

Handwriting workshop

Enhancing teaching skills for young learners' writing.

Holy Family Catholic Primary School

Thursday 4th December 2025





Today we will

Handwriting Importance

Handwriting supports child development and is essential for academic progress and communication skills.

Curriculum Alignment

Training aligns with national guidance and school handwriting policies to ensure consistent instruction.

Parental Role

Parents play key roles in supporting consistent handwriting instruction and progress.





Why?

Cognitive and Academic Benefits

Handwriting activates brain areas linked to memory, attention, and problem-solving, supporting literacy and academic success.

Fine Motor Skill Development

Writing by hand enhances fine motor skills essential for everyday tasks like tying shoelaces and buttoning clothes.

Learning and Retention Improvement

Forming letters by hand reinforces memory and comprehension, improving learning and retention in children.

Consistent Handwriting Policy

School policy ensures legible, fluent handwriting aligned with EYFS, National Curriculum and Writing Framework 2025.





EYFS

Foundational Handwriting Skills

Reception year focuses on developing pencil grip, posture and letter formation for fluent handwriting. EYFS emphasises developing fine motor skills and tripod grip for correct letter formation by Reception's end.

Structured Handwriting Sessions

Children participate in four brief weekly sessions that build motor skills and reinforce handwriting patterns.

Ready to Write Routines

Routines prepare children physically and mentally by focusing on posture, paper tilt, and grip before writing.

Teacher Modelling and Visual Aids

Direct teacher modelling and visual supports help children learn correct handwriting methods consistently.

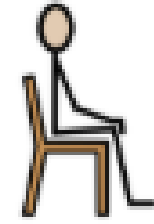
Expectations by the end of Reception:

Reception emphasises pencil grip, posture and letter formation within handwriting families through frequent practice sessions.



Handwriting

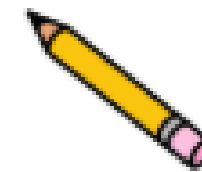
Let's sit up straight, feet nice and flat,



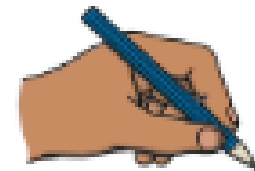
Tilt your paper – just like that!



Pinch your pencil, give it a flip,



Check your hold and then your grip.



