



Welcome to our handwriting workshop



Good handwriting starts early!



# Gross Motor Activities

PIPPA THE PENGUIN SAYS:  
"WADDLE FROM SIDE  
TO SIDE."



Stand straight and tilt  
from left to right.

BILLY THE BLACKBIRD SAYS:  
"FLAP YOUR ARMS UP  
AND DOWN."



Raise arms up and down,  
palms facing down.

FRAN THE FLAMINGO SAYS:  
"STAND ON ONE LEG AND  
NOW THE OTHER LEG."



Balance on left foot, then  
balance on right foot.

CHARLIE THE CAT SAYS:  
"STRETCH UP AS FAR  
AS YOU CAN."



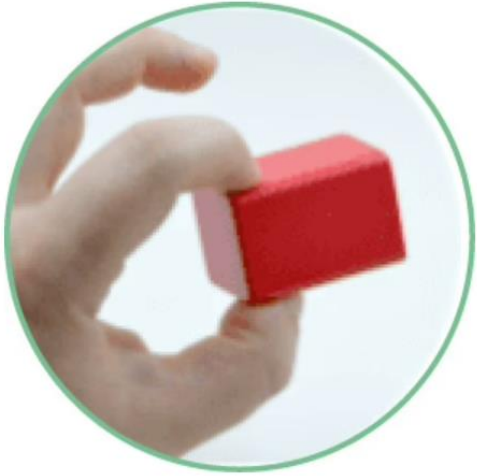
Stretch up and try and  
touch the ceiling.

# Fine Motor Activities

Action	Description
<b>Finger Stretches</b>	Put the tips of your fingers together and straighten your fingers by pushing your fingertips against each other. Repeat 5 times.
<b>Play the Piano</b>	Touch the table with one finger at a time from each hand like you are playing the piano. Start slowly and get faster.
<b>Fishing Hooks</b>	Put your elbows on the table, keep your hands apart, squeeze your fingers together and point them to the sky. Keep your knuckles straight and make a hook with your fingers. Hold, then straighten five times.
<b>Fireworks</b>	Make a fist with both hands and hold them tight. Then let your fingers go like exploding fireworks! Repeat five times.
<b>Take a Bow</b>	Put your elbows on the table, keep your hands apart, squeeze your fingers together and point them to the sky. Bend your knuckles but keep your fingers straight so your fingers bow to each other. Repeat 5 times.

# Pencil Grip

Incorrect pencil grip can cause pain, especially as children get older and need to write more.



10 – 12m  
Pincer Grip



12-18m  
Palmer Grip



2-3y  
Digital Grip



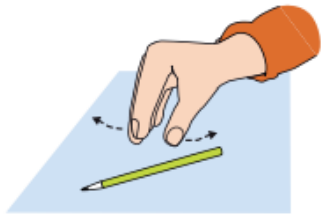
3-4y  
Static Tripod Grip

# Tripod Pencil Grip

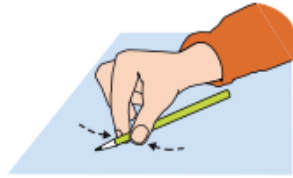
How to hold a pencil correctly for handwriting.

Age 4-5y

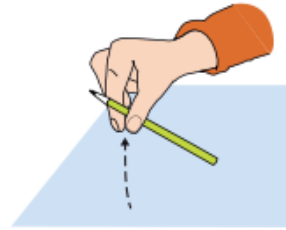
## Right handed grip



1. Point away the pencil,



2. Pinch it near the tip,



3. Lift it off the table,

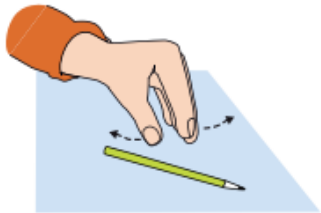


4. Spin it round...

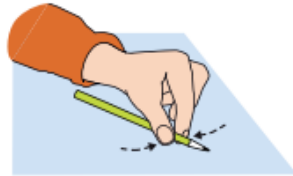


5. ...and grip.

