



# Teach Handwriting MTP

## Autumn term Year 1 CONSOLIDATION & ASSESSMENT

1st Half Term	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Shoulder stability (section 3)	"I don't know!"	Up we go	Chair push ups	"I don't know!"	Up we go	Chair push ups
Crossing the mid line (section 3)	Lazy 8	Scissor cuts	Butterflies	Lazy 8	Scissor cuts	Butterflies
Wrist strength & mobility (section 3)	Doorknob turns	Wrist lifts	Wrist circles	Doorknob turns	Wrist lifts	Wrist circles
Whole hand (section 3)	Walk & flip	Super hands	Rolling pencil	Walk & flip	Super hands	Rolling pencil
Thumb & finger (section 3)	Circles	Tips only	Finger bend	Circles	Tips only	Finger bend
Letter & number formation (Section 4B)	Straight lines & hook, loops & lines families (l, t) (f, j, r) with capitals	Curves to start family (c, a, d, o) with capitals	Curves to start family (g, q, e, s) with capitals	Tunnels family (n, m, h) with capitals	Tunnels family (b, p, u, y) with capitals	Diagonal lines family (v, w, k, x, z) with capitals
Sitting & Posture Lesson	Getting ready to handwrite - Posture & the Sitting Song (section 4)					
	X	X		X		X
Pencil Grip Lessons	Getting ready to handwrite- Pencil grip lessons Stage 2—3 (Section 4B)					
	X	X		X		X
Paper tilt & Position Lesson	Learning to handwrite—paper position & tilt lesson (Section 4B)					
	X	X		X		X



# Teach Handwriting MTP



Autumn term Year 1 CONSOLIDATION & ASSESSMENT						
2nd Half Term	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Shoulder stability (section 3)	Hand pushes	Up we go	"I don't know!"	Hand pushes	Up we go	"I don't know!"
Crossing the mid line (section 3)	Scissors cuts	Butterflies	Lazy 8	Scissor cuts	Butterflies	Lazy 8
Wrist strength & mobility (section 3)	Wrist circles	Doorknob turns	Wrist lifts	Wrist circles	Doorknob turns	Wrist lifts
Whole hand (section 3)	Super hands	Rolling pencil	Walk & flip	Super hands	Rolling pencil	Walk & flip
Thumb & finger (section 3)	Tips only	Finger blend	Circles	Tips only	Finger bend	Circles
Letter & number formation	Capital straight lines family (L, T, I, F, E, H)	Capital straight & slant lines family (V, W, X, Y)	Capital straight & slant lines family (A, N, M, K, Z)	Capital straight & curly lines family (D, P, B, R)	Capital straight & curly lines family (J, G, Q, U)	Capital curly lines family (C, O, S)
Sitting & Posture Lesson	Getting ready to handwrite - Posture & the Sitting Song (section 4)					
	X		X		X	
Pencil Grip Lessons	Getting ready to handwrite- Pencil grip lessons Stage 2—3 (Section 4B)					
	X		X		X	
Paper tilt & Position Lesson	Learning to handwrite—paper position & tilt lesson (Section 4B)					
	X		X		X	



# Teach Handwriting MTP



Spring term Year 1						
1st Half Term	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Shoulder stability (section 3)	Up we go	Chair push ups	Hand pushes	!I don't know!"	Up we go	Chair push ups
Crossing the mid line (section 3)	Butterflies	Scissor cuts	Windscreen wipers	Lazy 8	Butterflies	Scissor cuts
Wrist strength & mobility (section 3)	Wrist lifts	Doorknob turns	Wrist circles	Wrist lifts	Doorknob turns	Wrist circles
Whole hand (section 3)	Rolling pencil	Walk & flip	Super hands	Rolling pencil	Super hands	Walk & flip
Thumb & finger (section 3)	Tips only	Bow politely	Finger bend	Circles	Tips only	Bow politely
Letter & number formation	Numbers & symbols (0-9, ?, !, @, £)	Straight lines, hooks, loops & lines families	Curves to start family	Tunnels family	Diagonal lines family	Numbers & symbols (0-9, ?, !, @, £)
Sitting & Posture Lesson	Getting ready to handwrite - Posture & the Sitting Song (section 4)					
	X		X		X	
Pencil Grip Lessons	Getting ready to handwrite- Pencil grip lessons Stage 2—3 (Section 4B)					
	X		X		X	
Paper tilt & Position Lesson	Learning to handwrite—paper position & tilt lesson (Section 4B)					
	X		X		X	



