

KINETIC LETTERS®

## Mastery of handwriting



2019-2020

At Yew Tree primary school we follow the **Kinetic Letters** handwriting scheme to support the development of pupil's handwriting.



Handwriting is a complex skill. It involves physical dexterity as well as cognitive processing.

The Kinetic Letters handwriting goal is for pupils to achieve automaticity.

Kinetic Letters has 4 Strands

**Making bodies stronger**

Learning the letters

Holding the pencil

Flow and Fluency

# Strong Bodies



## Pelvic Girdle strength

To enable children to sit still and concentrate.

To provide the foundation on which to build their shoulder strength



## Shoulder Girdle strength

To support the hand to hold the pencil correctly and to write with speed and legibility.

To enable children to sit correctly at the table and use their writing hand and helping hand appropriately.

## Strong Bodies – Animal Positions

- We teach pupils the importance of developing strong bodies and aligning their joints.
- Muscles and joints work together to create stability.



# Strong Bodies



## Forearm and wrist strength

Built on the foundations of shoulder strength. Strength in the forearm and wrist enables children to develop good writing positions.



## Hand and finger dexterity

The muscles of the hand need strengthening to enable its two main functions of strength and dexterity. Both are required to hold a pencil, write legibly and at speed without physical discomfort.

# Writing position...



Uphill for  
Right-handers

Downhill for  
Left-handers

Writing hand - wrist bent back, so hand is under writing. Helping hand – rests on the page, positions the board under the writing hand.

...Assess, Detect, Correct (ADC) – hand positions, body positions and pencil hold.

## Learning the letters

There are 6 letter moves to learn.

Down

Up

Push

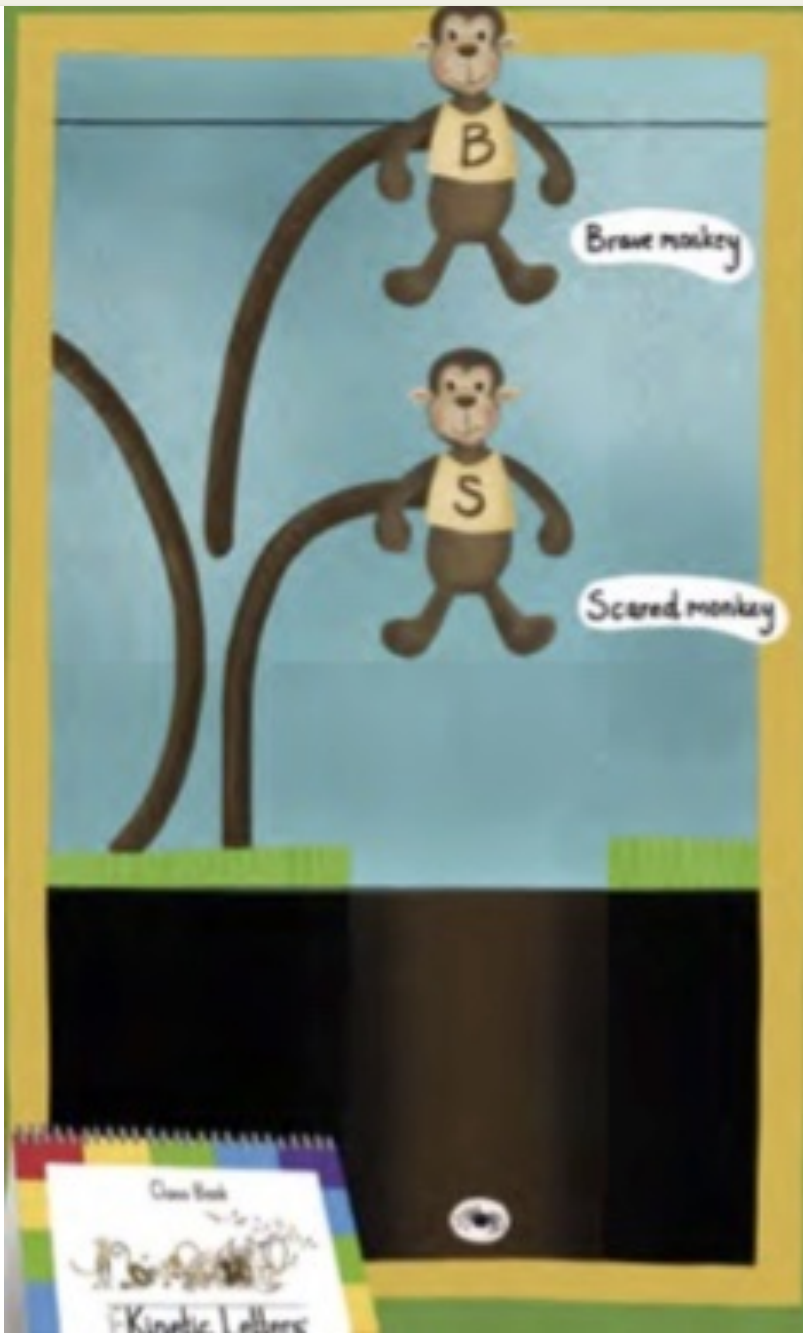
Pull

Slide

Flick



Children are taught to  
**Move it. Say it. Write it.**



Stories and characters support the children in learning the letter formation.

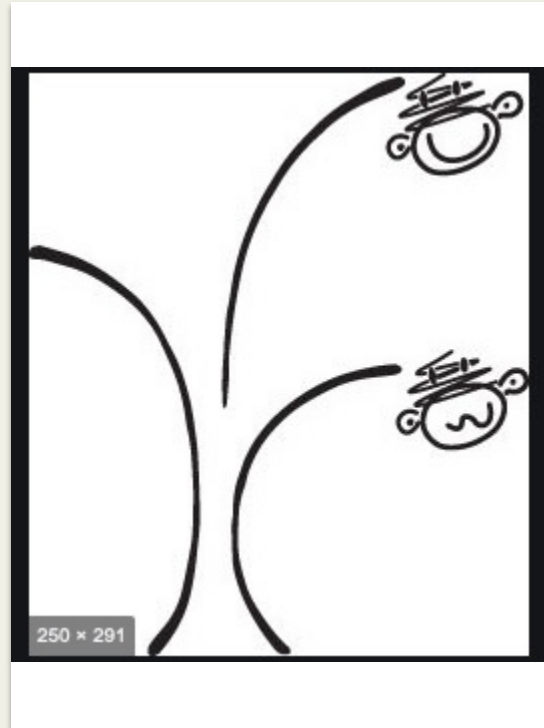
Brave monkey, called Bounce, is brave about heights because he is older and so has the high branch on the tree.

Scared monkey, called Skip, is scared of heights but still loves adventures. He has the low branch of the tree.





Move it, say it, write it  
Air, sand, whiteboard,  
paper.



3 by the tree



Monkey smiles and  
Turtle ticks