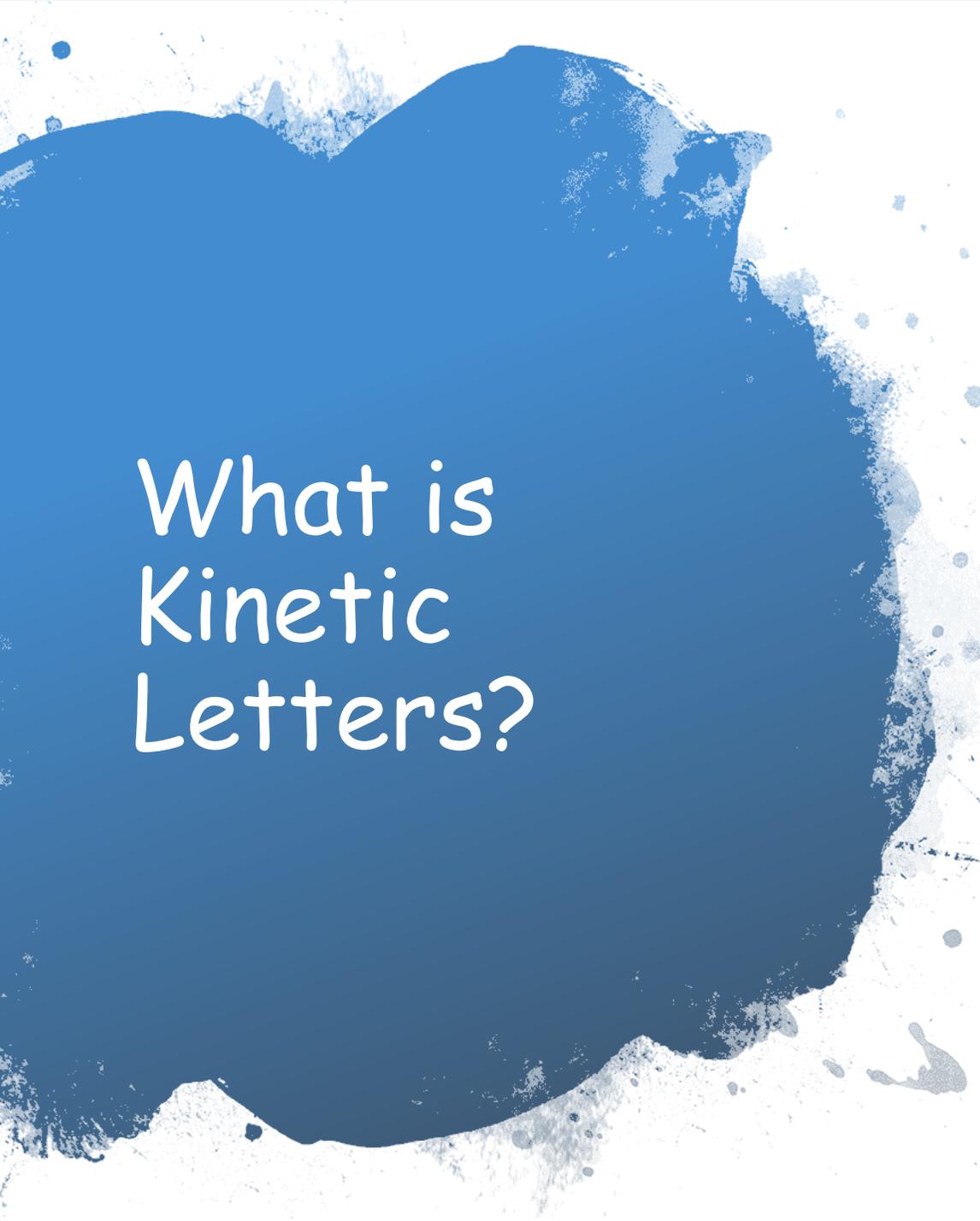




# Welcome to Kinetic Letters



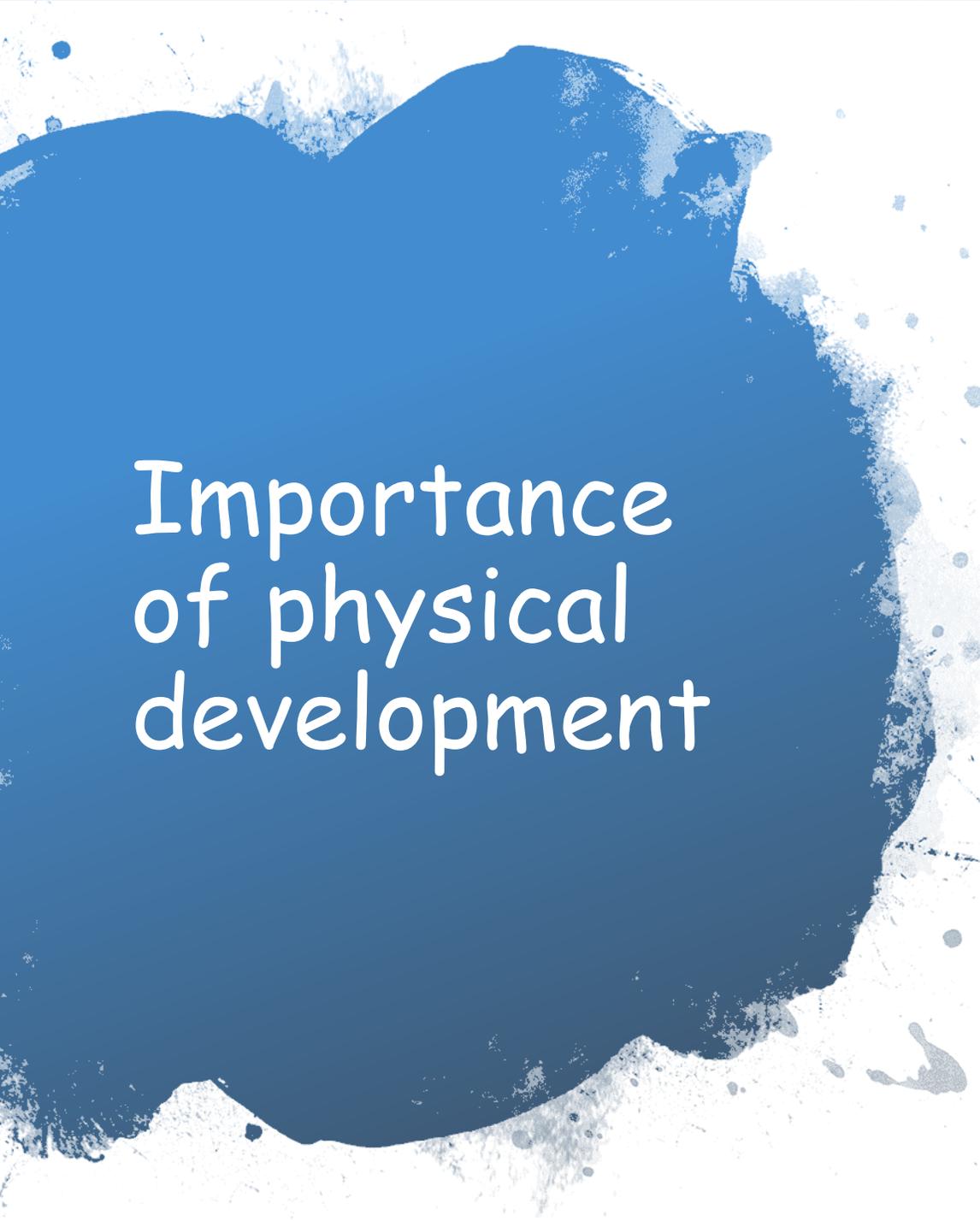
# What is Kinetic Letters?

- Kinetic Letters is a programme which teaches children how to form letters correctly, quickly and with confidence.
- As handwriting becomes more fluent, children think less about handwriting allowing more time to think about the content of writing.
- Handwriting becomes automatic.

# How do we teach Kinetic Letters?

There are 4 strands to Kinetic Letters which we work through

- Red - making bodies stronger (this is ongoing)
- Green - holding a pencil correctly
  - Yellow - Letter formation
- Blue - writing with fluency (speed)



# Importance of physical development

Handwriting requires more than just hand muscles.