# Teach Handwriting MTP



Spring term Year 1						
2nd Half Term	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Shoulder stability (section 3)</b>	Hand pushes	"I don't know!"	Chair push ups	Up we go	"I don't know!"	Chair push ups
<b>Crossing the mid line (section 3)</b>	Windscreen wipers	Lazy 8	Butterflies	Scissor cuts	Windscreen wipers	Lazy 8
<b>Wrist strength &amp; mobility (section 3)</b>	Doorknob turns	Wrist lifts	Wrist circles	Doorknob turns	Wrist circles	Wrist lifts
<b>Whole hand (section 3)</b>	Walk & flip	Super hands	Rolling pencil	Walk & flip	Super hands	Rolling pencil
<b>Thumb &amp; finger (section 3)</b>	Circles	Tips only	Finger bend	Bow politely	Tips only	Finger bend
<b>Letter &amp; number formation</b>	Capital straight lines family (L, T, I, F, E, H) & mixed lower case letter	Capital straight & slant lines family (V, W, X, Y) & mixed lower case	Capital straight & slant lines family (A, N, M, K, Z) & mixed lower case letter	Capital straight & curly lines family (D, P, B, R) & mixed lower case letter	Capital straight & curly lines family (J, G, Q, U) & mixed lower case letter	Capital straight & curly lines family (C, O, S) & mixed lower case letter
<b>Sitting &amp; Posture Lesson</b>	Getting ready to handwrite - Posture & the Sitting Song (section 4)					
	X		x		x	
<b>Pencil Grip Lessons</b>	Getting ready to handwrite- Pencil grip lessons Stage 2—3 (Section 4B)					
	x		x		x	
<b>Paper tilt &amp; Position Lesson</b>	Learning to handwrite—paper position & tilt lesson (Section 4B)					
	X		x		x	



# Teach Handwriting MTP

## Summer term Year 1

1st Half Term	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Shoulder stability (section 3)</b>	Up we go	Desk push ups	"I don't know!"	Bear hug	Hand pushes	Chair push ups
<b>Crossing the mid line (section 3)</b>	Butterflies	Scissor cuts	Lazy 8	Windscreen wipers	Macarena	Butterflies
<b>Wrist strength &amp; mobility (section 3)</b>	Wrist circles	Wrist lifts	Heel swing	Doorknob turns	Wrist lifts	Heel swing
<b>Whole hand (section 3)</b>	Baton twirl	Super hands	Rolling pencil	Walk & flip	Baton twirl	Rolling pencil
<b>Thumb &amp; finger (section 3)</b>	Finger walk	Finger bend	Finger twirl	Circles	Tips only	Finger bend
<b>Letter &amp; number formation</b>	Refining straight lines, hooks, loops & lines families	Refining curves to start family	Refining tunnels family	Refining diagonal lines family	Refining capital straight lines & straight & slant lines families	Refining capital straight & curly lines & curly lines families
<b>Sitting &amp; Posture Lesson</b>	Getting ready to handwrite - Posture & the Sitting Song (section 4)					
	X		x		x	
<b>Pencil Grip Lessons</b>	Getting ready to handwrite- Pencil grip lessons Stage 2—3 (Section 4B)					
	x		x		x	
<b>Paper tilt &amp; Position Lesson</b>	Learning to handwrite—paper position & tilt lesson (Section 4B)					
	X		x		x	



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## Summer term Year 1

2nd Half Term	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Shoulder stability (section 3)</b>	Bear hug	Desk push ups	"I don't know!"	Up we go	Chair push ups	Hands pushes
<b>Crossing the mid line (section 3)</b>	Windscreen wipers	Butterflies	Macarena	Scissor cuts	Lazy 8	Macarena
<b>Wrist strength &amp; mobility (section 3)</b>	Doorknob turns	Wrist circles	Heel swing	Doorknob turns	Wrist lifts	Heel swing
<b>Whole hand (section 3)</b>	Walk & flip	Super hands	Rolling pencil	Batton twirl	Walk & flip	Rolling pencil
<b>Thumb &amp; finger (section 3)</b>	Finger twirls	Tips only	Finger bend	Circles	Bow politely	Finger walk

<b>Letter &amp; number formation</b>	Refine print					
	Straight lines, hooks, loops & lines families	Curves to start family	Tunnels family	Diagonal lines family	Capital & lower case letters	Capital & lower case letters
<b>Sitting &amp; Posture Lesson</b>	Getting ready to handwrite - Posture & the Sitting Song (section 4)					
	X					
<b>Pencil Grip Lessons</b>	Getting ready to handwrite- Pencil grip lessons Stage 2—3 (Section 4B)					
	x					
<b>Paper tilt &amp; Position Lesson</b>	Learning to handwrite—paper position & tilt lesson (Section 4B)					
	X					