



Oakley Infant School  
Handwriting Progression

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# Warm up activities

Start with the large muscles first and then work down to the smaller muscles. In therapy terms this is called distal (muscles farthest away from the ones you are focusing on) and proximal (muscles directly next to or close by the ones you are working on).

## Gross motor activities:

### *Shoulder Shrugs*

Shoulder warm up activities prepare the arms for writing and may help to release tension in the neck and shoulder.

Shrug your shoulders up and down and then front to back. To describe this to your class you can tell them to lift their shoulders to touch their ears and then push them back down.

### *Crocodile Movement/Snaps*

Raise your arms in the air with one above the other. Then snap your hands together like a crocodile snapping its jaw. Take turns having the left and right arm above each other for this activity.

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### *Air Traffic Controller*

Start with your elbows bent and your hands in a fist in front of each shoulder. Then straighten your elbows, moving one arm out from the body and the other arm to the side of your body. Alternate arms back and forth.

You can also use this to practice crossing midline by crossing the hands and arms while doing the movement.

### *Butterflies*

Begin with your arms straightened in front of your body. Like your thumbs together to make an "X" and turn your hands facing out. Using the shoulders to move, make small circles with the hands, moving from left to right (remember to do this movement from the shoulders, not the fingers or hand).

### Fine motor activities:

#### *Put On Imaginary Gloves*

Pull on your "gloves" by applying firm pressure to the fingers and back of the each hand.

#### *Finger Push-Ups*

Place the tips of your fingers together and straighten the fingers while pushing the finger tips against each other.

#### *Piano Fingers*

Drum your fingers on the table or desk as if playing the piano. Make sure each finger touches the desk. You can also work on fast vs. slow movements with this. "How slowly can you play the piano?" "How fast can you play the piano?" "Can you use both hands together to play the piano?"

# Posture and position

## Let's Look Ready to Write

- 1 Place both feet flat on the floor.
- 2 Move your elbows so they're resting off the edge of the desk.
- 3 Move your bottom to the back of the chair.
- 4 Lean your head and shoulders slightly forward.
- 5 Keep your knees bent at a 90° angle.

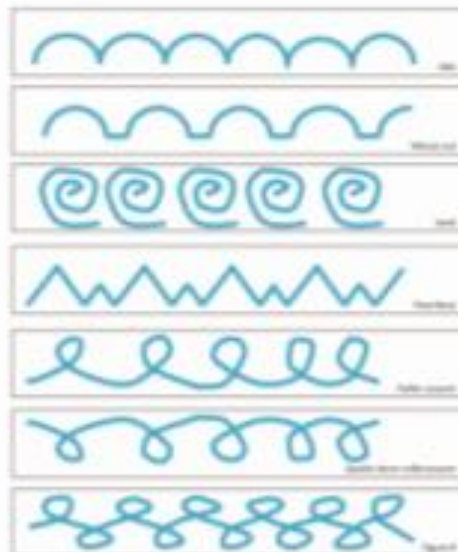
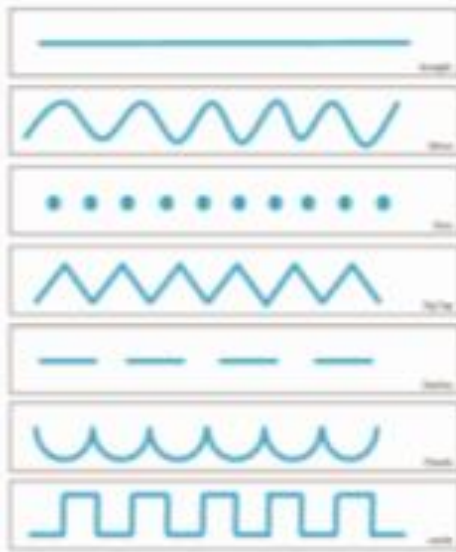


## How to Hold a Pencil



1. Put your thumb and forefinger just above the cone shaped part of the pencil.
2. Let the pencil rest between your thumb and forefinger.
3. Then put your middle finger underneath for support.

## Fluency patterns



Individual letters, in groups of similar formation:



c o a d

q g s e f



i t l j u y



p r n m h b k



v w x z

## Capital letters

Taught only for the start of names and sentences. All letters usually start from the top.

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

# Cursive handwriting

First joins: Continuous cursive bottom letter joins

ai, but, ch, ck, er, sh, th,  
ip, ig

Second joins: Continuous cursive bottom to 'c' shaped letter joins

as, ea, ed, ing, sat, ss

Continuous cursive bottom 'e' letter joins

be, her, ie, men, se

Third joins: Continuous cursive top e letter joins

ere, oe, re, ure, ve, we

Fourth joins: Continuous cursive top letter joins

oa, oh, oi, on, oo, or, ou,  
ov, ow, oy, wh

Further joining lessons should practice common spelling patterns, in conjunction with phonic/ grammar teaching.