



Music at home for EYFS and Key Stage 1

A guide for parents and carers

I don't know how to play any instruments? How can I help?

- The most important thing you can do at this stage, as a parent or carer, is to encourage your child to enjoy listening to and taking part in musical activities. You don't need to have a high level of musical skills.
- Young children are naturally curious and want to explore sounds and movement. Through the activities in this guide, I hope that you will have fun together and gain some basic musical skills for your child to take with them into their music lessons back at school.
- You don't need lots of equipment and you can do the activities in any order you like. I have tried and tested the activities on my 3 and 6 year olds!



Simple percussion

Play along with the beat

At the start of this video, Poppy plays a cow bell to bring everyone in together at the same speed. The speed of the music is called the tempo

Don't have a cow bell? A pan and a wooden spoon work well for this.

See if you can join in with Poppy at the beginning and carry on through the song. Listen to the song a few times to get a feel for the speed.

There are 4 beats in a bar for most pop songs. The strong beat (beat number one) is emphasised more than the others and the dance moves often show this. You could start by finding this and playing only this beat. You can hear the beat most clearly in the rap sections. Listen for the low bass and drum sounds. They are strongest on beat number one.

Key musical words: Tempo, percussion instruments

You will need: A pan and a wooden spoon



More joining in with the beat

- My kids love bubbles. Why not burn off some energy by putting on your favourite song and pop the bubbles in time with the music.
- Start by finding the strong beat of the music (beat one of 4 for most pop songs.)
- Key words: Beat/tempo (speed)
- Equipment: Bubbles



Body percussion

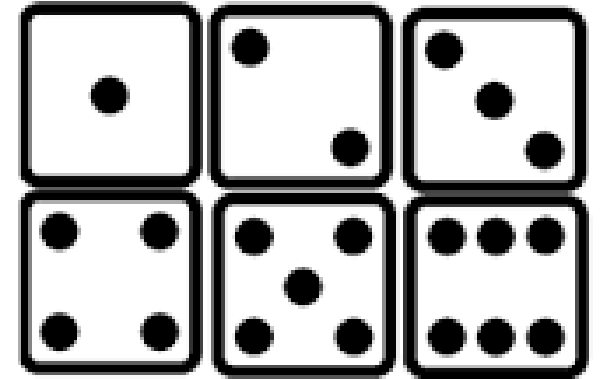
- Percussion instruments are just instruments that you hit, tap, scrape or shake. Some examples are drums, xylophones, maracas and even the piano (as the little hammers inside hit the strings). Percussion instruments can be tuned (play a range of high and low notes) or untuned (just play one pitch).
- Pitch just means how high or low a note is.
- In this activity, you roll the dice to find a sound on your body then do that sound steadily 8 times. Take turns. Here are the 6 sounds or you could make your own up:
 1. Clap your hands
 2. Stamp your feet
 3. Pat your tummy
 4. Use your mouth to do a shhhh sound
 5. Rub your hands together
 6. Click your fingers

Can you play these sounds loudly and quietly? Volume is called dynamics in music.

Can you extend this by putting together several different actions in a row?

Key musical words: Percussion instruments, pitch, dynamics

Equipment: A dice or spinner from a game or make 6 cards with the faces of the dice on and turn them over to pick at random.



Rainforest storm

You can make a rainforest storm in your living room or garden!

Get the whole family together as this works best with a few people to build the sound up. Maybe video call a few friends to join in!

Start with one person and gradually join in one at a time. When everybody is making the first sound, the first person moves onto the next sound and everyone changes their sound in turn. This continues until everybody is doing the last sound. Work your way backwards through the sounds until the storm drifts away. You should find that the storm gets louder and louder and then gradually quietens down and disappears.

1. Rub your hands together
2. Click your fingers together slowly if you can or tap two fingers on your other hand.
3. Gently pat thighs
4. Pat thighs loudly
5. Clap softly
6. Clap loudly and make rumbly thunder sounds with your voice
7. stamp your feet

Singing

Singing can make you feel great! You don't need to have perfect pitch just enjoy yourselves. Here are some top tips:

- Enjoy simple nursery rhymes together. This is especially nice at bedtime to help little ones settle.
- Share songs from your cultural background. Older children could learn a song and then share it with their friends via a video/phone call.
- Put on a show for your household. Remind children to stand up straight, think about their breathing and sing the words clearly.
- To help young children to find their singing voice first experiment with the different sounds that the voice can make. Children find their singing voices at different ages. Try ooo, ahhh, eee sounds starting low then gradually getting higher and the lower again.
- You could try the body percussion dice game with different voice sounds.

Reception and KS1 songs from school. Here are some links to songs used in schools that your children may know.



[Sing up](#): There is a new homeschool section that you can access for free. I like the [Frogs and Animal Lifespans activity section](#). My son in year one is currently looking at this for his science project. The song is great as it uses singing and speaking voices and the notes (itches) are quite close to each other. I.e they don't suddenly go from a very low note to a very high note. This is important for learning to sing for young children.



[CBeebies website](#): There are plenty of songs to join in with on the Cbeebies website including alphabet songs, sing rap and dance with Andy and all the theme songs from their shows. The baby club programme offers nursery rhyme songs for younger children.



[The Learning Station](#): This is an American website and although you can buy their songs, there are plenty for free on youtube and their website. They are fun songs often with actions and there are plenty to support numeracy and literacy learning at EYFS and KS1 levels.



[Out of the Ark](#): This is often used in schools and they are currently providing free songs to join in with everyday.

Things to watch: Here are a few resources to entertain the kids and allow them to use technology to learn some musical skills for themselves:

There are plenty of songs to join in with on the CBeebies website including:

- [Sing and sign with Mr Tumble](#)
- Sing rap and dance with [Andy and the animals](#)
- [Theme songs from CBeebies shows](#)
- [Go Jetties Global Grooves Game](#): Learn about music from different cultures and join in. They also have lots of [popular songs](#) where they have changed the words to make them educational.
- [The baby club](#) programme offers nursery rhyme songs aimed at babies and younger children.
- [Numberblocks](#) and [Alphablocks](#) songs and games
- [Have fun teaching](#) on YouTube have some catchy songs and raps to help with EYFS and KS1 phonics and numeracy.



Things to watch Nursery and toddlers



[Hushabye Lullaby](#): Lovely gentle songs that children can move to:



[CBeebies radio prom off to the moon](#) and [Something Special at the Proms](#) introduce the orchestra and classical music to young children.



[The Tale of Mr Tumble](#): An introduction to musical theatre with Mr Tumble. Songs and dancing to join in with.

TV shows to watch Reception and KS1



The favourite show in our house at the moment is *Andy and the Band* available on CBBC on the iplayer. This show is great for [Growth Mindset](#). The actors are also genuine musicians and Andy has a touring band called [Andy and the Odd Socks](#)



YolanDas Band Jam is another programme with great musicians showcasing a range of different instruments and styles of music: [YolanDa's Band Jam](#)



[Maddie at the proms](#) Maddie is another favourite in our house and here she introduces instruments of the orchestra. In her other show [Maddie's do you know](#) there are demonstrations of how some musical instruments work.



[Melody](#): this programme introduces children to classical music.