



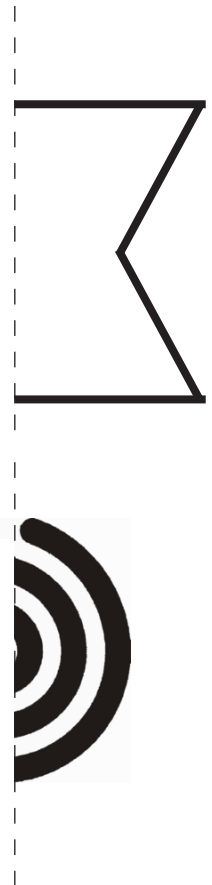
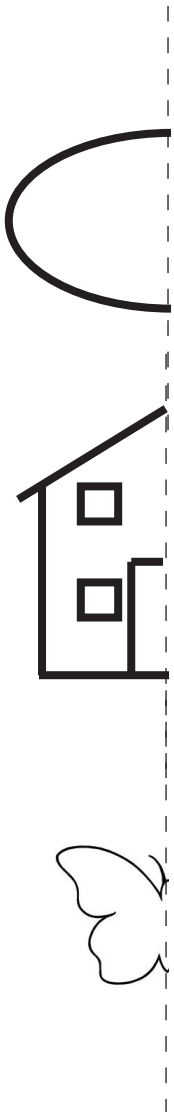
HANDWRITING CHALLENGE



TASK ONE

Remember to keep your handwriting as neat as you can. Good luck with your challenge for today.

Well done on preparing your handwriting in the warm-up task! Complete the mirror shapes below, trying to match the original half as closely as possible.



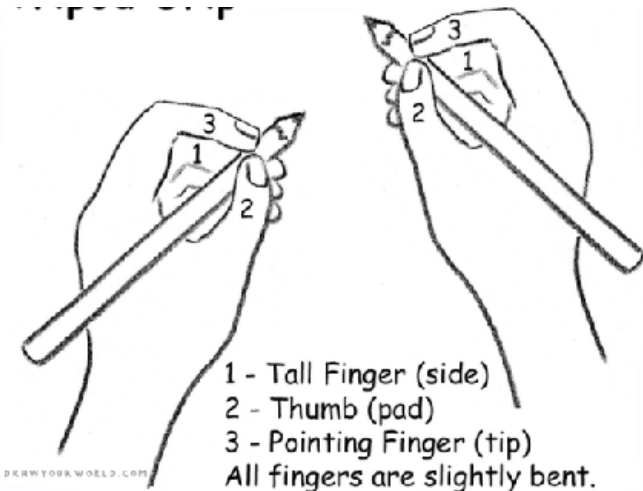
Parent Guide to Handwriting



The Correct Pencil Grip

For right handers

Hold pencil lightly between thumb and forefinger, 3 centimetres away from the point. The paper should be placed to the right and slightly tilted to the left. Use the left hand to steady the paper.



For left handers

Hold the pencil lightly between the thumb and forefinger, resting on the first knuckle of the middle finger; hold about 3 cm from the tip. The hand should be kept below the writing line. The paper should be tilted slightly to the right at about 20 or 30 degrees. Use the right hand to steady the paper.

Fine Motor Skills

Fine motor skills refers to the coordinaton of small muslces in the hands with the eye. There are lots of activities you can do at home to develop and strengthen the fine motor skills needed and encourage handwriting.

Exercise:

Imagine you are squeezing a sponge.
Repeat 10 times.

Exercise:

Incy Wincy spider movements

chalking on
the ground

ripping up paper
into small bits

playing with play
dough

scrunching
up the little
bits of paper

TASK TWO

Copy after each letter and practise it twice. The aim of this exercise is to check that you have the correct technique for each letter that will help you with your handwriting in the future!

c

d

a

q

q

o

e

s

f

i

l

t

k



TASK THREE

Fine Motor Skills Exercises

One great way to improve handwriting is to increase the strength in the muscles we use to write. Copy the video and have some fun practising these fine motor skills. Get your family to join in!

TASK FOUR

Copy each letter and practise it twice. Can you focus on making the letters as neat as possible?

y

j

g

r

m

n

u

h

b

p

v

w

z

EXTENSION

Trace the numbers and their names. Then practise writing the number twice more.

1 one

2 two

3 three

4 four

5 five

6 six

7 seven

8 eight

9 nine

10 ten

