



Warboys Primary Academy

Moving Forward Together To Develop Confident, Independent Learners

Parent's Guide to Handwriting in EYFS.

At Warboys Primary Academy school, children in the Foundation stage participate in daily handwriting activities. These activities are progressive and support children in developing the necessary skills that lead to holding a pencil and using it to write letters correctly.

We recognise that before children develop efficient letter formation they will need to develop the core skills to support this. These activities include developing and strengthening gross and fine motor muscle control. Like any muscle, we must strengthen and train them to make them stronger – the same is true for our hands.

This image shows the difference between a 4-year-old (left) and a 7-year old (right) hand. The image shows the connections have not yet been made in the hand of the EYFS child. It is, therefore, our role to ensure we support every child developing the core muscle strength required.



We use a variety of resources and activities to develop gross and fine motor skills alongside mark-making and postural control (children being able to maintain their own balance in sitting without using their hands). Children will not be expected to develop letter formation, pre-writing shapes or early writing skills if they have not yet developed the correct grasp and do not have good postural position.

Some of the activities we use at Warboys Primary Academy:

Activities for Postural Control:

- Wildabout sessions
- Write Dance sessions – involving particular dance movements to a story/song.
- Adventure playground – **balancing, swinging, jumping, crawling and climbing.**

- Sensory circuits – balancing and jumping.
- Obstacle courses that require balancing, crawling and climbing.
- Catching and kicking games with different balls, bean bags and quoits.
- Using bats and hockey sticks.
- Jumping on the trampoline.
- Dancing with equipment such as ribbons.
- Gymnastics, using the apparatus.
- Playground games such as 'Duck, duck, goose'.
- Bikes, scooters and tractors.
- Stilts.
- Space hoppers.
- Parachute games.
- Gardening.
- Cleaning – using sponges, brushes and mops.

Activities to develop using hands and eyes together:

- Dough Disco – see link: [Funky Feet Music-Play Dough Dancing to the disco beat. - YouTube](#)
- Wildabout sessions.
- Woodwork and Stem activities.
- Copying patterns using building blocks. Coins, buttons, etc.
- Copying basic shapes and patterns using play dough, stickers, stamps.
- Drawing in sand, shaving foam, using pipe cleaners
- Tracing activities.
- Mud kitchen.
- Gravel pit.
- Water and sand play.
- Sensory play.
- Ball games, including using bats.
- Dressing up.
- Small world play.

Activities to develop the tripod grasp:

- Role play – washing and cleaning.
- Using tweezers and tongs to pick up small objects.
- Threading.
- Using pipettes to squeeze out water or paint.
- Cooking.
- Mud kitchen.
- Sand and water play.
- Sensory play.
- Art and craft, including learning how to use scissors.
- Small world play.
- Using straws.
- Peeling fruit.
- Woodwork and Stem activities.
- Wildabout sessions.
- Gardening.

Our daily taught sessions:

- Dough Disco - [Funky Feet Music-Play Dough Dancing to the disco beat.](#) - YouTube or Write dance.
- Name writing.
- Sensory, e.g. writing shapes in sand, shaving foam, using chalk on the playground.

As children progress:

1. Muscle warm-up.
2. Handwriting in books – developing fluent, fluid letter formation.

Activities to try at home:

- Some of the activities suggested above – [see highlighted.](#)