Now we can begin to write,



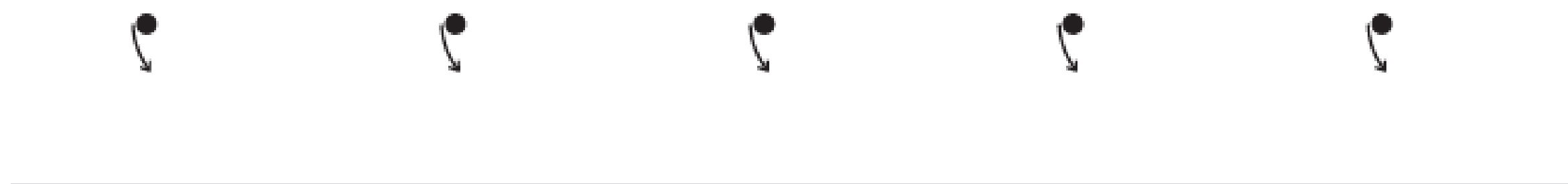
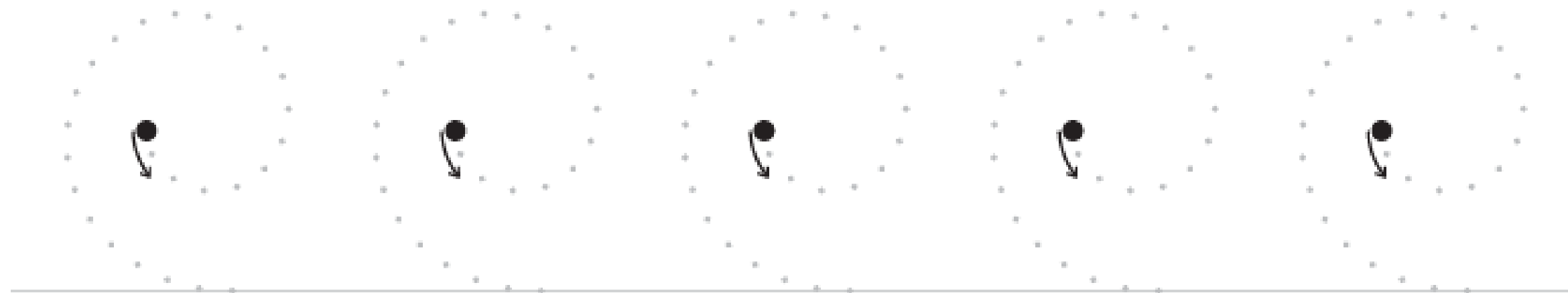
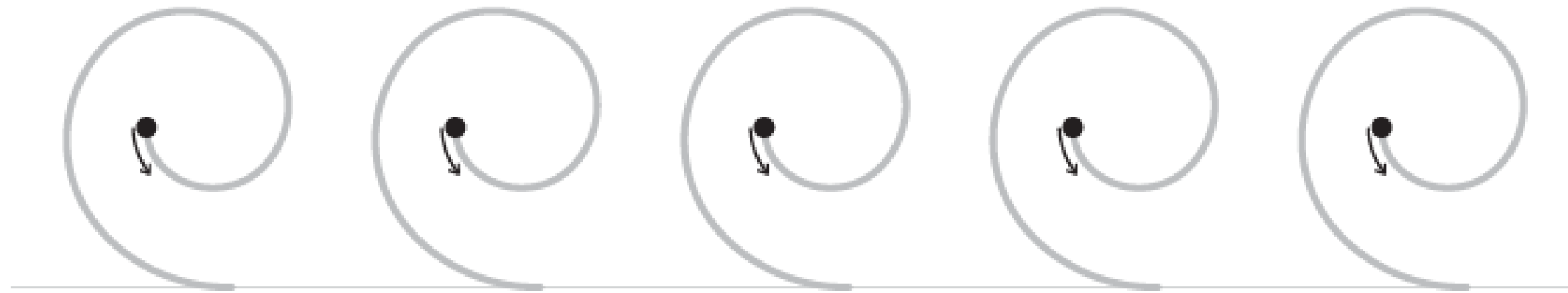
But not too hard and not too light.



