



Ham Dingle Primary School
The best in everyone™
Part of United Learning



 **Kinetic Letters®**
making hand-writing easy for everyone



What is Kinetic Letters?

- Kinetic Letters is a handwriting programme, founded by Margaret Williamson. It teaches children how to form letters correctly, through movement.
- Many children have excellent ideas but can find it difficult putting those ideas onto paper. As their handwriting becomes more fluent with Kinetic Letters, children are able to think less about their handwriting which then allows them more time to focus on the content.

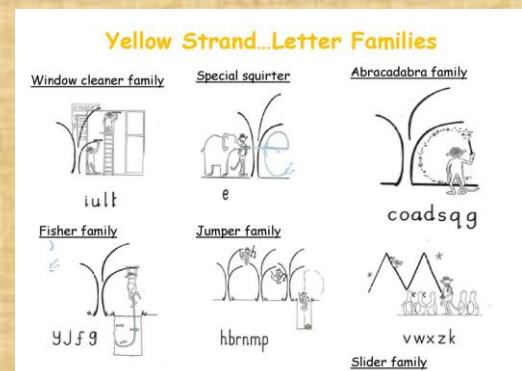
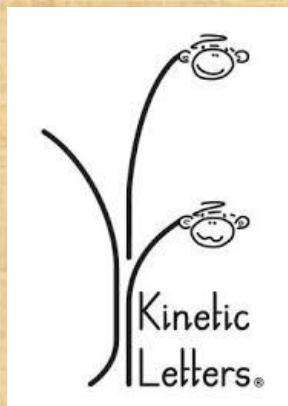
What does the National Curriculum say about Handwriting?

EYFS	Year 1	Year 2
<ul style="list-style-type: none">Begins to use anticlockwise movement and retrace vertical lines.Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.	<ul style="list-style-type: none">sit correctly at a table, holding a pencil comfortably and correctlybegin to form lower-case letters in the correct direction, starting and finishing in the right placeform capital lettersform digits 0-9	<ul style="list-style-type: none">form lower-case letters of the correct size relative to one anotherwrite capital letters and digits of the correct size, orientation and relationship to one another and to lower case lettersuse spacing between words that reflects the size of the letters.start using some of the diagonal and horizontal strokes needed to join letters and understand which letters, when adjacent to one another, are best left unjoined

How will we teach Kinetic Letters?

- There are 4 strands to Kinetic Letters that the children will progress through:
- Red — making bodies stronger (this is ongoing)
- Green — holding a pencil correctly
- Yellow — letter formation
- Blue — writing with fluency (speed)

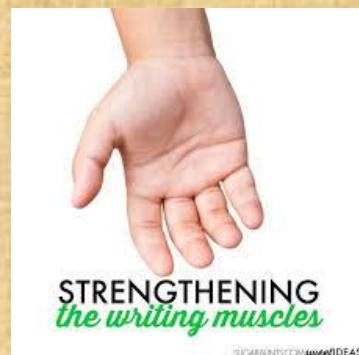
- **Strength:** Writing is a fine finger operation; children must have core body and arm strength to be able to control their fingers precisely.
- **Pencil hold:** The pencil/pen grip must be comfortable to allow writing for long periods (eg exams often last for hours). Pens and pencils with a triangular 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.



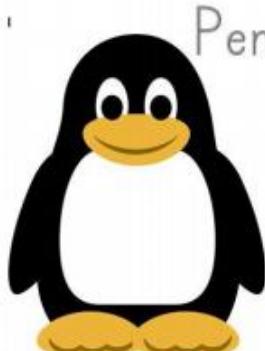
The Importance of Physical Development

Handwriting requires more than just hand muscles.

- **Strong core muscles** allow children to sit at tables correctly and comfortably when writing.
- **Strong shoulder muscles** allow children to be able to control the lower parts of the arm.
- **Strong wrists** enable children to hold the pencil correctly and for longer periods of time.



Animal poses we will use in school to make bodies stronger

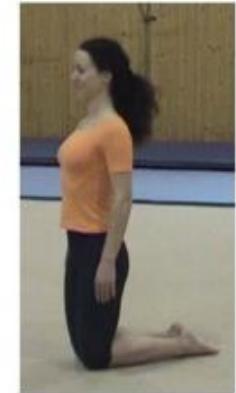


Penguin



Gorilla

Meerkat



Lizard



Lion



Physical Strength

The first thing that we will be working on is **physical strength**.

