

FS1 Long Term Handwriting Plan

Autumn 1

Objective

Develop core strength, shoulder stability, and basic hand movements through play and gross motor activities.

Key Skills Focused On

- **Gross motor skills:** Strengthening larger muscles in the arms, shoulders, back, and core
- **Spatial awareness:** Understanding how to move within a space and use it for controlled actions
- **Muscle coordination:** Encouraging full-body movement and control over large actions
- **Early hand-eye coordination:**
Developing the connection between physical movement and visual cues

Large Movement Exploration

Shapes/Patterns Introduced:
Vertical & horizontal lines through arm movements

Vertical Lines (|)
Horizontal Lines (—)

Focus: Whole-body movement to build pre-writing muscle control.

Activities: *Choose a mixture of activities to complete in the handwriting sessions*

- **Ribbon dancing to music:** Give children ribbons or scarves to wave around. Encourage them to move in different directions, making large circles, zigzags, and lines in the air. This helps develop arm strength and coordination.
- **Drawing in sand trays** with whole arms (*vertical and horizontal lines*)
- **Painting with water on walls** or playground (*vertical and horizontal lines*) Allow children to use large paintbrushes to make big, sweeping strokes
- **Climbing, crawling, pushing/pulling** (build obstacle courses for the children to develop their gross motor skills, could use the PE equipment in the hall)

- **Tunnels and Crawling Activities:** Set up tunnels or areas to crawl through, encouraging children to navigate through tight spaces, helping them develop core and shoulder stability. This activity indirectly helps with posture and hand control.
- **Hula Hoops for Spatial Awareness:** Set up hula hoops around the room and encourage children to walk, jump, or crawl through them. This activity helps with spatial awareness and coordination of body parts.
- **Chalk Drawing on Pavement:** Allow children to use large pieces of sidewalk chalk to draw on the pavement. Encourage them to practice vertical and horizontal lines
- **Path Tracing with Large Markers:** Set up a pre drawn path on the ground (use a combination of vertical and horizontal lines) with large colourful markers or chalk. Children follow the path using their finger or a chunky paint brush or chunky chalk, which helps them practise following a line and increases hand-eye coordination.
- **“Writing” in shaving foam, cornflour gloop, mud** (*vertical and horizontal lines*)

ENCOURAGE CHILDREN TO START VERTICAL LINES AT THE TOP AND GO DOWN

ENCOURAGE CHILDREN TO START HORIZONTAL LINES FROM LEFT TO RIGHT.

Assessment and Monitoring:

- Observe children’s movements and their ability to engage in large arm movements. Are they able to make controlled sweeping motions?
- Take notes on posture and grip during activities like painting or chalking.
- Celebrate progress, especially when children begin to control larger body movements and transition them into smaller hand movements