

# 10 Ways to Practise Phase 1 Phonics Body Percussion at Home



1  
Clap, stamp and pat along to music.



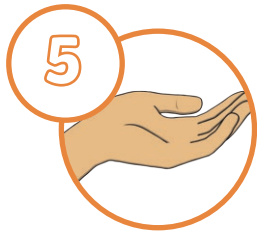
2  
Sing action songs.



3  
Learn some clapping routines.



4  
Explore sounds you can make.



5  
Make up a secret handshake.



6  
Teach someone your routines.



7  
Play 'Add a Sound'.



8  
Make sound effects for a story.



9  
Create a sound 'storm'.



10  
Put on a body percussion show.

## 10 Ways to Practise Phase 1 Phonics Body Percussion at Home

1



Play some music of your choice. Have fun using your bodies to play along. You could clap, stamp, pat or click along to the music.

2



Sing action songs with your children. The [Clapping Songs and Rhymes Resource Pack](#) includes 5 actions songs to sing.

3



Use the Internet to find videos showing hand-clapping routines. Use these as inspiration for making up your own rhythms and routines.

4



Spend some time exploring all the sounds you can make using your body. Can your children click their fingers? Can they make a 'pop' sound with their index finger and their mouth/ What sound does rubbing the soles of your feet together make? Have you tried making a 'pop' sound by tapping your hand over your open mouth?

5



Make up a secret handshake. Get creative with thumb wiggles, claps, slaps and clicks to make your one-of-a-kind greeting. Maybe you could even add a twirl!

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6

Once routines have been made up, the ultimate skill to show mastery is to teach them to somebody else, maybe an older sibling or family member.



7

'Add a Sound' is a really easy game that can be played anywhere. The first person starts the game with one action, the next person copies the first action and adds one of their own and so on. See how many actions you can remember. Use claps, stomps, clicks, pops and pats.



8

Read a story with your child. Your child can add sound effects to the story as you read it by patting, stomping, clapping and clicking. [The Three Billy Goats Gruff Phase 1 Phonics Body Percussion Activity eBook](#) is a great way to introduce this idea.



9

Make the sounds of a rainstorm using only body percussion. The [Body Percussion Rainstorm Activity](#) explains how to do it.



10

Set your child the challenge of putting on a show that shows off their body percussion. Maybe arrange the show for later in the evening when people have finished work and school so your child can show off their skill to the rest of the family.