Unit 1: Practising patterns

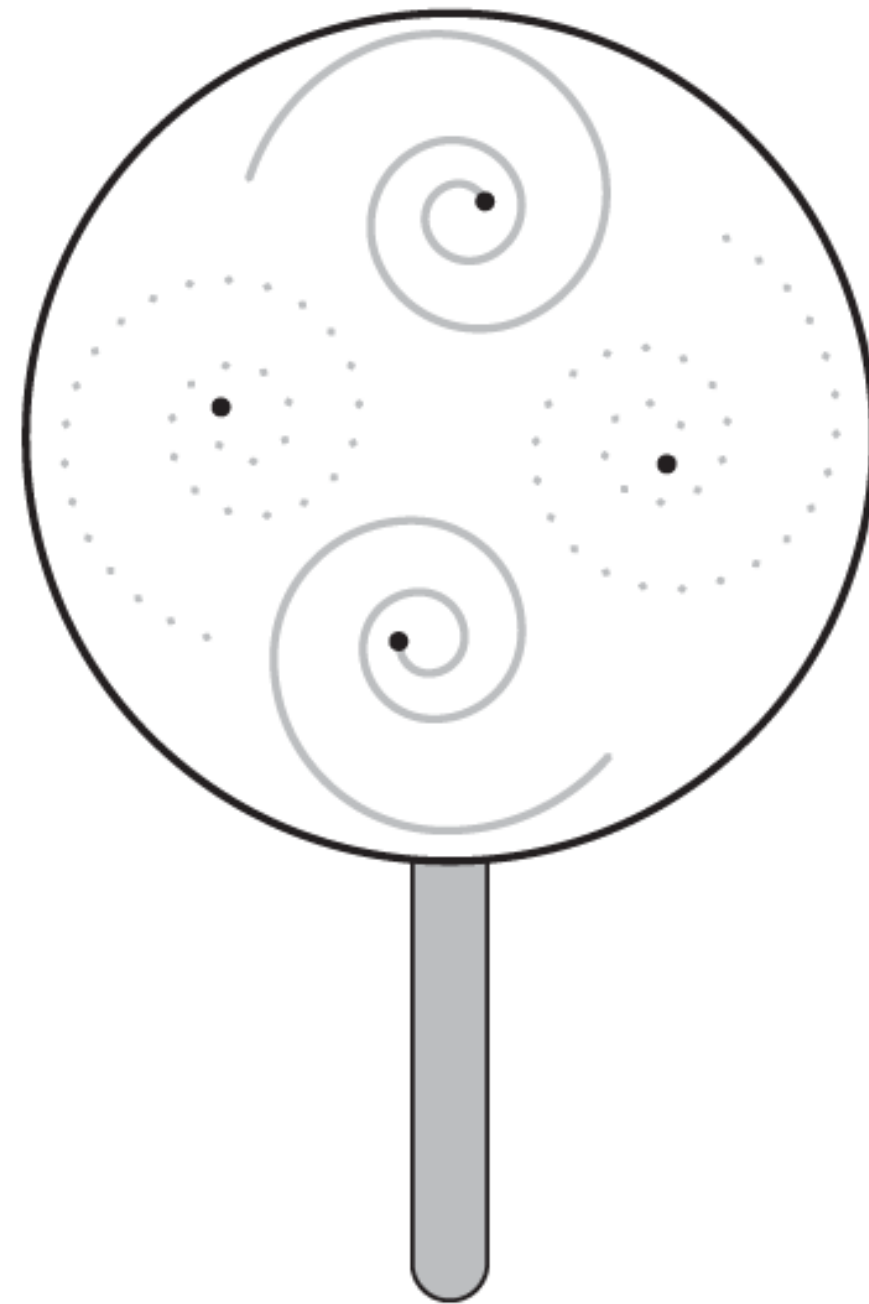


Draw over and copy the spirals.