- **Strong core muscles** allow children to sit at tables correctly and comfortably when writing.
- **Strong shoulder muscles** allow children to be able to control the lower parts of the arm
- **Strong wrists** enable children to hold the pencil correctly and for longer periods of time

# Animal poses we use at school to make bodies stronger

Gorilla



Stone Lion



Meerkat



Penguin



Lizard



There are lots of opportunities to make bodies stronger at home using these poses.



- Story reading
- Play games (board games/consoles)
- Ipad
- Watching TV



# Other opportunities to make bodies stronger

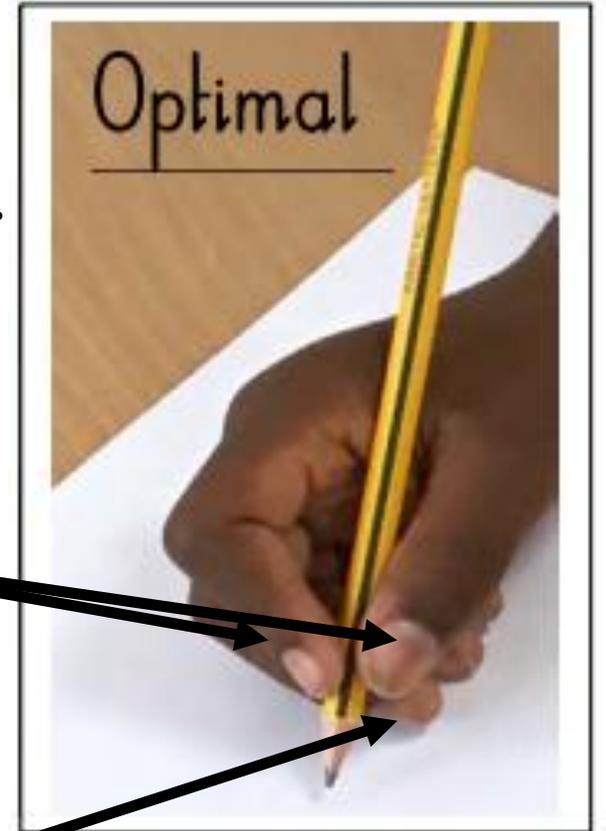
- Monkey bars
- Large play equipment (parks)
- Tunnels
- Clapping games
- Crawling

# Pencil Hold

We teach the children the "three friends hold".

The thumb and first finger sit on top of the pencil

The third finger is called the pillow finger and sits underneath the pencil





# How do we learn our letters?

Letters are grouped into letter families.

Each letter family is introduced to the children through a story about two monkeys called Bounce and Skip.

Bounce is a brave monkey and helps write the tall letters whilst skip is a scared monkey and helps write the other letters.

