

Getting ready for school

Developing Handwriting



“Learn, sparkle & shine...”

St. Peter's C.E. Primary School
Farnworth



“I like to practise my handwriting at home!”

Developing Gross Motor Skills

Gross motor skills support the movement of larger muscles, E.G. arms, legs, feet or the entire body. Here are some activities to help your child develop their **gross motor skills**. You may think of others too!

- Ball activities (throwing and catching)
- Skipping
- Moving to music
- Following action songs and rhymes
- Encourage children to make large circular shapes on the ground with chalks: this helps the movement in their shoulders.

Handwriting guidelines for parents Developing Fine Motor Skills



Handwriting is a physical activity which requires well developed **fine motor skills** and **good co-ordination**. **Fine motor activities** support the movement of smaller muscles, E.G. hands & fingers. These activities will help your child to develop their fine motor skills and hand/eye co-ordination:

- Playing with Lego and joining construction toys
- Playing with plasticine and play dough
- Folding paper
- Scissor activities
- Gluing and sticking
- Drawing
- Mark making in different materials e.g. shaving foam, sand etc.
- Jigsaws



- Dot-to-dot pictures
- Tracing and copying patterns
- Colouring pictures
- Free drawing
- Threading beads on a lace



Children can practise their handwriting skills by mark making and drawing in a sand tray, shaving foam, following the dots - dot-to-dot or tracing over pictures/ letters/ name card.

Left-handed writers

You may consider:

- Putting the paper to the left of the body's middle line
- The wrist should be below the line of writing
- Left-handed children often find writing from left to right and making anti-clockwise movements more challenging.

