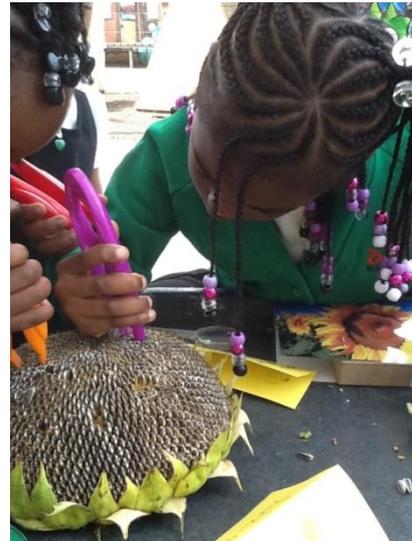


Early Years Foundation Stage Fine Motor Skills and Handwriting

Thursday 6th December



Fine Motor Skills

Fine motor skills involve the use of the muscles in the hands.

Fine motor skills often require coordinating movements of the hands and fingers with the eyes; this called hand-eye coordination.



What skills do fine motor skills include?

- Pencil skills (mark making, colouring, drawing, writing)
- Scissors skills
- Construction skills (using Lego, Duplo, puzzles, train tracks)
- Technology use (pressing buttons, tapping on keyboard).
- Dressing (tying shoelaces, zips, buttons, belts)
- Eating (using cutlery, opening lunch boxes and food bags)
- Hygiene (cleaning teeth, brushing hair, toileting).



Activities to support the development of fine motor skills.

Fine motor exercises to **strengthen hand and finger muscles** and **improve dexterity** in the hands

Threading



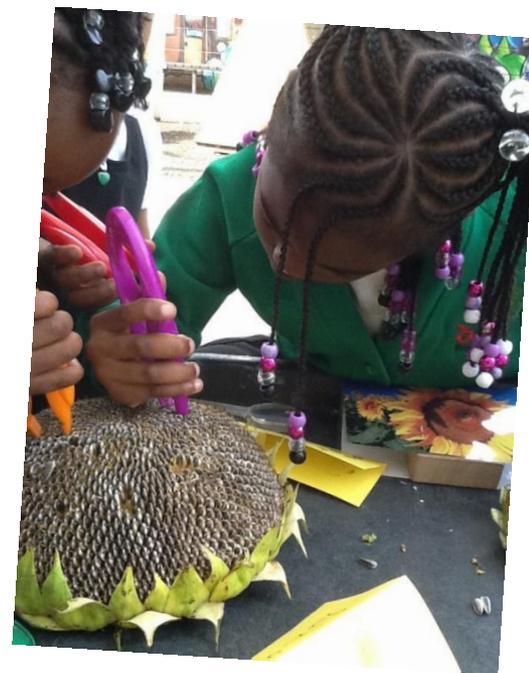
Threading Beads



Activities to support the development of fine motor skills.

Fine motor exercises to **strengthen hand and finger muscles** and **improve dexterity** in the hands

Tweezers and Pegs



Activities to support the development of fine motor skills.

Fine motor exercises to **strengthen hand and finger muscles** and **improve dexterity** in the hands.

**Manipulating
play dough**



paperclips



popping bubble wrap



Activities to support the development of fine motor skills.

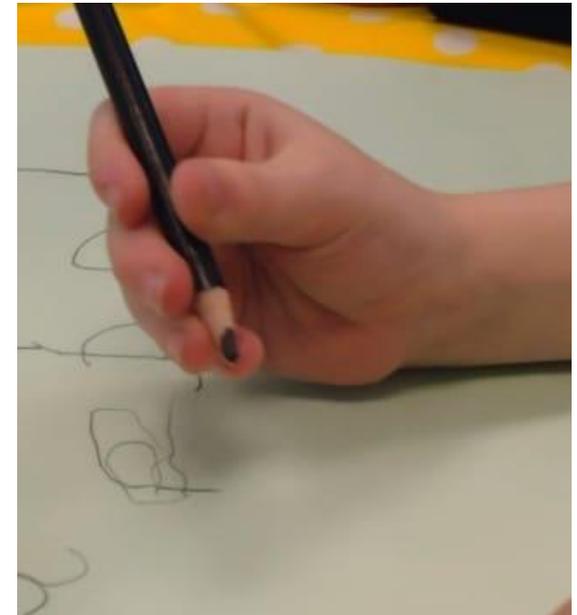
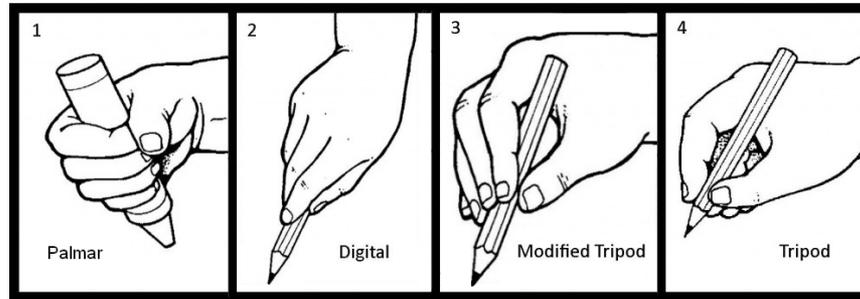
Fine motor exercises to **strengthen hand and finger muscles** and **improve dexterity** in the hands.