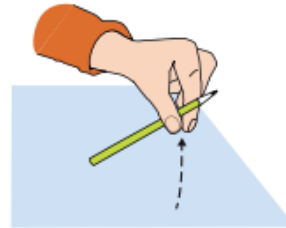
## Left handed grip



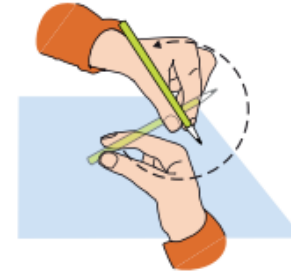
1. Point away the pencil,



2. Pinch it near the tip,



3. Lift it off the table,



4. Spin it round...

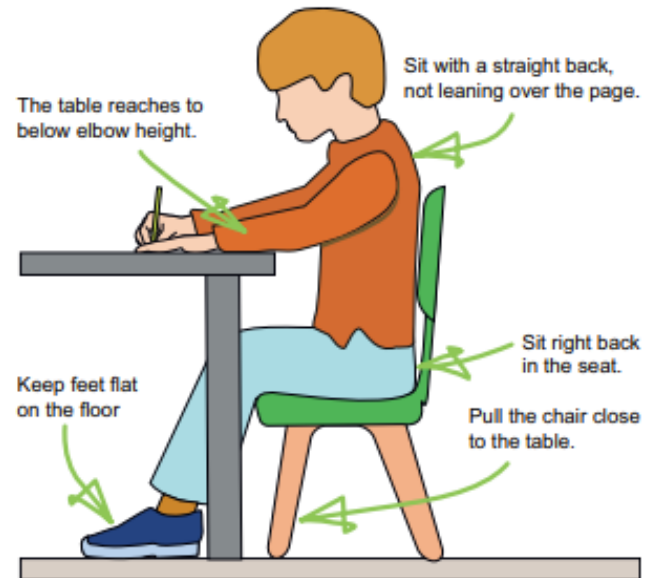


5. ...and grip.



## Right handed children

How to sit correctly to be comfortable for handwriting.

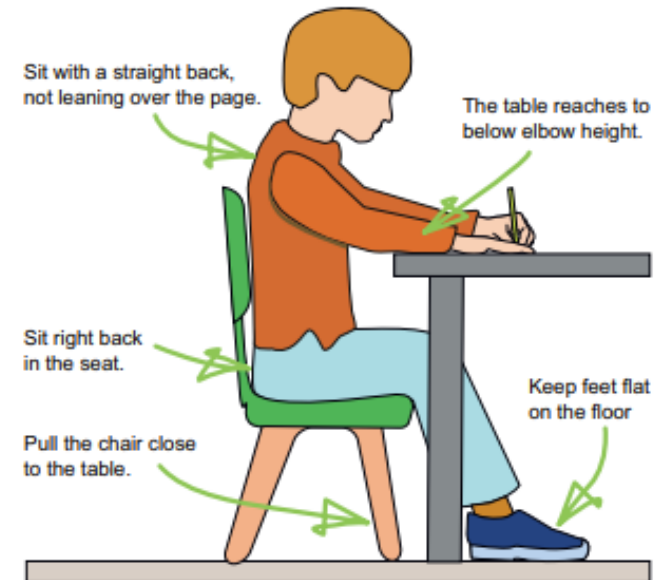


How to hold and position the paper.



## Left handed children

How to sit correctly to be comfortable for handwriting.



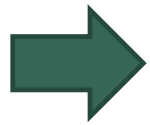
How to hold and position the paper.



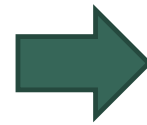
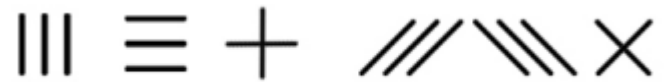
# In Nursery and Reception, children work on gross and fine motor and patterns...

