Y1

Handwriting Workshop

Friday 6th December 2019

Katie

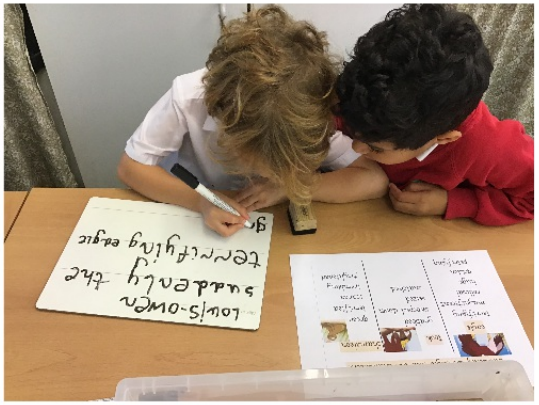
Aims

The four bases and pencil grip

Letter formation

Y1 expectations

Supporting at home



Pencil grip

The pencil grip should be correct by the end of KS1.

It is important to check this before your child starts to write.

Point it.

Pinch it.

Pick it.

Flip it.

The four essential bases for fine motor skills

Each leg of the stool represents one of the bases for fine motor skills.

When one base is missing or broken the stool will wobble. Each leg needs to be strong for the stool to be stable.

Postural stability

When the bigger muscles of the shoulder girdle and trunk are strong and stable, the smaller muscles of the arms and hands can move freely in a controlled way.

When this is lacking a child will hold their pencil really tight to try and control it or sometimes press really hard on the paper. It may also cause tension in the shoulders.

Shoulder and core exercises

Pushing games (wall push and people push)

Chair push ups

Snake curls

Tightrope walker

Crab walking

Leg lifts

The Emotional door

Tactile Perception

If you are not getting good tactile feedback from your fingers, it is hard to be accurate with them.

When a child has poor tactile perception it may feel as though the pencil is being held with rubber gloves on. Fine motor developmental is not optimal.

Can be clumsy
Can drop things small items regularly
Can let items slip from their grasp

Tactile perception activities

Help children to process touch feedback from the hands in order to use hand muscles more effectively.

Encourage children to ‘look’ with their hands.

Feely bag type 1 – Describe object

Feely bag type 2 – Specific item search

Hand function

The hand and finger muscles need to work well together in order to control pencils and other small items and tools.

The wrist and forearm muscles are also important, as their positioning will get the hand in the best position to control pencils.

Cutting with scissors is one of the best ways a child can develop hand function.

Hand and wrist exercises

Paper crumpling – as hand strength increases the ball will get tighter

Water spray bottles and squeezing sponges

Playdough exercises

Working on a vertical surface to develop wrist strength

Old fashioned games – tiddly winks, hungry hippos, crocodile tooth game

Finger exercises

Aim to develop and increase the dexterity and skill of the tripod fingers.

We want these three fingers working in isolation.

Finger ball walk

Playdough balls

Crepe paper crumpling

Bilateral coordination

If your hands do not work well together, your ability to do fine motor tasks may be affected.

Eating with a knife and fork
Holding paper whilst cutting
Tying shoe laces
Playing with construction toys

These activities need both hands to work together in a coordinated way.

Children will poor bilateral coordination may avoid fine motor activities and thus affect their handwriting development.

Bilateral coordination activities

Using a roller pin

Climbing using a rope in the playground

Cutting, threading, drawing lines with a ruler

Catching a ball

Rolling large balls of playdough

Fine motor warm ups

Important to develop all four bases

Regular fine motor work really makes a difference to handwriting outcomes

Please work on these areas at home as much as possible

Websites

- education.com
- abcdoes.com
- Imagination tree

All focus on fine motor games and ideas

Letter formation

Shannon

It is important that letters start in the correct position.

This will help the children when they move on to joined up handwriting.

Handwriting assessment after Christmas.

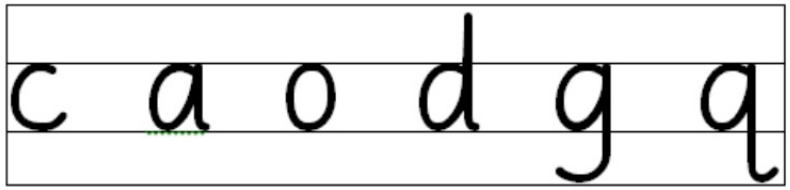
Letter families

We teach the letters in groups or 'families' based on the starting position.

Let's look through the letters together.

Start like 'c' curved letters:

c a d g o q


c a o d g q

Down, up and over letters:

b h m n p r

Descenders:

g j p q y f

Ascenders (tall letters):

b d h k l t f

'x' height letters:

a c e i m n o

r s u v w x z

Capital letters:

A B C D E F G

H I J K L M N O

P Q R S T U V

W X Y Z

Numbers:

0 1 2 3 4 5

6 7 8 9 10

Y1 expectations

Correct formation of letters

Letters consistent in size

Letters sitting on the line with clear ascenders and descenders

Lots of verbal feedback and praise