

Caedmon Primary School
Pre-Writing Activity Plan
Nursery

Week	Strength	Activity Focus	Activity	Patterns
1				
2	Posture Base	Core Strength	Tummy Skittles	
3	Posture Base	Balance and Stability	Tightrope trail	
4	Bilateral	Co-ordination Base	Crossing the mid-line	
5	Posture Base	Balance and Co-ordination	Cross Crawling	
6	Sensory Perception Base	Tactile Perception	Feely Bag Game	
7	Hand and Finger Muscle Base	Hand Strength	Clothes peg/bull dog clips	
8	Posture Base	Core Strength	Bridge Games	
1	Posture Base	Balance and Co-ordination	Marching	
2	Bilateral	Body Awareness and Direction	Simon Says	
3	Bilateral	Co-ordination and Ball Skills	Keep it in the Air	
4	Sensory Perception Base	Tactile Perception	Messy Play	
5	Hand and Finger Muscle Base	Individual Fingers	Finger Football	
6	Posture Base	Core Strength	Tummy Skittles	
7	Posture Base	Balance and Stability	Chair Press-Up	
1	Bilateral	Co-ordination Base	Bubble or Flash Light Tag	Straight Lined Pattern
2	Sensory Perception	Tactile Defensive	Buried Treasure	Straight Lined Pattern
3	Hand and Finger Muscle Base	Hand Strength	Hole/Thumb Punch	Straight Lined Pattern
4	Hand and Finger Muscle Base	In Hand Manipulation	Posting Frenzy	Straight Lined Pattern
5	Posture Base	Core Strength	Crab Walking	Straight Lined Pattern
6	Posture Base	Balance and Co-Ordination	Step-Ups	Straight Lined Pattern
1	Posture Base	Balance and Stability	Statues	Curved Lined Pattern
2	Bilateral	Co-ordination Base	Goal Post Skittles	Curved Lined Pattern
3	Hand and Finger Muscle Base	Hand Strength	Squirt Activities	Curved Lined Pattern
4	Hand and Finger Muscle Base	In Hand Manipulation	Pinch Pots	Curved Lined Pattern
5	Posture Base	Balance and Co-Ordination	Cross Crawling	Curved Lined Pattern

	Posture Base	Balance and Co-Ordination	Cross Crawling	Curved Lined Pattern
1	Posture Base	Balance and Stability	Tightrope Trail	Drawing people
2	Bilateral	Crossing the Mid-Line	Cross Pass Ball	Drawing people
3	Bilateral	Body Awareness and Direction	Simon Says	Drawing people
4	Sensory Perception	Tactile Perception	Grocery Hunt	Drawing people
5	Hand and Finger Muscle Base	Individual Fingers	Finger Escape	Drawing people
1	Handwriting Book- Page 1			Name/Target
2	Handwriting Book- Page 2			Name/Target
3	Handwriting Book- Page 3			Name/Target
4	Handwriting Book- Page 4			Name/Target
5	Handwriting Book- Page 5			Name/Target
6	Handwriting Book- Page 6			Name/Target
7	Handwriting Book- Page 7			Name/Target