

# PENPALS

for

# Handwriting

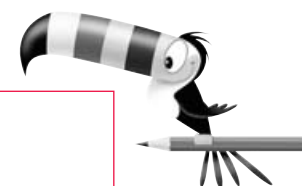
## Foundation 1 Teacher's Book and CD

(3–5 years)

Gill Budgell Kate Ruttle

### Series Consultants

Sue Palmer Dr Rhona Stainthorp



## Contents

### *Introduction*

#### **Developing gross motor skills**

- 1 The vocabulary of movement
- 2 Large movements
- 3 Responding to music

#### **Developing fine motor skills**

- 4 Hand and finger play
- 5 Making and modelling
- 6 Links to art
- 7 Using one-handed tools and equipment

2–17

#### **Developing patterns and basic letter movements**

- |    |                                                |    |
|----|------------------------------------------------|----|
| 8  | Pattern-making                                 | 32 |
| 9  | Responding to music                            | 34 |
| 10 | Investigating straight line patterns           | 36 |
| 11 | Investigating loops                            | 38 |
| 12 | Investigating circles                          | 40 |
| 13 | Investigating angled patterns                  | 42 |
| 14 | Investigating eights and spirals               | 44 |
| 24 |                                                |    |
| 26 | <i>Text of rhymes for hand and finger play</i> | 46 |
| 28 | <i>Letter families</i>                         | 47 |
| 30 | <i>The lower case alphabet</i>                 | 48 |



CAMBRIDGE  
UNIVERSITY PRESS

PUBLISHED BY THE PRESS SYNDICATE OF THE UNIVERSITY OF CAMBRIDGE  
The Pitt Building, Trumpington Street, Cambridge, United Kingdom

CAMBRIDGE UNIVERSITY PRESS

The Edinburgh Building, Cambridge CB2 2RU, UK  
40 West 20th Street, New York, NY 10011-4211, USA  
477 Williamstown Road, Port Melbourne, VIC 3207, Australia  
Ruiz de Alarcón 13, 28014 Madrid, Spain  
Dock House, The Waterfront, Cape Town 8001, South Africa

<http://www.cambridge.org>

© Cambridge University Press 2003

First published 2003  
Reprinted 2003

Printed in the United Kingdom at The University Press, Cambridge

*Typefaces* Concorde, EduKabel, Frutiger, Sassoon® Cambridge Joiner

*System* QuarkXPress®

*A catalogue record for this book is available from the British Library*

ISBN 0 521 75498 4

#### ACKNOWLEDGEMENTS

Illustrations by Graham-Cameron Illustration (Susan Hutchison)

Layout by Ken Vail Graphic Design

Cover background photograph of Fan Palm: © C.B. and D.W. Frith.

Cover illustration: Bill Ledger

With thanks to: David Higham Associates for *Firework* by Tony Mitton, from *First Verses* published by Oxford University Press, 1996. © Tony Mitton 1996; Paris and DACS, London 2002, for *Swinging* by Wassily Kandinsky © Tate, London 2002.

CD recorded by Westwood Sound, with voices by Patrice Naiambana and Liz Carling.

The publishers would like to thank the following for helping  
with the trialling of *Penpals for Handwriting*.

Fiona Thomas (Series Consultant)

Crondall Primary School, Hampshire

Ditton Lodge First School, Cambridgeshire

Flore Primary School, Northamptonshire

George Palmer Primary School, Reading

Highfield Primary School, Manchester

Leamington Primary School, Liverpool

Old Trafford Community School, Manchester

St Peter's C.E. Primary School, Wirral

Tynings Primary School, Bristol

University of Strathclyde

With thanks to the staff of Herne C.E. Controlled Infant School

# 1 Developing gross motor skills: the vocabulary of movement

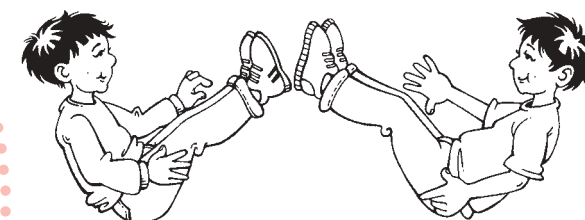
**Early Learning Goal links:** Handwriting plus Language for communication; Movement; Music; Imagination; Responding to experiences and expressing and communicating ideas.