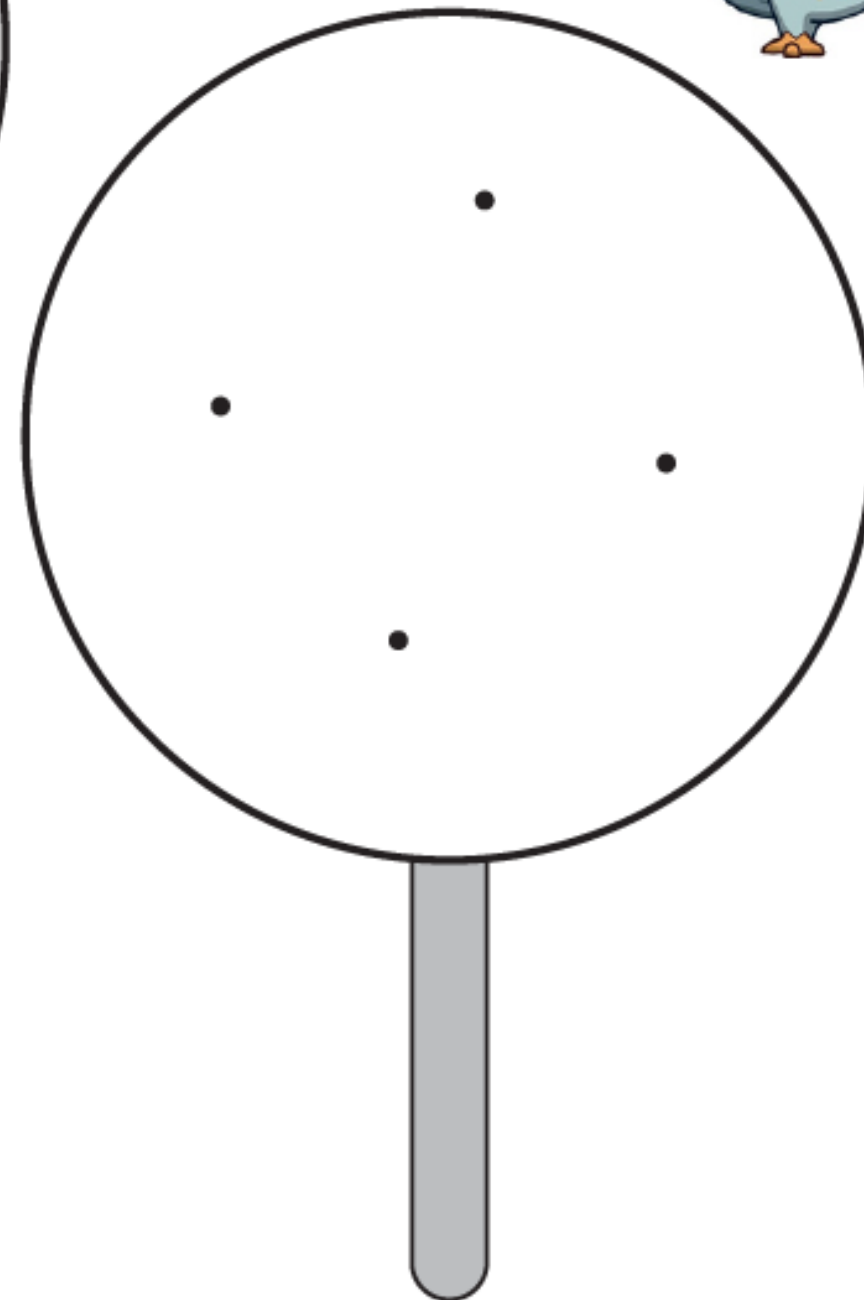


Unit 1: Practising patterns

Practice picture



Draw the spirals.
Keep your pencil
on the page.



Unit 4: Bouncy letter family

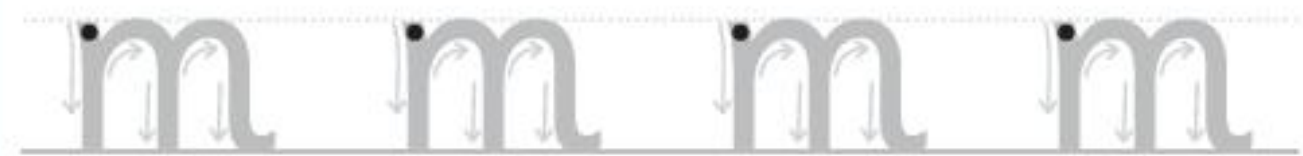


Down, up and over the mouse's ears.

Trace the letter with your finger.



Write over the letters.



Unit 4: Bouncy letter family

Write over the letters.



Write over and copy the letter.



Copy the letter.



Letter check-up





Reception

Correct Posture

Proper sitting posture includes feet flat, knees at 90 degrees and supported back for handwriting readiness.

Tripod Pencil Grip

The tripod grip uses thumb, forefinger and middle finger to hold the pencil, improving control and reducing fatigue.