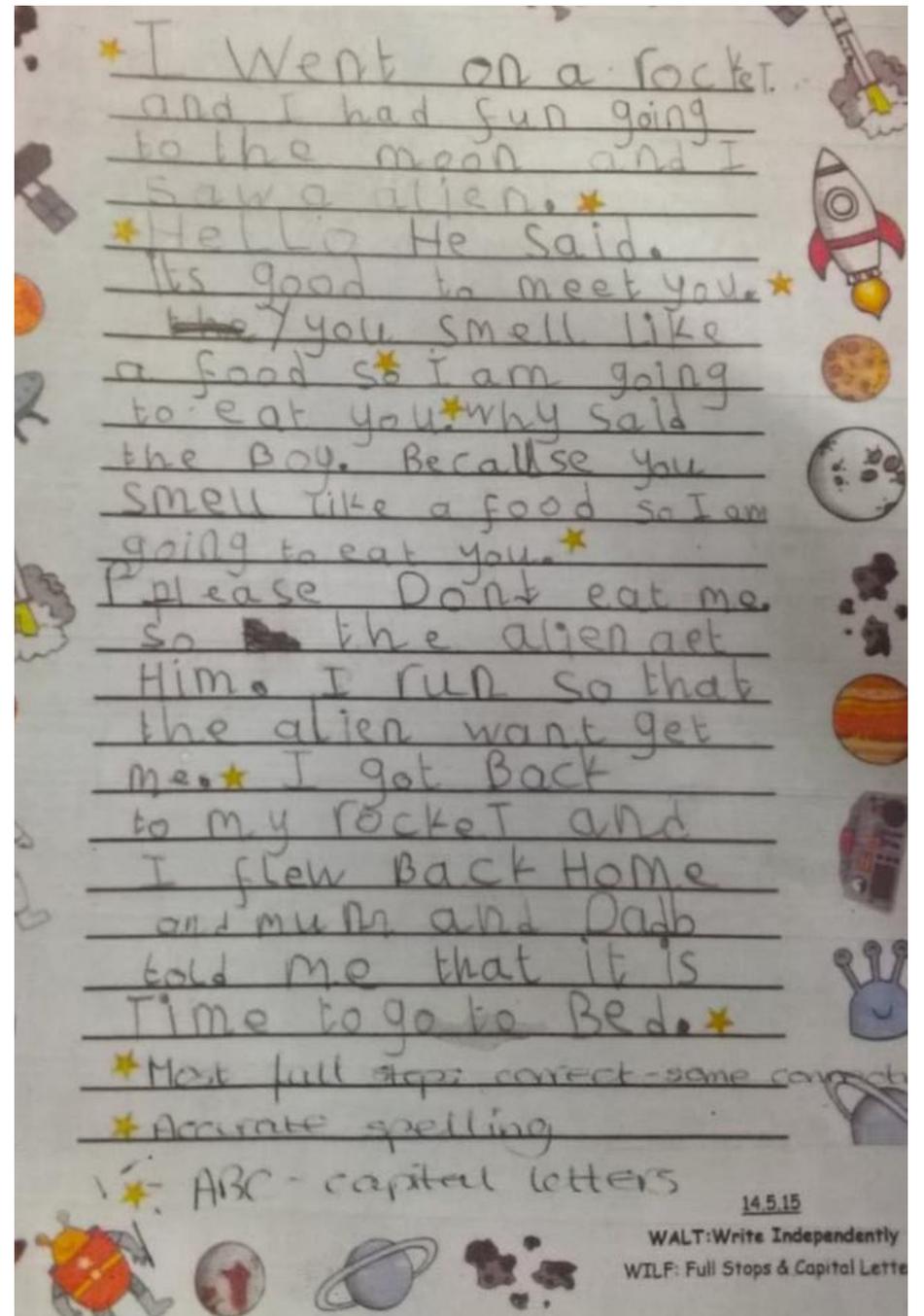
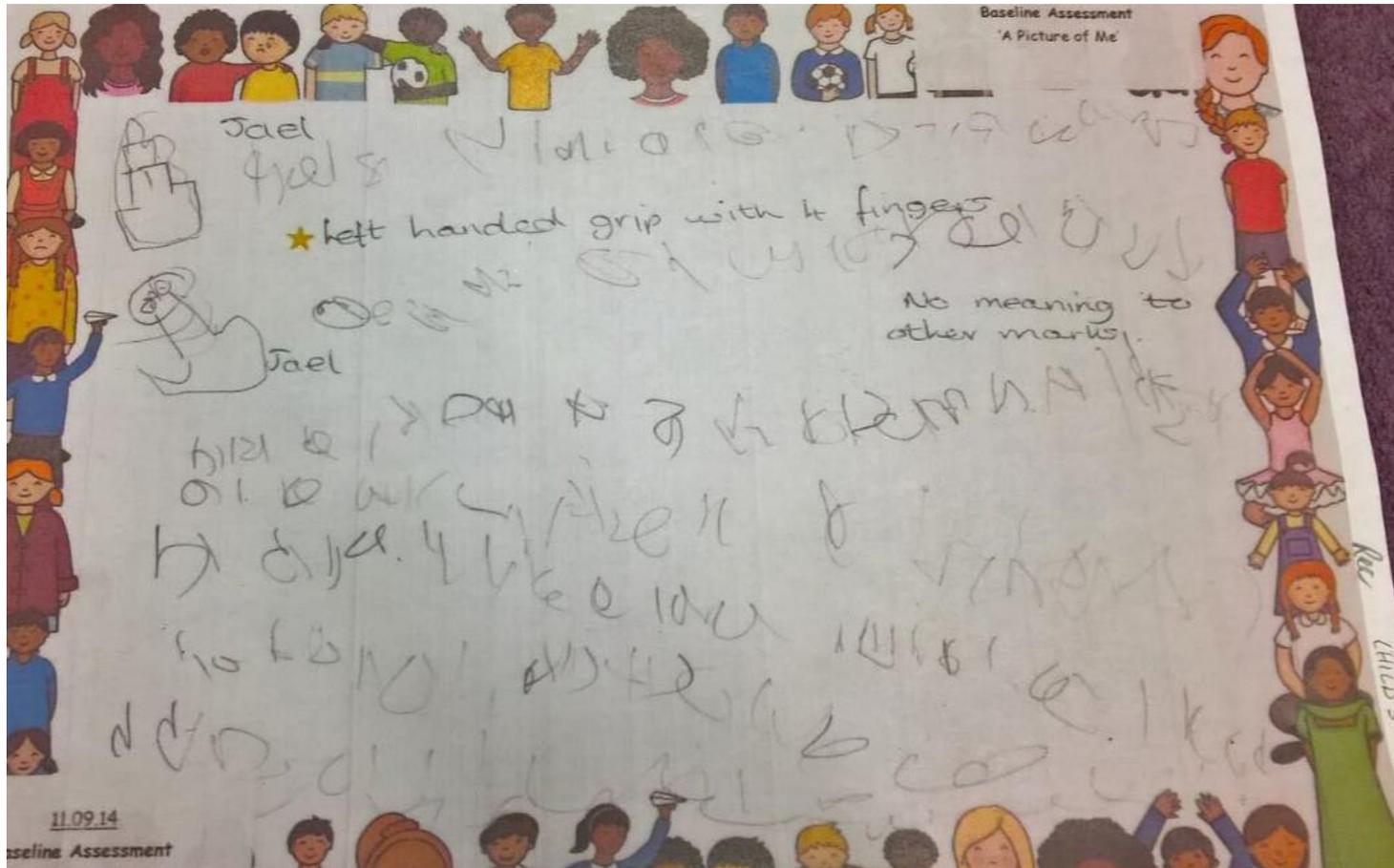
# What does a Kinetic Lesson look like?



