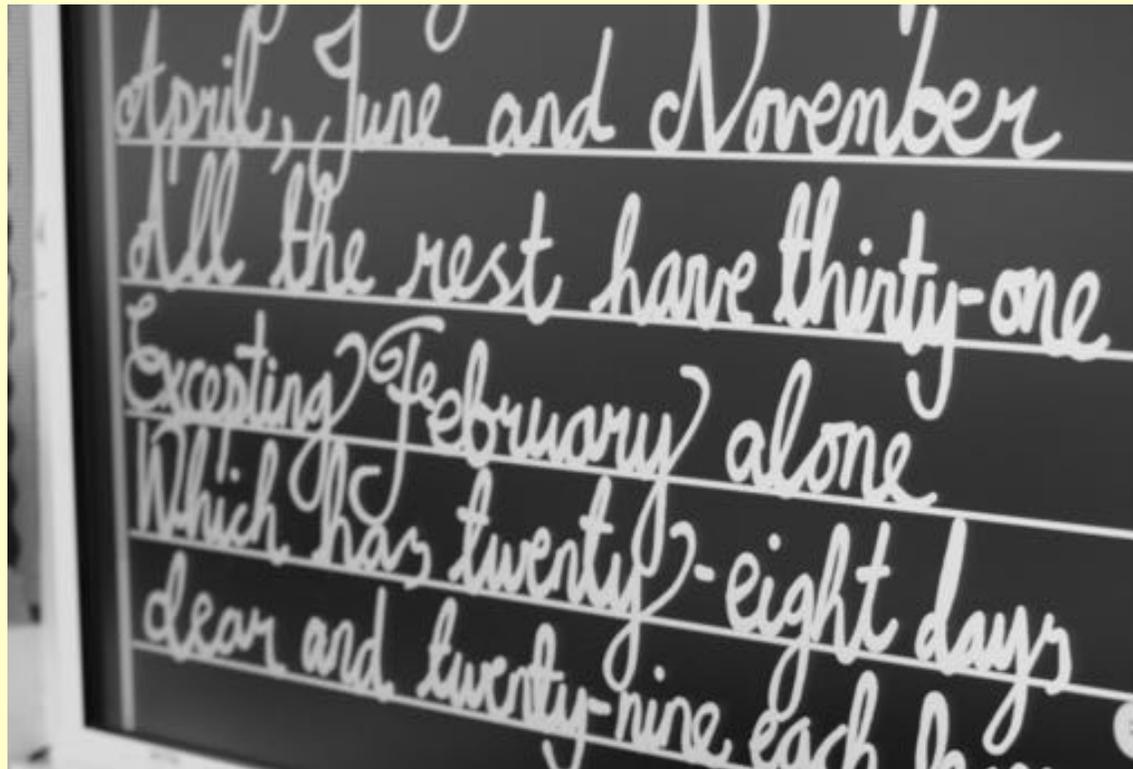


Handwriting

A photograph of a chalkboard with white cursive handwriting. The text is written on a board with horizontal lines. The handwriting is fluid and connected, typical of a cursive script. The text reads: "April, June and November", "All the rest have thirty-one", "Excepting February alone", "Which has twenty-eight days", "clear and twenty-nine each".

April, June and November
All the rest have thirty-one
Excepting February alone
Which has twenty-eight days
clear and twenty-nine each

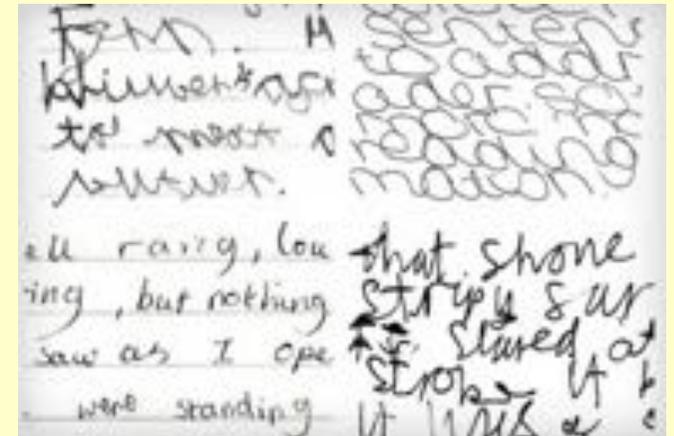
What we will cover

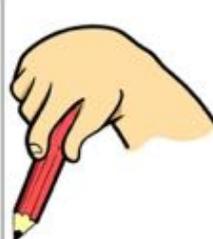
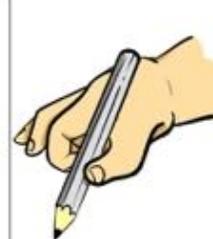
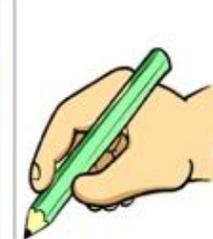
- Difficulties
- 3Ps
- Pre-writing skills – fine motor control
- Handwriting formation
- Progression into joining
- Resources
- How you can support at home



