

Caedmon Primary School
Warming up for Handwriting Activity Plan
Reception

Week	Strength	Activity Focus	Activity	Letters
1	Shoulder Stability	Hand pushes	Card 1	Straight Lined Pattern
2	Crossing the Mid-Line	Lazy B	Card 2	Straight Lined Pattern
3	Wrist	Wrist Circles	Card 3	Curved Lined Pattern
4	Thumb and Fingers	Circles	Card 4	Curved Lined Pattern
5	Whole Hand	Walk and Flip	Card 5	Tunnel Pattern
6	Eye-Tracking	Ball Swing Exercises		Tunnel Pattern
7	Spatial Awareness	Action Songs	Simon Says	Tunnel Pattern
8	Motor Memory	Twister		Tunnel Pattern
1	Visual Memory	Recall Games		Name
2	Shoulder Stability	Chair Pushes	Card 6	Diagonal Pattern
3	Crossing the Mid-Line	Butterflies	Card 7	Name
4	Wrist	Door Knob Turns	Card 8	Diagonal Pattern
5	Thumb and Fingers	Tips Only	Card 9	Name
6	Whole Hand	Baton Twirl	Card 10	Diagonal Pattern
7	Eye Tracking	Thumbs Up		Name
1	Spatial Awareness	Balancing	Musical Statues/Tight rope Walk	Name
2	Motor Memory	Direction	Treasure Hunt	Name
3	Visual Memory	Picture/Word Games	Pairs/Snap	Name and Letter (RWI)
4	Shoulder Stability	Up We Go	Card 11	Name and Letter (RWI)
5	Crossing the Mid-Line	Macarena	Card 12	Name and Letter (RWI)
6	Wrist	Wrist Lifts	Card 13	Name and Letter (RWI)
1	Thumb and Fingers	Bow Politely	Card 14	Full Name
2	Whole Hand	Rolling Pencil	Card 15	Full Name
3	Eye Tracking	Flash Light Fun		Full Name
4	Spatial Awareness	Observation	Fuzzy Felt people	Full Name and Letter (RWI)
5	Motor Memory	Position	Very Big/Big Game	Full Name and Letter (RWI)
6	Visual Memory	Completion	Pin board/Threading	Full Name and Letter (RWI)
1	Shoulder Stability	I Don't Know	Card 16	Individual Target
2	Crossing the Mid-Line	Scissor Cuts	Card 17	Individual Target

3	Wrist	Heel Swings	Card 18	Individual Target
4	Thumb and Fingers	Finger Board	Card 19	Individual Target
5	Whole Hand	Super Hands	Card 20	Individual Target
1	Eye Tracking	Flexibility	In and Out	Individual Target
2	Spatial Awareness	Direction	Simple Maps	Individual Target
3	Motor Memory	Position	Getting Smaller Game	Individual Target
4	Visual Memory	What's Missing	Spot the Difference/Where's Wally	Individual Target
5	Small group intervention group for identified children			Individual Target
6	Small group intervention group for identified children			Individual Target
7	Small group intervention group for identified children			Individual Target