Children learn to write their name and Tricky Words in Nursery.

Circles and Spirals



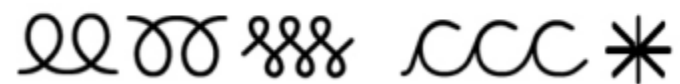
Lines and Diagonals



Jellies and Zig-zags

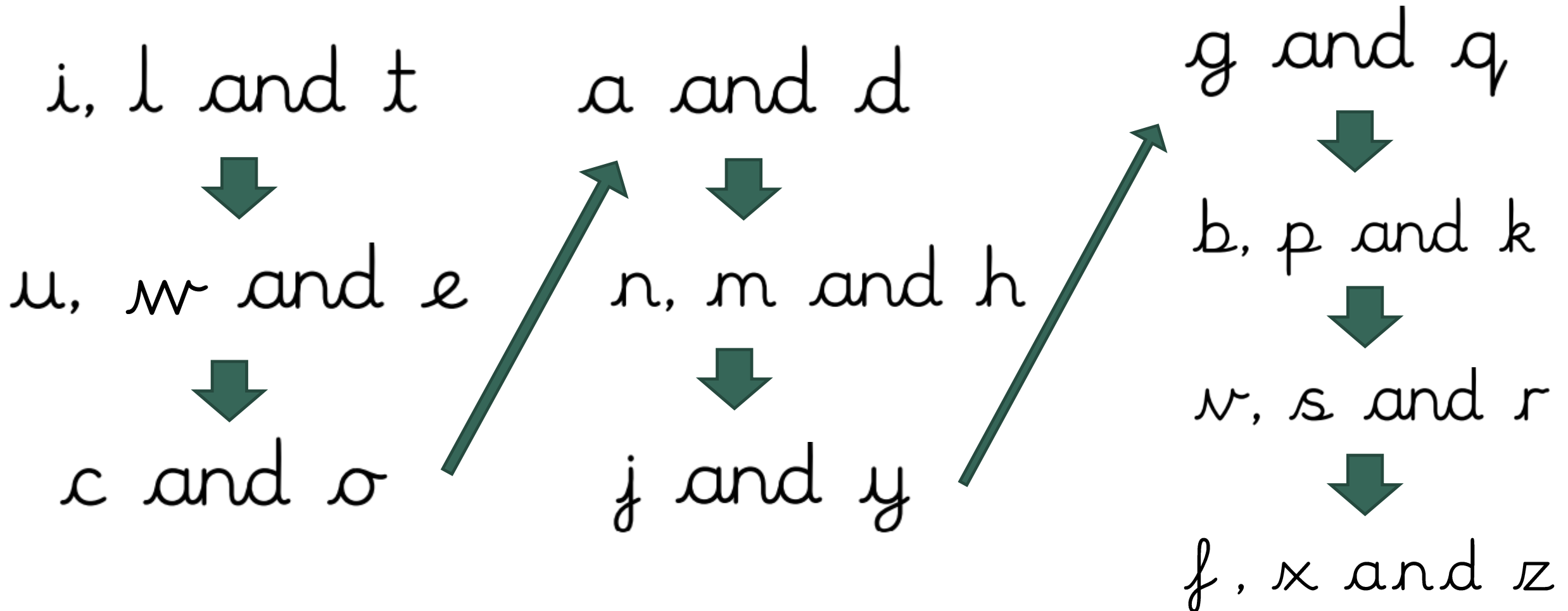


Loopies and Waves





In Reception... 'from the line every time'



## In Year 1 and Year 2

- In Year 1, children practise writing capital letters, numbers and punctuation ! ? " "
- In Year 2, children have further practice joining letters and should be forming all letters correctly.

- *Ascenders* are tall letters like l, h, k
- *Descenders* go below the line like j, y, and g
- We *don't* join capital letters.

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