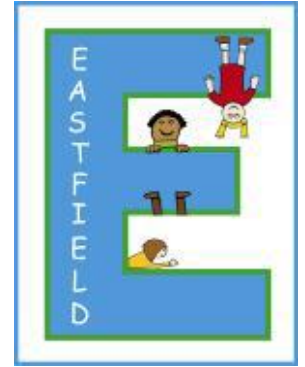


# Handwriting at Eastfield Primary School



At Eastfield Primary School, children in Reception, Year 1 and Year 2 have a daily handwriting lesson that is taught as a standalone lesson. However, as having neat, eligible and fluent handwriting is an vital skill for children it is also embedded into English and Foundation lessons. Since October 2019, we have taken on the Kinetic letters approach, which will develop the four strands of learning for handwriting. These are; making bodies stronger, learning the letters, holding the pencil and flow and fluency. Each handwriting lesson will follow this teaching sequence:

**Warm up**- Complete daily exercise with children to strengthen core development and strength in hands, optimal writing position.

**Letter introduction**- Introduce the children to the letter starting points (tree branches) explain that the letters are formed by jumping down from the two different points on the tree...Share today's focus letter.

**Strategy move it/say it**- teacher children the letter trail by modelling the movement: ensuring you ground the letters- large (in the air down to the ground) medium (on backs etc) small (on their own hand/arm)

**Practice -Move it/ say it/ write it**- Children to make letters into the sand trays, ensuring the letters are grounded.

**Apply**- When ready children to practice recording letter three times on each line of their whiteboards. Use the lizard position on carpet. (Children lay in optimal position on their tummies.)

## Helping your child at home with Handwriting

You can help your child to develop the skills for writing without them even knowing! The core strength your child has will have a big impact on their handwriting.

### Making bodies stronger- developing core strength

- Lie on tummy on the floor to read, write, play on electronic games, watch TV
- Sit on the floor to play
- Chair push-ups, pull-ups, monkey bars the plank
- Using scissors, knives and forks, playing clapping games
- Using playdough and plasticine-rolling, pinching, squeezing using different parts of the hand

## Holding the Pencil

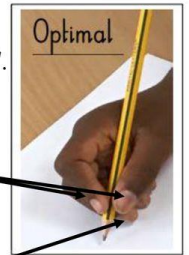
- Practice picking it up
- Learn and practice the pencil checks
- Use optimal sizes and shapes of writing tools (small diameter with triangular cross sections)

## Pencil Hold

We teach the children the "three friends hold".

The thumb and first finger sit on top of the pencil

The third finger is called the pillow finger and sits underneath the pencil



## Learning the letters and their families

### Lower-case letters

Jumper Family	h n m b r p
Abracadabra Family	c a o d s q g
Window Cleaner Family	l t i u
Fisher Family	y j f g
Squinter	e
Slider family	k v w x z

### Upper-case letters

Straight lined group	I L E F H T
Curved line group	C O S G Q
Lines with Curves group	D P B R J U
Sliding lines group	A M N K W V Z X Y

The letters are grouped this way as each family starts the same way e.g. the Jumper family all start by jumping down from the top, the abracadabra family all start by pulling round like a letter c, the fisher family all go under the line with a hook etc.

## Using the tree

When practising writing, use a writing line and the tree symbol to give a guide for both where the letters start and their size in comparison to other letters.