- **Fine motor skills** – hand and finger strength (fingers, pinching, squeezing, rice, coins, play dough, rubber bands, pegs, tweezers, threading (push/pull))
- **Gross motor skills** – pelvic, shoulder girdle, forearm, wrist (crawling, clapping, plank, chair push ups....)

Other opportunities to make bodies stronger at home

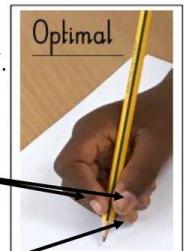
- Monkey bars
- Large play equipment (parks)
- Tunnels
- Clapping games
- Crawling
- Reading and writing, lying on the floor in the lizard position
- Strengthen fingers using dough & tweezers
- Practise the correct pencil hold with your child



Pencil Hold

We teach the children the "three friends hold".

The thumb and first finger sit on top of the pencil



The third finger is called the pillow finger and sits underneath the pencil



Why Now at Ham Dingle?

- At Ham Dingle, we have started to see a gradual decline in children's handwriting across the last few years. The children are working so hard, thinking about the content of their writing that the formation of letters and correct pencil hold has become less of a focus.
- We want the children to be able to read their work out loud and be proud of their writing.
- We have found that the lead ins with cursive writing can be too big, making it look like the child has added in extra letters. The lead outs can encourage larger letter spaces too. Kinetic Letters has no lead ins, making it easier for the child and it has sharp flicks out which helps to bring the letters closer together.

Lower Case Letters

A handwriting guide for lowercase letters, organized into four rows:

- Row 1:** h n m r b p
- Row 2:** c o a d g s q
- Row 3:** i u t
- Row 4:** v w x z k j g y f

Each letter is preceded by a small illustration representing its sound:

- Row 1: A leaf, a flower, a sun, a tree, a bird, a bee.
- Row 2: A worm, an orange, an apple, a person, a horse, a bee, a flower.
- Row 3: A bee, a snail, a blueberry, a hand.
- Row 4: A car, a bus, a square, a cat, a rabbit, a bee, a flower, a fish.

The entire guide is framed by a colorful border and includes the following text at the bottom:

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Upper Case Letters & Numbers

