

KS1 Handwriting Day

Me and My Name



Lesson 1: Skills Practice



Aim

- To practise the skills needed for clear, neat handwriting.

Success Criteria

- I can start to understand the different skills needed.
- I can sit at the table and grip the pencil correctly.
- I can follow lines and patterns correctly.
- I can form lower case letters correctly and confidently.
- I can form capital letters correctly and confidently.

Moving Bodies

It's important to keep our bodies moving.
We learn all sorts of skills like running, jumping, throwing, catching and balancing.

Gross motor skills are the skills we use to move our bodies.

Without these skills, we couldn't even sit up straight!

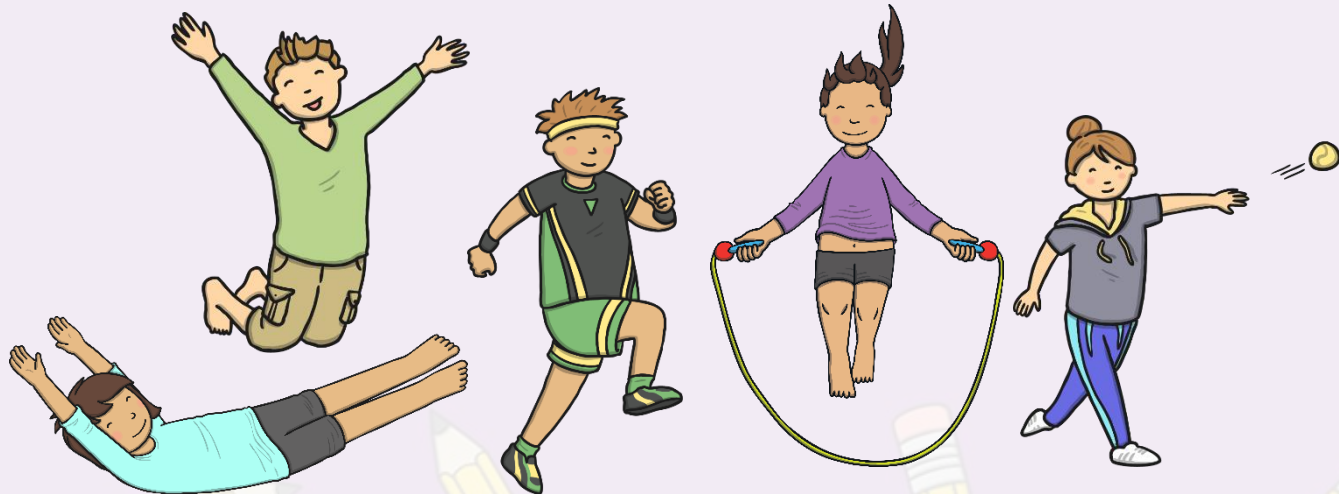
These skills then help us to be able to make smaller movements.



Gross Motor Skills Activities

Try one of these:

- Make the shape of all the letters in your name in giant footsteps on the ground.
- Work with your friends to show each letter in your name, just by moving your bodies into the different shapes.
- Throw beanbags to a friend or through a hoop and then use the beanbags to spell your name on the floor.

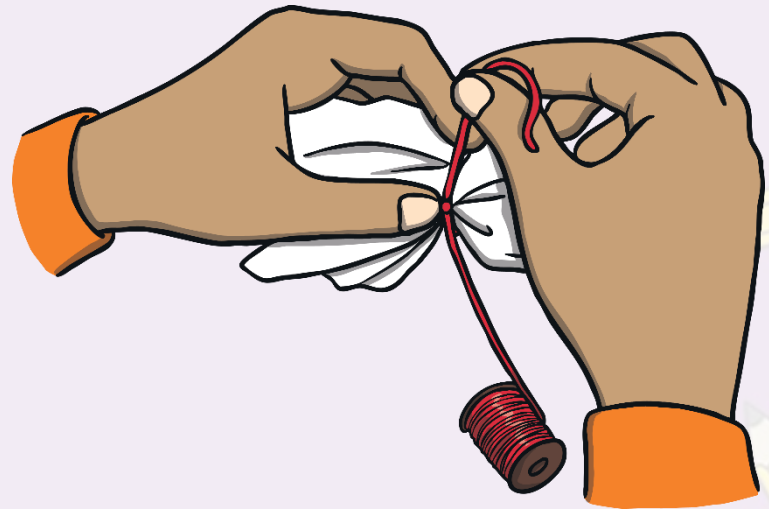


Smaller Movements

It's also important to have control of our bodies when doing small movements, like when we use our hands to pick something up.

These are called fine motor skills. We might have practised these skills by threading beads onto string, poking pegs into boards and tracing over patterns.

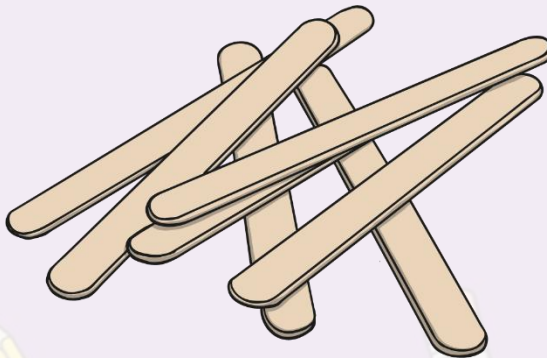
These important skills really help us to be able to do other things, like writing.



Fine Motor Skills Activities

Try one of these:

- Use tweezers to pick out beads with the letters you need to make your name.
- Make your name using small lolly sticks.
- Write your name in big letters and stick on materials like cotton wool to make it 3D.