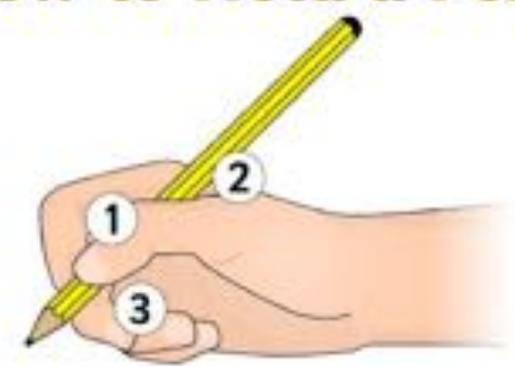
Difficulties

- Grip
- Writing not sitting on the line
- Trunk letters not the same height
- Ascenders and descenders are not the correct height
- Letter formation
- Letters not joined correctly
- Letter spacing
- Pressure
- Poor fine and gross motor skills/ muscle tone



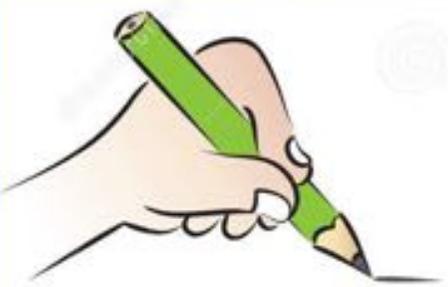
 <p>[1-1½ years] Cylindrical Grasp</p>	 <p>[2-3 years] Digital Grasp</p>	 <p>[3½ - 4 years] Modified Tripod Grasp</p>	 <p>[4½ - 7 years] Tripod Grasp</p>
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How to Hold a Pencil



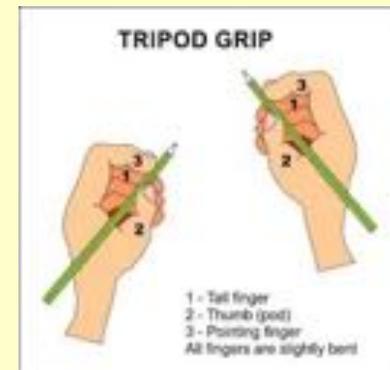
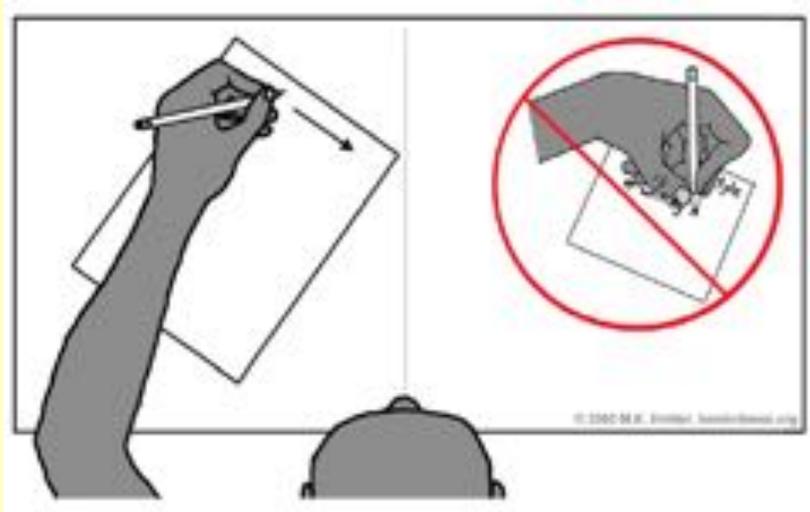
1. Put your thumb and forefinger just above the cone shaped part of the pencil.
2. Let the pencil rest between your thumb and forefinger.
3. Then put your middle finger underneath for support.

The correct way to hold a pencil

 <p>Left-handed ✓</p>	 <p>Right-handed ✓</p>
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Remember the 3 Ps

- Posture
- Pencil
- Paper



Get Ready for Writing!

1, 2, 3, 4

Are my feet flat on the floor?

5, 6, 7, 8

Is my back up nice and straight?

9, 10, 11, 12

Is my pencil correctly held?

