



Teach Handwriting



Autumn term Year 4						
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	Bear hug	Hand pushes	Desk 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	Refine skills					
	Whole words Mixed letter families & focus on bottom exit letter joins	Whole words Mixed letter families & focus on top exit letters to the letter 'e'	Whole words Mixed letter families & focus on top exit letters joining to group T1 letters	Whole words Mixed letter families & focus on top exit letters joining to group T2 letters	Capital straight lines family & mixed lower case letters & joins	Capital straight lines & slant family & mixed lower case letters & joins
Sitting & Posture Lesson	Getting ready to handwrite - Posture & the Sitting Song (section 4)					
	X			x		
Pencil Grip Lessons	Getting ready to handwrite- Pencil grip lessons Stage 2—3 (Section 4B)					
	x			x		
Paper tilt & Position Lesson	Learning to handwrite—paper position & tilt lesson (Section 4B)					
	X			x		



Teach Handwriting



Autumn term Year 4						
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	Desk push ups
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	Refine skills					
	Capital straight & curly lines family & mixed lower case letters & joins	Capital curly lines family & mixed lower case letters & joins	Mixed capital letters & mixed lower case letters & joins	Numbers & symbols (0-9, ?, !, @, £, \$, &)	Whole words Focus on bottom exit letter joins	Whole words Focus on top exit letters to the letter 'e'
					Speed & fluidity skills	
					Dictation set 13	Dictation set 14
Sitting & Posture Lesson	Getting ready to handwrite - Posture & the Sitting Song (section 4)					
	X				x	
Pencil Grip Assessments	Getting ready to handwrite- Pencil grip lessons Stage 2—3 (Section 4B)					
	x				x	
Paper tilt & Position Lesson	Learning to handwrite—paper position & tilt lesson (Section 4B)					
	X				x	



Teach Handwriting



Spring term Year 4						
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	Bear hug	Up we go	Desk push ups
Crossing the mid line (section 3)	Butterflies	Scissor cuts	Windscreen wipers	Lazy 8	Paper chase	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	Refine skills					
	Whole words Focus on top exit letters joining group T1	Whole words Focus on top exit letters joining group T2	Numbers & symbols (0-9, ?, !, £, \$, &)	Whole words Capital letters & bottom exit letter joins	Whole words Capital letters & top exit letter joins	Whole words & joins
	Speed & fluidity skills					
	Dictation set 15	Dictation set 16	Dictation set 17	Dictation set 18	Dictation set 19	Dictation set 20
Sitting & Posture Lesson	Getting ready to handwrite - Posture & the Sitting Song (section 4)					
			x			
Pencil Grip Lessons	Getting ready to handwrite- Pencil grip lessons Stage 2—3 (Section 4B)					
			x			
Paper tilt & Position Lesson	Learning to handwrite—paper position & tilt lesson (Section 4B)					
			x			



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Spring term Year 4						
2nd Half Term	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Shoulder stability (section 3)	Hand pushes	"I don't know!"	Chair push ups	Up we go	Bear hug	Chair push ups
Crossing the mid line (section 3)	Windscreen wipers	Lazy 8	Butterflies	Scissor cuts	Windscreen wipers	Macarena
Wrist strength & mobility (section 3)	Doorknob turns	Wrist lifts	Wrist circles	Doorknob turns	Wrist circles	Wrist lifts
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	Bow politely	Tips only	Finger bend
Letter & number formation	Refine skills					
	Whole words Focus on bottom exit letter joins	Whole words Focus on top exit letter joins to the letter 'e'	Whole words Focus on top exit letters to group T1	Whole words Focus on top exit letters to group T2	Whole words & joins	
	Speed & fluidity skills					
	Dictation set 21	Dictation set 22	Dictation set 23	Dictation set 24	Dictation set 25	Dictation set 26
Sitting & Posture Lesson	Getting ready to handwrite - Posture & the Sitting Song (section 4)					
	X				X	
Pencil Grip Lessons	Getting ready to handwrite- Pencil grip lessons Stage 2—3 (Section 4B)					
	X				X	
Paper tilt & Position Lesson	Learning to handwrite—paper position & tilt lesson (Section 4B)					
	X				X	



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Summer term Year 4						
1st Half Term	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Shoulder stability (section 3)	Hand pushes	"I don't know!"	Chair push ups	Up we go	"I don't know!"	Chair push ups
Crossing the mid line (section 3)	Windscreen wipers	Lazy 8	Butterflies	Scissor cuts	Windscreen wipers	Lazy 8
Wrist strength & mobility (section 3)	Doorknob turns	Wrist lifts	Wrist circles	Doorknob turns	Wrist circles	Wrist lifts
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	Bow politely	Tips only	Finger bend
Letter & number formation	Refine skills					
	Whole words Capital letters & bottom joins	Whole words Capital letters & top joins	Whole words Capital letters & mixed joins	Whole words Focus on bottom joins	Whole words Focus on top exit joins	Whole words & mixed joins
	Speed & fluidity skills					
	Dictation set 27	Dictation set 28	Dictation set 29	Dictation set 30	Dictation set 31	Dictation set 32
Sitting & Posture Lesson	Getting ready to handwrite - Posture & the Sitting Song (section 4)					
	X				X	
Pencil Grip Lessons	Getting ready to handwrite- Pencil grip lessons Stage 2—3 (Section 4B)					
	X				X	
Paper tilt & Position Lesson	Learning to handwrite—paper position & tilt lesson (Section 4B)					
	X				X	



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

Letter & number formation	Refine skills					
	Whole words Capital letters & bottom exit letter joins	Whole words Capital letters & top exit letter joins	Whole words Capital letters & joins	Whole words Focus on bottom exit letter joins	Whole words Focus on top exit letter joins	Whole words & joins
	Speed & fluidity skills					
	Dictation set 33	Dictation set 34	Dictation set 35	Dictation set 36	Dictation set 37	Dictation set 38
Sitting & Posture Lesson	Getting ready to handwrite - Posture & the Sitting Song (section 4)					
	X				X	
Pencil Grip Lessons	Getting ready to handwrite- Pencil grip lessons Stage 2—3 (Section 4B)					
	X				X	
Paper tilt & Position Lesson	Learning to handwrite—paper position & tilt lesson (Section 4B)					
	X				X	