

## Kinetic Letters information page for parents

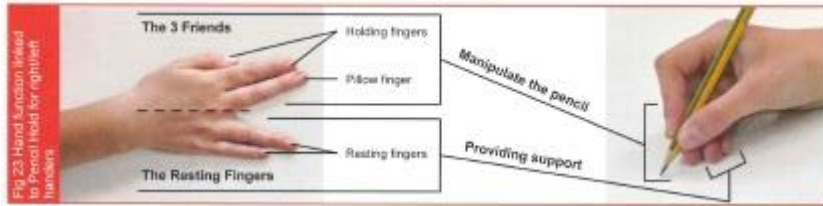
At St Luke's we follow a handwriting programme called Kinetic Letters. This programme enables children to;

- Have stronger bodies
- Have the correct pencil hold
- Write letters and numbers fluently and legibly

The programme is designed to improve flow and stamina in writing, preparing your child for writing across the curriculum which will increase as they get older. It is designed to stop the aching hand and increase motivation and automaticity in writing.

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# The pencil hold



# The pencil hold song

## The Pencil Song

To the tune of the Hokey Cokey



You get your Hol-ding Fin-gers rea-dy and pick your pen - cil up,



You tip it back to lay a-cross your hand,



You put your pil-low fin-ger un-der to keep poor Cur-ly safe



That's your 3 Friends Hold



Whoa! Hol - ding fin-gers op-po-site Can you see some green leaf?



Pil - low fin-ger un-der Pen back, wrist bent, hand rests down

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# Information page

## Kinetic Letters® Programme overview

Kinetic Letters® is a handwriting programme for use in primary and secondary schools.

Using four main threads of

- Making bodies stronger,
- Holding the pencil,
- Learning the letters, and
- 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. The order in which letters are taught recognizes the cognitive development of children.

The programme can be used with any reading programme including phonics. Initially reading and writing are taught separately (as recommended by phonics programmes); later on, reading and writing are combined.

**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 minimized to help a fast writing style to develop. There are no lead-in strokes (a waste of time and effort).

There are resources available for parent to purchase from Kinetic Letters® (sales@kineticletters.com). These include:

- Whiteboards with the Kinetic Letters® tree logo and lines
- Pencils and whiteboard pens with a triangular cross-section
- Playing cards with all the letters and their method of formation
- Pupil books with exercises
- Story books explaining how each of the letter groups is formed.

# High Frequency Words in the Letter Families

High Frequency word lists (list of letters in order of teaching families)

	List 0	List 1	List 2	List 3	List 4	List 5
	Jumper	Abacadabra	Window Cleaner	Squinter	Fisher	Slider
i		on oh no	to not all old too that don't	me he be the are her one then here came some help	get got just	we will was now with went have when what down very were
ii		an can and had do	in this is said it into up could but about put it's out him his	time there their made called little house people children	my of by you for off day they yours truly from	like look back make asked looked
iii		go as so				