

Handwriting at St Luke's C of E First School

We teach handwriting through Kinetic Letters® which is a handwriting programme for use in primary and secondary schools.

Four main threads of Kinetic Letters are:

- Making bodies stronger,
- Holding the pencil,
- Learning the letters
- Flow and fluency



It enables children to develop legible handwriting that is produced quickly and automatically. With the development of automaticity, handwriting becomes a valuable tool and not a hindrance to learning.

The Kinetic Letters® font covers all the letters in the alphabet and is based on a set of rules that have been made as simple as possible to enable fast learning.

Strength: Writing is a fine finger operation; children must have core body and arm strength to be able to control their fingers precisely.

Pencil hold: The pencil/pen grip must be comfortable to allow writing for long periods (eg exams often last for hours). Pens and pencils with a triangular cross-section assist in developing the correct hold.

Letter formation: The movements to form the letters begin with whole body movements and progress through writing in sand trays to writing on whiteboards and finally writing on paper. In Kinetic Letters®, all the letters and numbers are formed by one of two monkeys, a brave one (Bounce) who goes to the top branch of the tree, and a scared one (Skip) who goes to the lower branch.

Flow and fluency: Letter movements are minimised to help a fast writing style to develop. There are no lead-in strokes (a waste of time and effort).

The order in which letters are taught recognises the cognitive development of children. Letters are taught in families.

Jumper Family

h b
r n m p

Down-bump.
Back up.
Push over.

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Abacadabra Family

c o a d g q s

Pull around and Push.
abracadabra

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Window Cleaner Family

l t
i u

Down-bump.
Flick
(the water off).

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Fisher Family

g j y f

Down, on-down and
Pull around
(to catch the fish).

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Slider Family

k
v w x z

Slide.

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Special Squirter

e

Push across.
Up. Pull around and Push
(along the ground).

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CAPITALS

A M N K
W V Z X Y

Sliding beam grip

All made by Bounce

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CAPITALS

I L E F H T
C O S G Q
D P B R J U

Straight beam grip
Curved beam grip
Lines with various grips

All made by Bounce

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NUMBERS

2 3 7 5
0 6 8 9 4

Picking numbers
All made by Bounce

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