## Ten ideas for developing the vocabulary of movement for handwriting

Focus	Contexts	Associated vocabulary
① Round and round	Skip round and round (individually). Hold hands and move round and round as a group. Move an object round and round – use streamers, scarves, hoops. Move arms and shoulders round and round. Move head round and round.	circles, big, small, fast, slow, this way, that way, clockwise, anticlockwise, roll
② Up and down	Move the whole body up and down. Climb up and down equipment. Move a streamer up and down. Move arms and shoulders up and down. Move head up and down.	high, low, above, below, stretch, curl, tall, short, reach, tiptoe, scrunch, tiny, ball
③ Over and under	Move over and under equipment. Move whole body in waves as if going over and under objects. Make hands move under and over in waves.	up, down, high, low, through, over, under
④ Making curves	Make curves with the whole body, standing or lying on the floor. Move both hands and then one hand in curves as if stroking a pet. Let the hands dance in waves to music.	smooth, curly, stroking, soft, gentle, over, under
⑤ Making zig-zags	Make jagged movements with the body (to music). Make jagged shapes with the whole body lying on the floor. Make jagged hand movements.	up, down, sharp, jagged, points

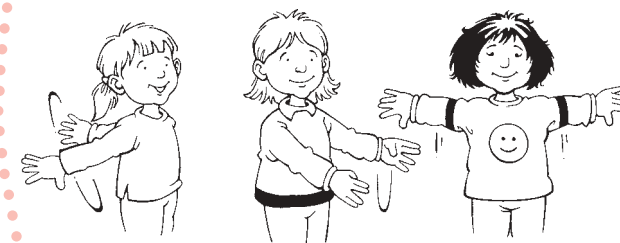


① Round and round

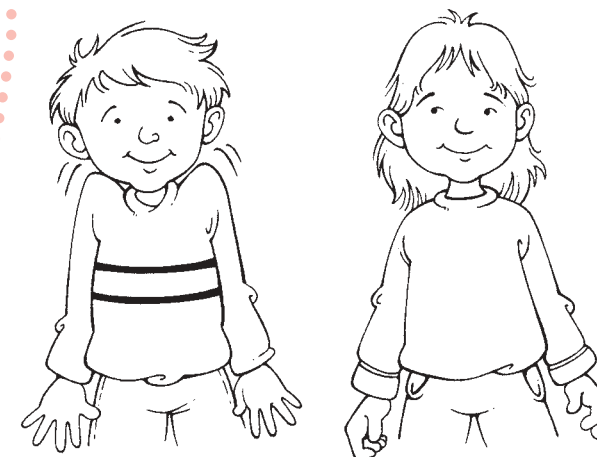


⑤ Making zig-zags

⑥ Making spirals and figures of eight	Skip out from the centre of the hall in spirals and then skip in. Make both hands move in spiral movements. Make spirals with streamers and scarves. Dance in figures of eight.	out and in, in and out, round and round, snake, unfurl, uncurl, untwirl, unwind, coil, wrap up, wrap round, encircle, trap, cross over, middle
⑦ Making backward, forward and sideways movements	Move in different directions in a large space. Move sideways like a crab. Move both arms backwards, forwards and sideways. Make the head move sideways in different ways (looking left and right or just moving the head from side to side in a rocking motion).	in front, behind, stepping carefully, scrabble, creep, run, jump, skip, sideways, forwards, backwards
⑧ Standing up and lying down	Stretch body as tall as possible. Lie on floor and make body as long as possible. Crouch down to make body as short as possible. Curl up on side to make body as small as possible.	stretch, curl, tight, long, longer, tall, taller, small, smaller, short, shorter
⑨ Balancing and posture	Experiment with balancing on large equipment – low beams and benches. Walk along different line markings to keep balance. Walk with a bean bag on the head. Practise walking very tall as if someone is pulling up your head with a piece of string – then they let go and you collapse! Scrunch up shoulders and then relax them. Touch the chin on the chest and then lift the chin up.	tall, stretch, up, straight, pull up, look up, carefully, concentrate, use hands and arms, straight back, shoulders down, comfort, relax
⑩ Sky writing	Develop sky writing and encourage the use of both hands. Practise in the air, on palms and on backs. Experiment with different types of movement as outlined above (e.g. zig-zag patterns, curvy patterns).	big, sweeping, imagine, stretch, reach, draw, outline, practise



⑦ Making backward, forward and sideways movements



⑨ Balancing and posture