

Primrose Hill Primary School

Physical development and writing



Physical Development

Physical development includes both growth and the ability to use muscles and body parts for particular skills.

- Moving and handling
- Health and self care



Moving and Handling

Skills enabling children to show good control and coordination in large and small movements. Children are able to handle equipment and tools effectively, including pencils for writing.



Gross motor skills

Gross motor skills are those which require whole body movement and which involve the large (core stabilising) muscles of the body to perform everyday functions, such as standing and walking, running and jumping, and sitting upright at the table.



Write dance

The programme is the use of music and dance which helps develop the children's pre-writing skills. The pieces of music are chosen so the children can follow and learn specific movements to develop their physical skills including, balance, coordination, flexibility and stamina.



Fine motor skills

Fine motor skill is the coordination of small muscles, in movements—usually involving the synchronization of hands and fingers—with the eyes.



1

Squeeze the playdough in your hand.



2

Make a sausage shape by rolling the playdough.



5

Pass your pancake from hand to hand, left to right then back again.



3

Squash the playdough flat into a pancake shape.



4

Pinch all around the edges using your thumb and fingers.



7

Roll the playdough into a ball in your hands or on a table.



Play Dough!



PRE-WRITING SHAPES

Before your child can learn to write, he or she needs to be able to draw these shapes



2 years



2½ years



3 years



3½-4 years



4 years



4½ years



4½ years



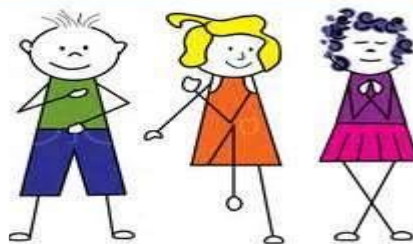
4 years
11 months



5 years
3 months





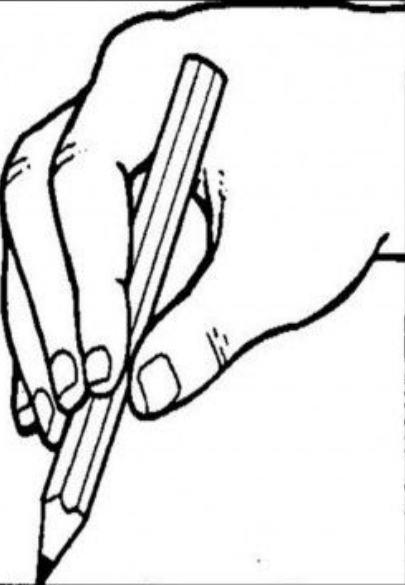
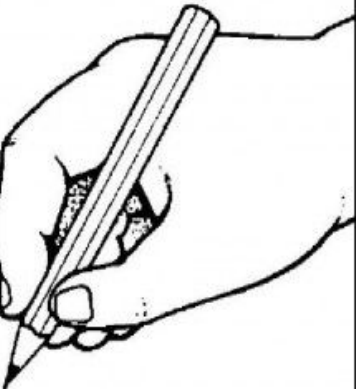
Children who can draw an oblique cross are able to copy more letters and numbers than children who cannot





Pencil Grip



			
1—1 1/2 years Cylindrical Grasp	2—3 years Digital Grasp	3 1/2—4 years Modified Tripod Grasp	4 1/2—7 years Tripod Grasp





Handwriting is complex!

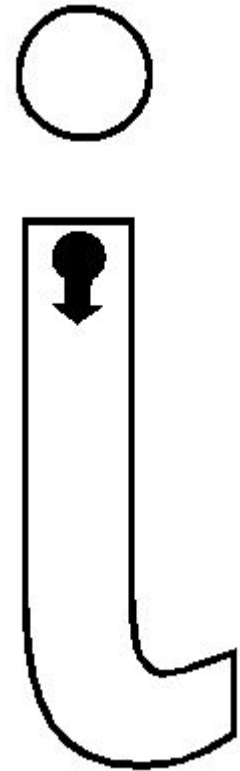
- Good concentration and attention
- Understanding of printed language
- Good posture
- Established dominant hand
- Development of the small muscles in the hand
- Good hand-eye co-ordination
- Ability to hold a pencil in a useful writing position
- Ability to form pre-writing strokes



Children prefer using plain paper before lined paper as this is less restrictive at first.



Focus on lower case letters not capitals.



Physical Development

ELG

To handle equipment effectively including pencils for writing (PD).

Exceed ELG

To hold paper in position and use their preferred hand for writing using correct pencil grip.

To begin to write on lines and control letter size.

Writing

ELG

Early Learning Goal Children use their phonic knowledge to write words in ways which match their spoken sounds. They also write some irregular common words. They write simple sentences which can be read by themselves and others. Some words are spelt correctly and others are phonetically plausible.

Exceed ELG

Children can spell phonically regular words of more than 1 syllable as well as many irregular but high frequency words.

They use key features of narrative in their own writing.