Pencil Skills

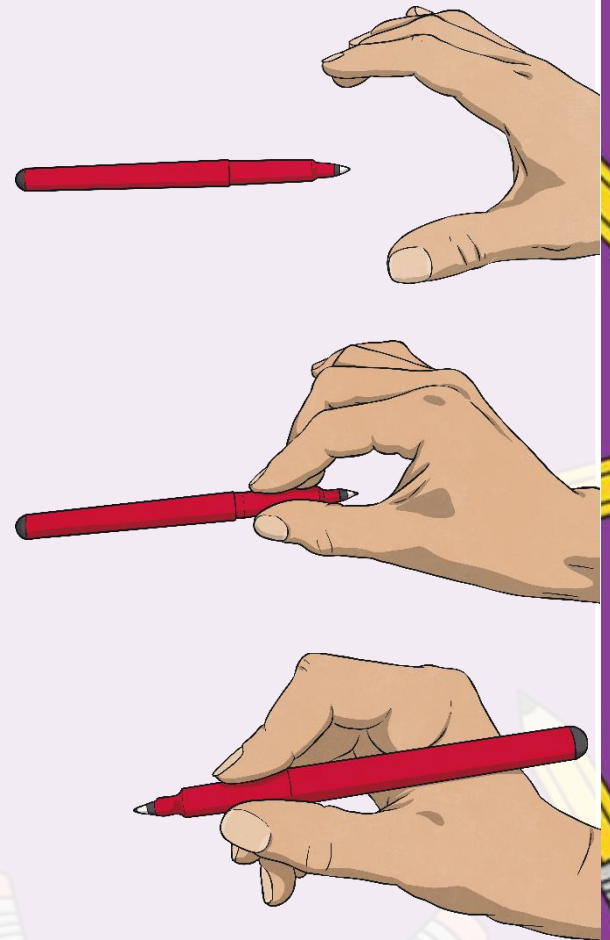
We need to learn some important things to be able to write properly.

These include:

- sit up properly at a table;
- hold a pencil correctly;
- work out if you are right or left handed.

You might find this tip helpful:

Nip, Flip, Grip!



Pencil Control

Then we learn to control the pencil to follow patterns.

Go and practice!

Can you keep to the lines?

Me and My Name - Handwriting Dry Skills Practice

Pencil Control Patterns

I can sit at the table and grip the pencil correctly.
I can follow the lines and patterns correctly.

Trace over the dotted lines.





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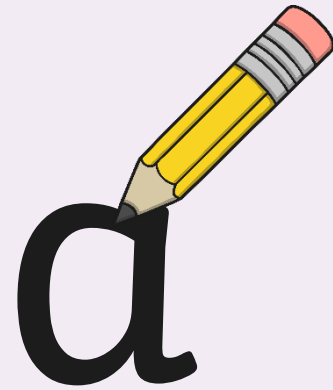
Lower Case Letters

Once we are really good at following different shapes and patterns, we can then begin forming letters.

Go and practise your lower case letters!

Can you keep to the lines? Is it neat?

Do some of your own!



Me and My Name - Handwriting Day Skills Practice

Pencil Control Lower Case Letters

I can form lower case letters correctly and confidently.

Trace over the dotted lines.

	aaaaaaaaaaaaaaaa	HELLO MY NAME IS Aisha
	bbbbbbbbbbbbbbbb	HELLO MY NAME IS Ba
	cccccccccccccccc	HELLO MY NAME IS Carter

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	dddddddddddddd	HELLO MY NAME IS Dara
	eeeeeeeeeeeeeeee	HELLO MY NAME IS Eva
	ffffffffffffffff	HELLO MY NAME IS Fatimah
	gggggggggggggg	HELLO MY NAME IS Grace

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	hhhhhhhhhhhh	HELLO MY NAME IS Harry
	iiiiiiiiiiiiiiii	HELLO MY NAME IS Indigo
	jjjjjjjjjjjjjj	HELLO MY NAME IS Jing
	kkkkkkkkkkkk	HELLO MY NAME IS Katy

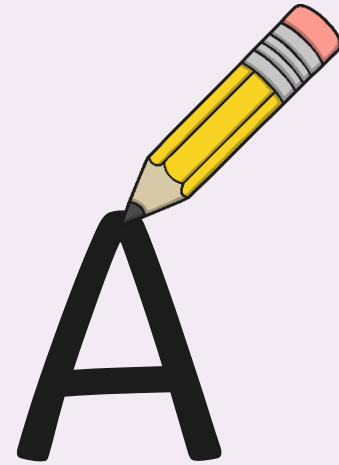
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Capital Letters

Go and practise your upper case (capital) letters!

Can you keep to the lines? Is it neat?

Do some of your own!



Me and My Name - Handwriting (cursive) Practice

Pencil Control Lower Case Letters

I can form lower case letters correctly and co-fully.

Trace over the dotted lines.

	A A A A A A A A	
	B B B B B B B B	
	C C C C C C C C	

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	D D D D D D D D D D	
	E E E E E E E E E E	
	F F F F F F F F F F	
	G G G G G G G G G G	

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	H H H H H H H H H H	
	I I I I I I I I I I I I	
	J J J J J J J J J J J J	
	K K K K K K K K K K	

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Handwriting

- Practise and more practise makes it perfect!
- We never give up on our handwriting.
- We keep working on it as adults too!
- Making it as neat as possible means:
 - our work looks neat;
 - we can read our own writing easily;
 - other people want to and can read our writing too.

Aa



Keep going! We will need these skills for a poem later...

