

Preschool Phonics Phase 1.3 Body Percussion

A Guide for Parents

Preschool and nursery phonics focuses on pre-reading skills. These are speaking and listening skills, being able to distinguish the sounds they hear, patterns of speech, and sounds of speech. Phase 1 of the phonics programme is split into seven aspects; each builds on the previous aspect.

This guide introduces the third aspect of Phase 1 Phonics: Body Percussion

Children learn to use their bodies to create sounds. This aspect focuses on making sounds with your body rather than your voice by clapping, stomping, patting, rubbing and clicking fingers.

At nurseries, preschools and childminders, the children will usually take part in group sessions led by adults, where the children sing songs involving body percussion and are encouraged to copy rhythmic patterns, such as: clap, clap, stamp, thigh pat.

This aspect of phonics is also great for developing coordination of the whole body. Encourage cross body movements, such as using your right hand to pat your left thigh and your left hand to pat your right shoulder.

Sing well-known nursery rhymes together, such as, 'Wind the Bobbin Up' and 'If You're Happy and You Know It'. As a nice way to begin, use your hands to clap to the rhythm.

Play children's songs in the car that involve actions and clapping.

With your child, clap, pat and stamp to music, encouraging them to keep to a regular beat. Make up repeating patterns of movements to the music.



The most important thing you can do is make time to listen to your child. Switch off the TV, radio and mobile phones and really listen to them!