnoL46Q>

Watch the CBeebies Ugly Duckling story and ballet

<https://www.bbc.co.uk/iplayer/episode/b01rp5h1/cbeebies-presents-ballets-the-ugly-duckling>

Duck dance <https://www.youtube.com/watch?v=O7GvIKnri6o>

The Duck Dance <https://www.youtube.com/watch?v=llacZLaEFR8>

Five little Ducks <https://www.youtube.com/watch?v=pZw9veQ76fo>

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

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! ;-)