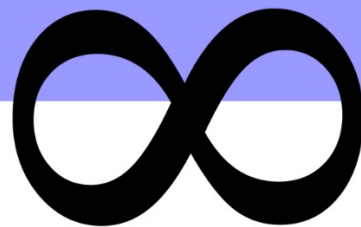


Let's have a go at some handwriting warm up exercises...

## Lazy 8



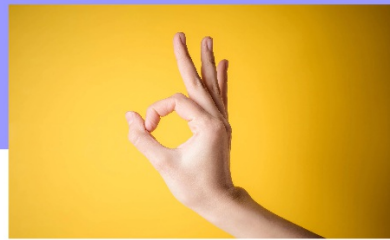
- 1) Hold your right arm straight out in front of you.
- 2) Keep your arm straight and trace a large 8 sideways in the air.
- 3) Repeat with the other arm.

<https://teachhandwriting.co.uk/handwriting-warm-up-exercises.html>



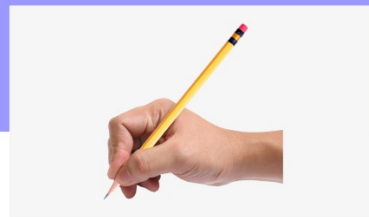
## Wrist circle

- 1) Hold your arms out in front of you with your palms facing down.
- 2) Make a fist with your fingers wrapped around your thumb.
- 3) Rotate your wrists clockwise 6 times.
- 4) Rotate your wrists anti-clockwise 6 times.



## Thumb and finger circles

- 1) Hands held relaxed out in front of you, start with your left hand first.
- 2) Touch your thumb to your first fingertip and make a circle, then stretch your thumb out to the side.
- 3) Repeat with each finger on your left hand, then repeat with your right hand.



## Rolling pencil

- 1) Hold a pencil across all of your fingertips on one hand.
- 2) Use your thumb to roll the pencil into your palm and back to your fingertips.
- 3) Repeat 2 - 3 times then try the other hand.

**Key Learning:** To form letters of the alphabet correctly.

**Success Criteria:**

I can sit on my chair correctly and hold my pencil properly.

I can start on the lower line and smile in and out of my letters.

I can form ascending and descending letters correctly using the handwriting lines.

I can join letters within words and sentences.

**Can you remember the steps to make  
you a good handwriter?**

Introduce

(5 mins)



**Feet flat on the floor**

**Chair tucked under**

**Sat up straight in your chair**

**Spare hand supporting your book**

Practise  
and  
consider

# Let's play a game!

I am going to spell out some of our Spelling Zone words- can you show me how to we would write them?

## Ascending letter



## Descending letter



## Other letter



## Today we will be practicing...

Independent  
task

### 1) individual letters x4 each

v w x z      v w x z

### 2) words x3 each

where, very, exam, zebra, water

*where, very, exam, zebra, water*

### 3) sentences x1 each

The zebra ran everywhere.      *The zebra ran everywhere.*

He was very fast.      *He was very fast.*



Correct the handwriting mistakes in your **green pen**.

1. zoom

5. fuzzy

2. valley

6. clown

3. wizard

7. text

4. fox

8. clever