13, 14, 15, 16

Now I am ready to start writing.



Warm-Up

Crossing the midline

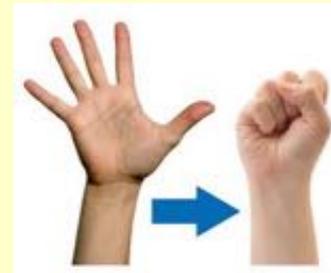
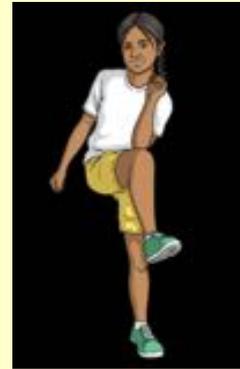
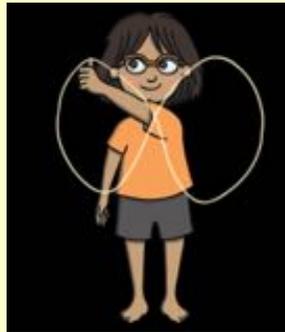
Cross crawl

Double doodle

Crazy 8s

Gross motor skills

Fine motor skills



Fine Motor Skills

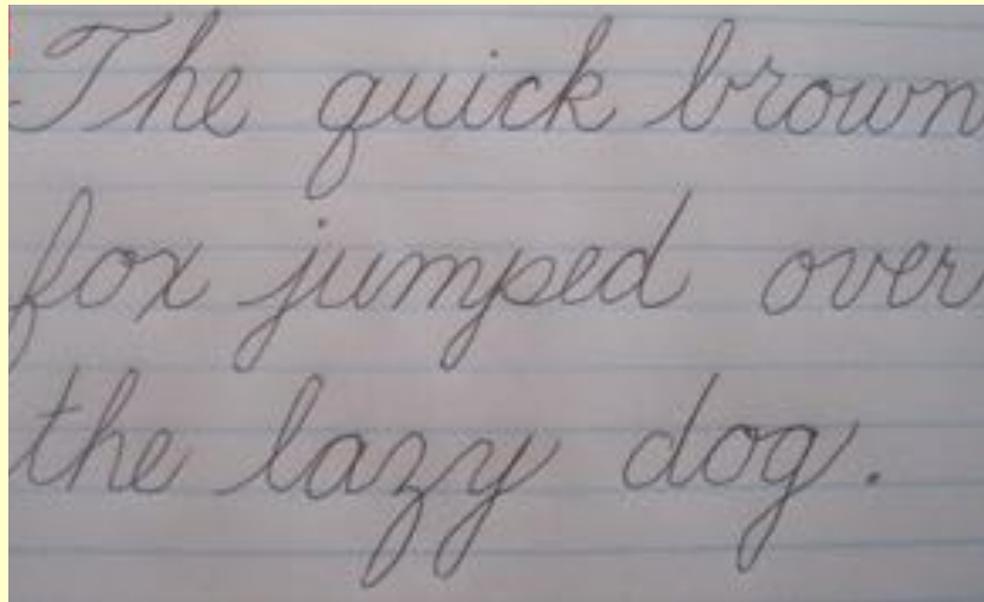
We use our hands in almost all of the activities we do each day – from brushing our hair to hugging our parents and from writing our names to eating our favourite lunch. If our hands are strong and flexible, it makes it a bit easier for us to do all these activities. Any activity that involves gripping against resistance (pushing, pulling apart & picking up things) will increase finger strength when it is used repeatedly. The following activities help develop fine motor skills.

- Take a line for a walk – see how long the pencil can stay on the paper
- Sorting small objectives such as paper clips, screws, bolts, buttons, etc.
- Clipping things together – using pegs, paper clips, etc. e.g. pegs around an ice-cream container lid
- Clothing fasteners such as buttons, snaps, hooks, zips and laces
- Post-a-shape – matching shapes to the correct opening
- Bead threading – give your child a pattern to copy – use macaroni or straws
- Maze activities
- Cutting and sticking – patterns, pictures, collages (coloured paper, magazines, etc.)
- Tracing – lines, shapes, simple pictures, letters
- Copy writing patterns using different materials such as chalk, pastels, felt tip pens, paint, etc.
- Dot-to-dot pictures – using numbers and the alphabet and a ruler to join
- Modelling – with clay, plasticine, play dough, clay, silly putty etc. as they roll, pinch, squeeze, punch
- Painting – using different sized brushes
- Jigsaw puzzles
- Constructional activities of varying degrees of difficulty (Duplo, Lego, Meccano, building blocks)