Straight Lines

I E L F H T C O S G Q

Curves

Lines then Curves

D P B R J U



Bounce makes all these

Sliding Lines

A M N W V X Z K Y

Pulling Numbers

0 6 8 9 1 4

Pushing Numbers

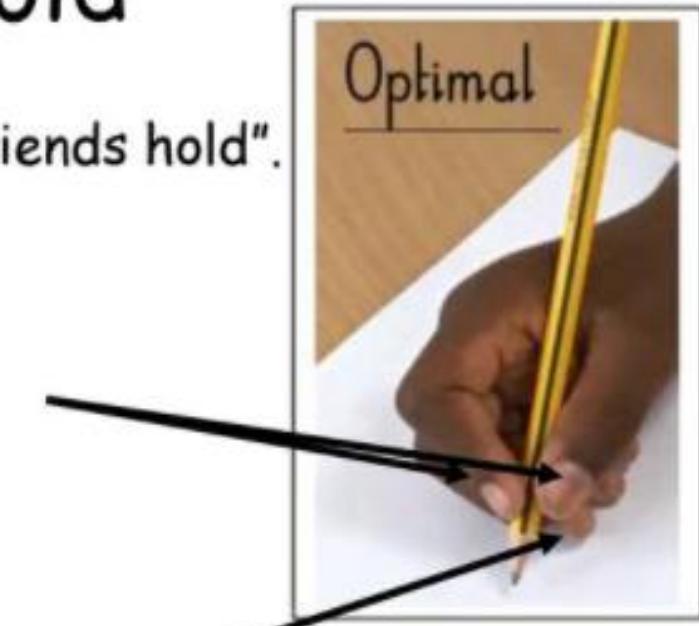
2 3 5 7

Pencil Hold

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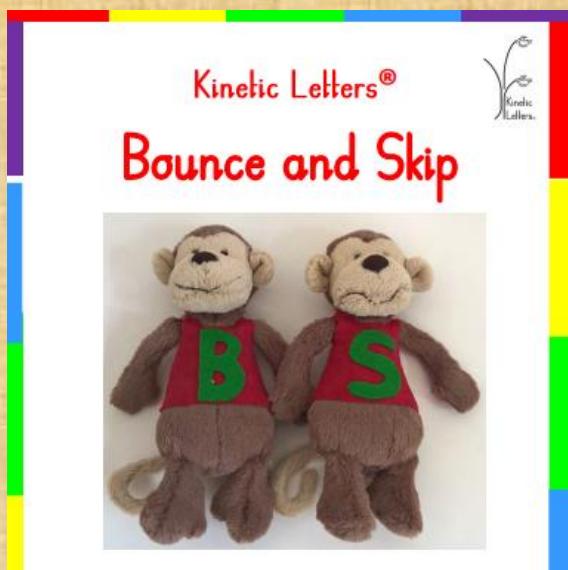
The thumb and first finger sit on top of the pencil

The third finger is called the pillow finger and sits underneath the pencil



How Do We Learn Our Letters?

- Letters are grouped into letter families with the same writing trait.
- Each letter family is introduced to the children through a story about two monkeys called Bounce and Skip.
- Bounce is a brave monkey and helps write the tall letters whilst skip is a scared monkey and helps write the other letters.

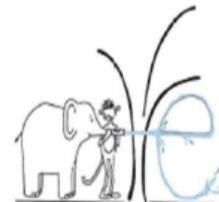


Window cleaner family



iult

Special squirter



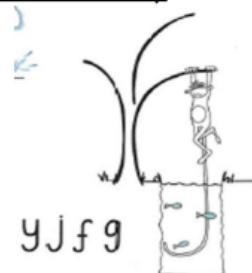
e

Abracadabra family



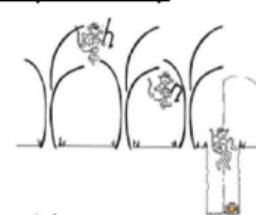
coadsqg

Fisher family



yjfg

Jumper family



hbrnmp

Slider family



vwxzlk

Adventures of Bounce and Skip

The Brave monkey and the Scared monkey
make the Letter Families
in six fully illustrated story books

In Book 1 they meet Curly
the caterpillar and use
numbers in hide and seek



In Book 3 Turtle, the
magician, teaches Skip
how to use magic to turn
letter c into other letters of
the Abracadabra Family.



In Book 6 they slide in the snow and meet the penguins



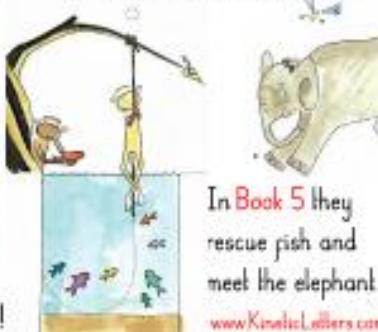
By the end of all 6 adventures, they can write all
the letters and numbers and so Turtle the
magician gives them their very own magic wands !!



In Book 2 they are
given the magic to make
letter trails when they
jump down from their
tree to make the
Jumper Family letters.



In Book 4 they meet
Mr Tull the window cleaner



In Book 5 they
rescue fish and
meet the elephant
www.KineticLetters.com

What does a Kinetic Letters Lesson Look Like?

- Children hear the story and are introduced to the letter family. The teacher chooses one letter to learn a day. Children use their arms to “air write” the letters first. They use their whole bodies to do this. Children then write the letter in a sand tray. Children will be on the carpet in the Lizard position. Once children are confident with forming the letters in the sand, they then write it onto a white board.

Progress / Impact

Rapid Progress with Kinetic Letters

Year 2 start
(supported content)

On Monday I ate
a bun and it
was scrumptious.
On Tuesday I ate a ^{big} piggy.
On ~~was~~ Wednesday I ate
a ^{raw} egg.