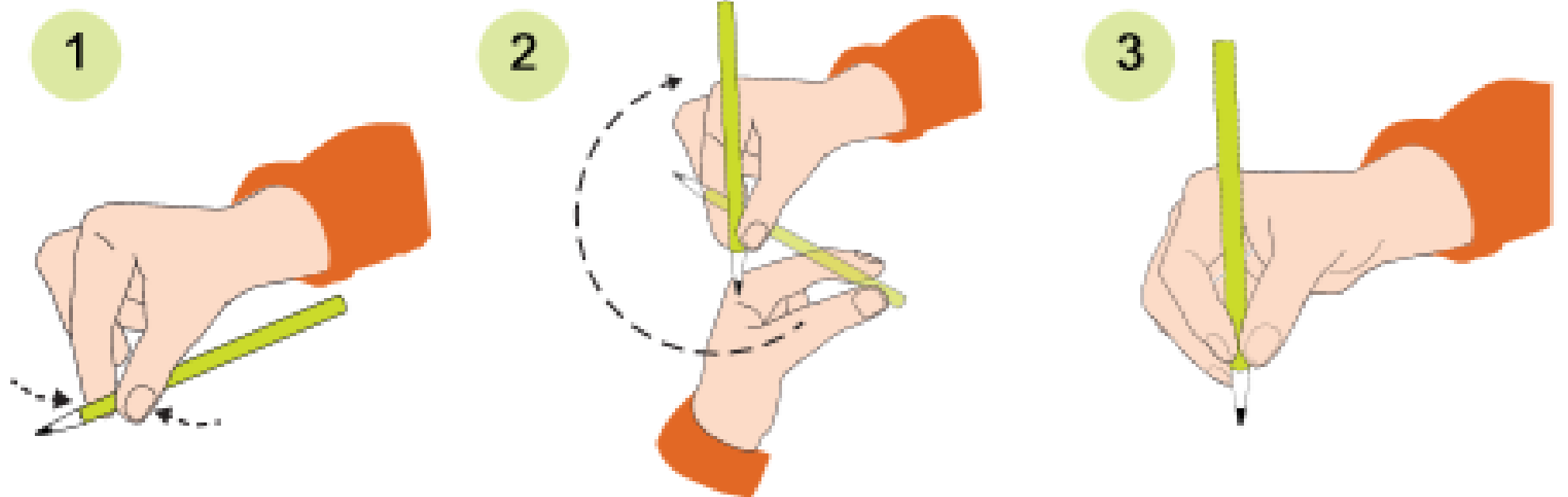
Motor Skill Activities

Gross and fine motor activities like climbing, balancing and using tweezers build strength and coordination.

How to hold a pencil correctly using the tripod pencil grip

Both right and left handed children should be encouraged to use the tripod grip which allows the pen/pencil to be held securely whilst allowing controlled movements of the pen/pencil nib.

- Grip the pencil with your index finger and thumb with the nib pointing away.
- With your free hand, spin the pencil from underneath.
- Use your middle finger to support the underside of the pencil.



https://www.littlewandle.org.uk/search/?_search=handwriting%20



Now I'm going to show you how



KS1

Year 1 pupils develop correct posture, letter formation and handwriting families.

Year 2 focuses on sizing, spacing, and joining letters.

Expectations in year 1 :

Year 1 consolidates letter formation with sizing, spacing and digit formation linked to phonics instruction.

Expectations in year 2

Year 2 introduces letter joins and fluency, connecting handwriting lessons with spelling patterns.





How we teach this

Reception

- Lessons: four short sessions (15 mins) weekly.
- Emphasis on gross and fine motor development, pattern practice, and “Ready to write” routines.

Year 1

- Lessons: 10–15 mins, four times weekly, linked to phonics.
- Teach letter families explicitly.

Year 2

- Lessons: 10–15 mins, four times weekly, linked to spelling patterns.





How we teach this

Hand exercises

- Rub hands together Rub hands together until they feel warm. Move them up and down, or in circular motions to stimulate blood flow.
- Push palms together Push the palms firmly together and hold for five seconds. Repeat a few times.
- Finger stretches Open hands wide, stretching fingers as far apart as you can. Then make a tight fist, hiding fingers away inside the palm.
- Drumming fingers Drum fingers on the table, one finger at a time. This can be extended to tapping a rhythm.
- Squeeze forearms and hands Use the left hand to squeeze the right forearm and hand firmly, applying gentle pressure to stimulate the muscles and increase awareness. Swap hands.
- Pulling fingers (like taking off a glove) With one hand, grasp each finger of the other hand in turn and gently pull downward, as if taking off a glove. Repeat for the other hand.
- Oppose thumb to each fingertip Touch the thumb to each fingertip of the same hand in turn. For more challenge, this can be done with both hands at the same time, or with your eyes closed.
- Finger circle tug Form a circle with the thumb and index finger. Then form another circle with the other hand, within that circle, and try to pull them apart.



Handwriting
Preparing for handwriting
Hand exercises

Pause

00:01





How we teach this

Unit 2: curly letter family

In this unit, the children will:

- Form the letters from the curly letter family accurately, with a controlled curve
- Use the up and down movement for the letters 'a', 'd', 'g' and 'q'
- Form a straight descender for the letters 'g' and 'q'
- Lift the pencil off and cross the letter 'f'
- Make a loop for the letter 'e'
- Form ascenders and descenders with accuracy.

Unit 3: long letter family

In this unit the children will:

- Form the letters from the long letter family accurately using the down movement for the letters 'l', 'i', 't' and 'j'
- Use the down and back up movement for the letters 'u' and 'y'
- Lift the pencil off and complete the letters 'i' and 't'
- Form ascenders and descenders with accuracy.