- Sewing activities
- Tying laces and bows
- Various card and craft activities using small items such as sequins
- Drawing on the blackboard or other slanted surface
- Pasting – to make face masks, posters, calendars, cards
- Paper folding – to make cards, paper planes, simple origami, paper weaving, paper chains
- Peg board designs
- Sand and water play – pouring and shovelling for buried treasure
- Push and pulling toys
- Finger football – flicking marbles or ping-pong balls into a box
- Finger puppets
- Using tweezers to pick up things
- Cutting with scissors – clay, thick cotton, straws, ice-cream containers, card board
- Food preparation and cooking activities - encourage use of two hands, opening and closing containers, peeling vegetables, stirring, kneading and rolling dough, pastry or cake mixture
- Action songs with hand actions – itsy-bitsy spider, etc.
- Playing musical instruments

Cursive Writing

The most widely recommended handwriting style is called continuous cursive. Its most important feature is that each letter is formed without taking the pencil off the paper – and consequently, each word is formed in one, flowing movement.



Key advantages of cursive script

- By making each letter in one movement, children's hands develop a 'physical memory' of it, making it easier to produce the correct shape.
- Having a lead in and out stroke avoids confusion about where to begin letter formation.
- Because letters and words flow from left to right, children are less likely to reverse letters which are typically difficult (like b/d or p/q).
- There is a clearer distinction between capital letters and lower case.
- The continuous flow of writing ultimately improves speed and spelling.
- It helps children's writing to be clear, fluent, legible and fast.
- This has also proved beneficial for children with poor hand control and for dyslexic children.
- The pencil does not often need to be lifted from the page – this reinforces phonic and spelling patterns.

C curve letters

a c d g o q

Up, down, up and over letters

b h m n p r

Letters that descend below the line

g j q p y

Tall letters

b d h k l

In-between letter

t

same height letters

a c e i m n o r s u v w x z

ran

ran

ran

ran

Aa

Bb

Cc

Dd

Ee

Ff

Gg

Hh

Ii

Jj

Kk

Ll

Mm

Nn

Oo

Pp

Qq

Rr

Ss

Tt

Uu

Vv

Ww

Xx

Yy

Zz

0

1

2

3

4

5

6

7

8

9

10

c a d
g q u
o s f

i l t
n m h
b p
u y

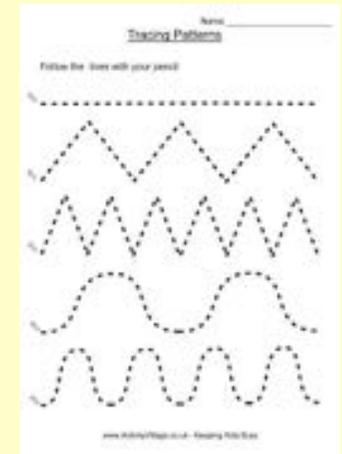
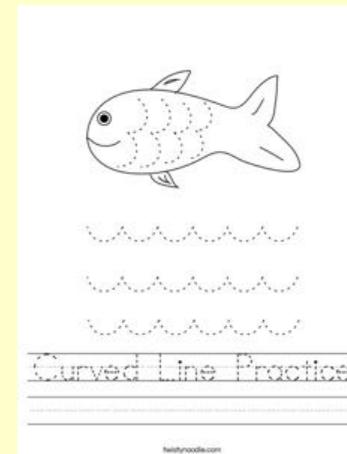
k
j
r
e
w
v
z
x

Progression in Handwriting

Year	Stage	Examples
Nursery	Pre-writing skills	Fine and gross motor skills
Reception	Pre-writing skills Letter and number formation Grip Body position	Fine and gross motor skills Spatial activities Writing templates
Year 1	3-4 sessions a week Letter formation – ascenders, descenders Lead-ins	Handwriting books
Year 2	3-4 sessions a week Focus on letter formation, size and lead-ins	Handwriting books Model joined up spellings
Year 3-6	Handwriting guidance throughout all activities Specific guidance linked to letter strings and spellings Intervention and modelling when necessary	Handwriting books Wonderful work displays

Resources

- Handwriting books and sharp pencils
- Whiteboards and pens
- Triangular pencils and pencil grips
- Hand-over-hand
- General strength and fine motor development exercises
- Practical activities – sandpaper letters, paint, sand, chalks, fat felt pens



At Home...

- Remember to warm-up
- Remember the 3 Ps – Posture, pencil (grip) and paper
- Magic pen in the air
- Practise little and often
- Focus on formation first
- Focus on size later
- Link to spellings
- Evaluate - which is the best example and why?