Same child
4 months later
(independent content)

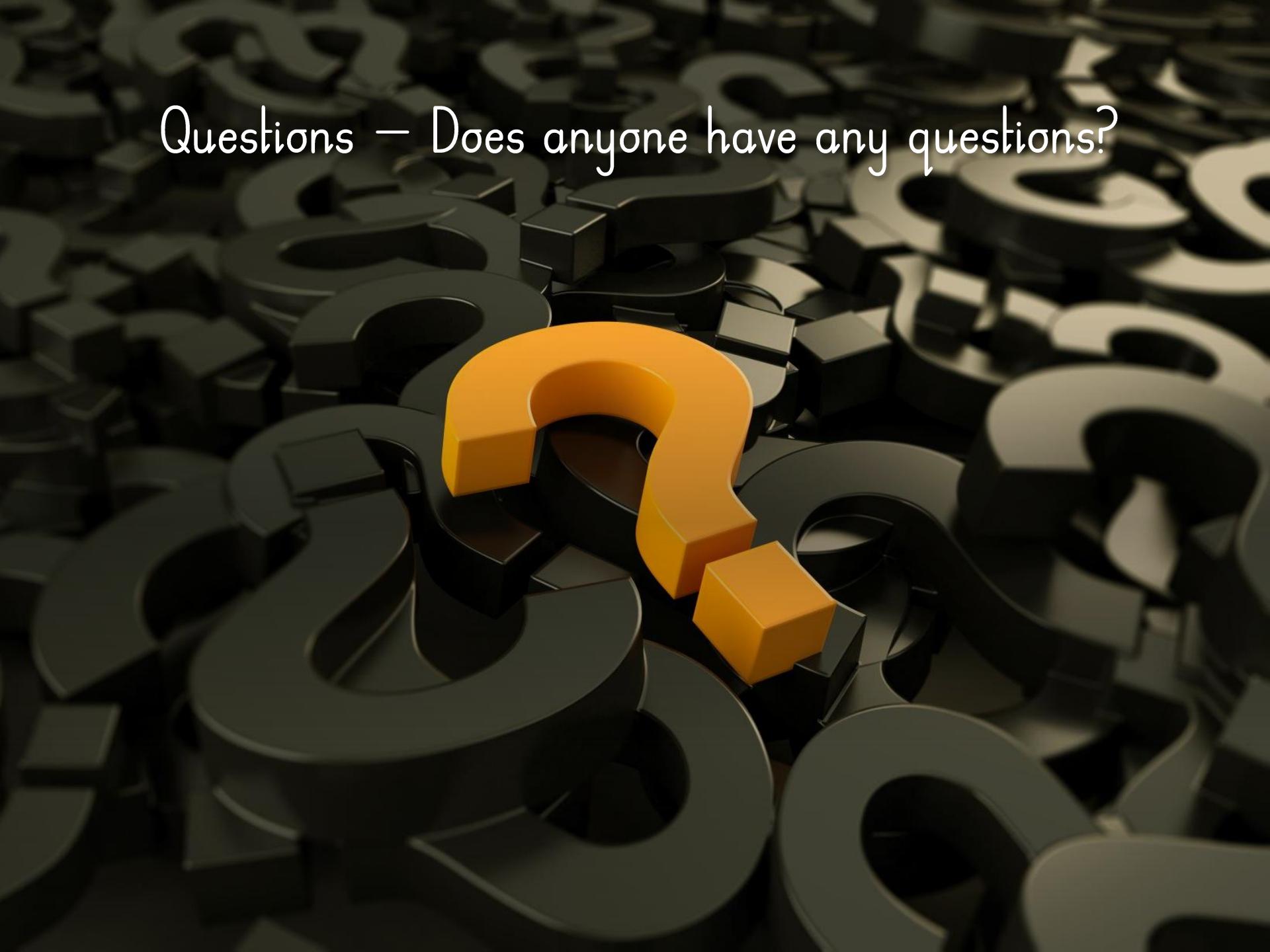
A long time ago there was a little
girl called Alice. She ~~wants~~ snuck out
of the house to go to the pond.
She had to creep on the stairs
as ~~quietly~~ ^{quietly} as she can and
then she went to the pond
in the ^{rainy} ~~rainy~~ hours. She had to

Start of Year 2
(supported content)

I enjoyed aiming the bowen arrow at the target because I have never aimed a bowen arrow before!!

Same child
4 months later
(independent content)

A long time ago, there was a brave warrior called Tamaririki, and there were no stars in the sky It looked just like a black vele One morning Tamaririki checked his storage, but there was no food. Tamaririki decided to go on his waka, to catch some fish. It wasn't long



Questions – Does anyone have any questions?