Cooking



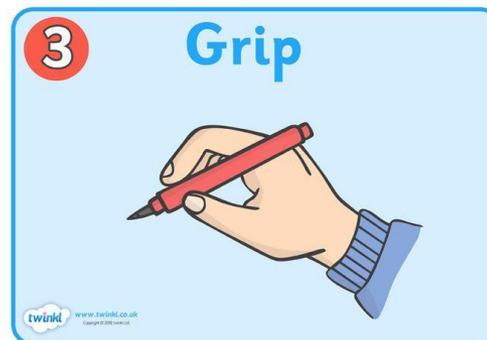
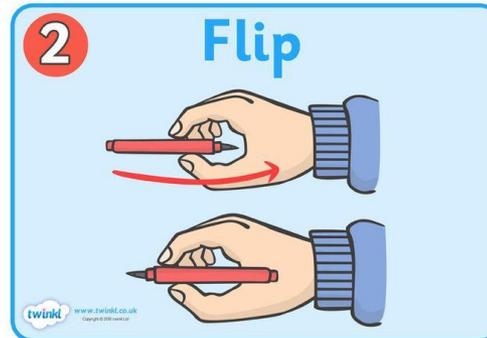
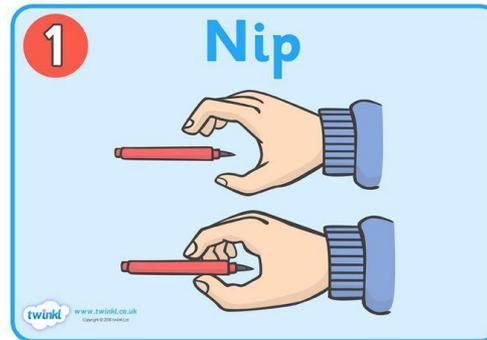
Pencil Grip and Control

The stages of physical writing development can be tricky. Especially, when a child has moved away from 'palm gripping' their pencil and start to employ a version of the tripod grip.



Pencil Grip and Control

Tips and tricks to support the development of a **tripod grip**.

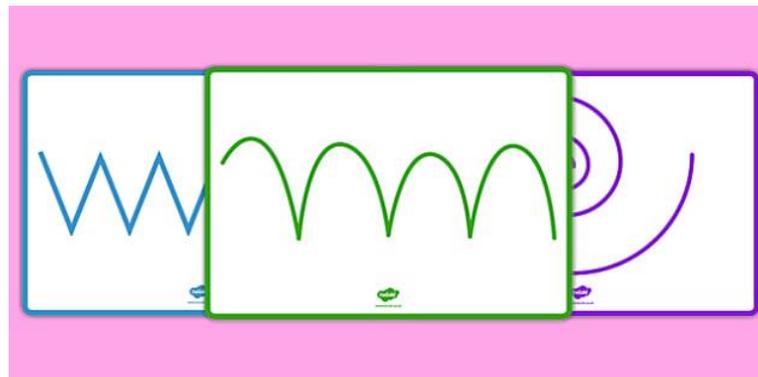


Gross Motor Skills and Handwriting

- **Gross motor skills** involve the large muscles of the arms, legs and torso.
- Good **posture** is required for good handwriting.
- Handwriting requires the larger muscle groups in **the neck, shoulder and trunk** to work together with appropriate force, timing and action.



Patterns and Mark Making

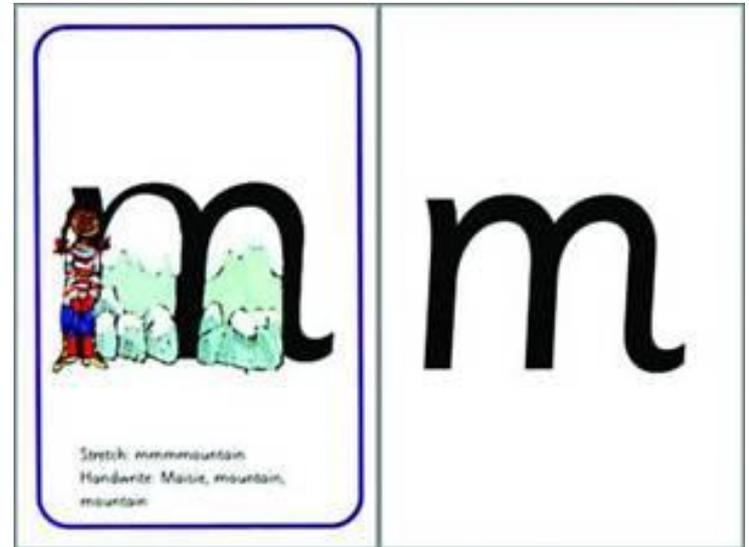


Pre cursive Handwriting





“Up we go... down
Maisie, mountain,
mountain...and off
we go.”



Pre cursive Handwriting

In the Early Years, at Orchard, children practise the 'lead in' and 'lead out' so that the letters start and finish in the correct place to support when joining.

 <p>Up we go...around the apple and down the leaf ... and off we go</p> 	 <p>Up we go... down the laces to the heel then around the toe ... and off we go</p> 	 <p>Up we go... curl around the caterpillar</p> 	 <p>Up we go... around the dinosaur's bottom, up his tall neck and down to his toes ... and off we go</p> 
 <p>Up we go... lift off the top and scoop out the egg</p> 	 <p>Up we go... down the stem and draw the leaf</p> 	 <p>Up we go... around the girl's face, down her hair and give her a curl</p> 	 <p>Up we go... tall and down the head to the hooves then across his back... and off we go</p> 

Cursive Handwriting

- Examples of Year 1 writing.
- Teaching children pre cursive writing from the start supports children's fluency when joining to ensure they develop a neat and efficient cursive script.