How we teach this

Unit 4: bouncy letter family

In this unit the children will:

- Form the letters from the bouncy letter family accurately with a down, up and over movement for the letter's 'r', 'n', 'm', 'h', 'p' and 'b'
- Form ascenders and descenders with accuracy.

Unit 5: zig-zag letter family

In this unit, the children will:

- Form the letters from the zig-zag letter family accurately, with diagonal movements
- Use the down and up movement for the letters 'v' and 'w'
- Lift the pencil off and complete the letters 'x' and 'k'
- Form ascenders with accuracy



How to write capital letters

Use this document to ensure correct letter formation when you are teaching children to form capital letters.

Letter	Capital letter formation phrase
A	From the top, diagonally down to the left, up to the top, diagonally down to the right. Lift up and across.
B	From the top, down, back to the top. Round to the middle, round to the bottom.
C	From the top, curl around to the left to sit on the line.
D	From the top, down, back to the top. Curve right, down to the bottom.
E	From the top, down, back to the top. Across, back. Lift up and across the middle. Lift up and across the bottom line.
F	From the top, down, back to the top. Across, back. Lift up and across the middle.
G	From the top, curl around to the line, carry on up, then straight down. Lift up and across.
H	From the top and down. Space. From the top and down. Lift up and join the lines across the middle.
I	From the top to the bottom and stop.
J	From the top, all the way down, then short curl to the left.
K	From the top, down, up to the middle. Diagonally up, back and diagonally down to the line.
L	From the top, down and across the line.
M	From the top, down, back to the top. Diagonally down, diagonally up. Straight down to the line.
N	From the top, down, back to the top. Diagonally down, then straight up to the top.
O	From the top – all around the o.
P	From the top, down then back up. Curve right to halfway down.
Q	From the top – all around the o. Lift off. Short line diagonally down.
R	From the top, down, then back up. Curve right to halfway down. Diagonally down to the line.
S	From the top, under the snake's chin, slide down and round its tail.
T	From the top, down and stop. Lift up and from the left, make a line across the top.
U	From the top, down and curve right, then straight up to the top.
V	From the top diagonally right to the bottom, then diagonally up to the top.
W	From the top diagonally right to the bottom, diagonally up to the top, diagonally down to the line, then diagonally up again.
X	From the top, diagonally right to the bottom. Space. Start at the top, then diagonally left to the bottom.
Y	From the top diagonally right to the middle. Space. From the top diagonally left to the middle. Straight down to the bottom.
Z	From the top go across, diagonally down to the left and across the bottom.

Unit 6: Capital letters

Q From the top - all around the O. Lift off. Short line diagonally down.

q Around the queen's face, down her robe and a flick at the end.



Trace the letters with your finger.

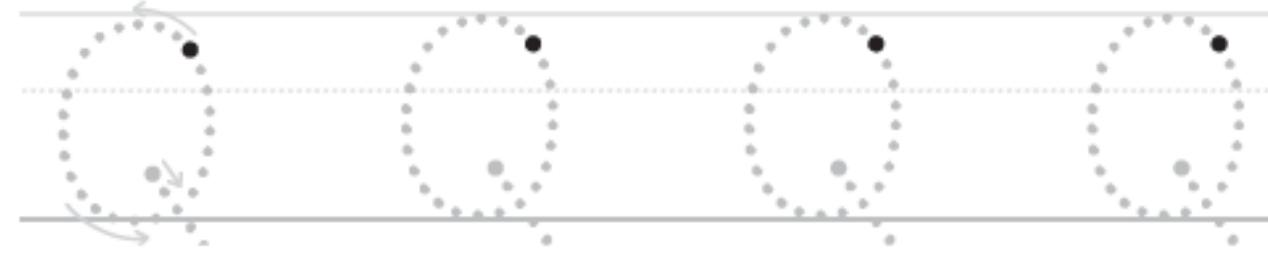


Write over the letters.



Unit 6: Capital letters

Write over the letters.



Write over and copy the letters.



Letter check-up





KS2

Key Stage 2 focuses on fluent, joined handwriting and developing personal writing style.

Handwriting Repeater <https://handwritingrepeater.app/>





Thank You!