- Children hear the story and are introduced to the letter family. The teacher chooses one letter to learn a day.
- Children use their arms to "air write" the letters first. They use their whole bodies to do this.
- Children then write the letter in a sand tray. Children will be on the carpet in the Lizard position.
- Once children are confident with forming the letters in the sand, they then write it onto a white board.

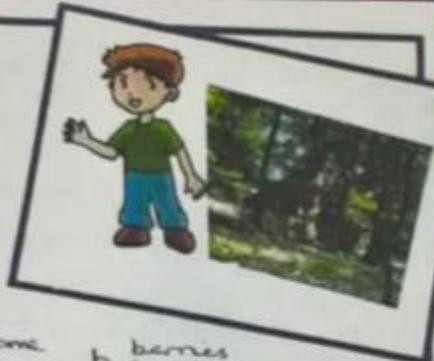
After

Before



## Before

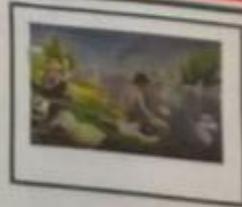
Handsome kind  
and ~~HLZ~~ <sup>HLZ</sup> ~~MUM~~ <sup>MUM</sup>  
WONTI ~~BERPIC-ZUMBERIZ~~ <sup>ed</sup> <sup>to pick</sup> <sup>some</sup> <sup>berries</sup>  
to ~~make~~ <sup>make</sup> a ~~ply~~ <sup>ply</sup>  
they ~~at~~ <sup>edge</sup> ~~we~~ <sup>of</sup> ~~je~~ <sup>a</sup> ~~u~~ <sup>forest</sup> ~~at~~ <sup>forest</sup> ~~jefferiz~~  
\* ~~in~~ <sup>in</sup> a ~~cot~~ <sup>edge</sup> ~~I~~ <sup>of</sup> ~~Budztwee~~ <sup>forest</sup> ~~TN~~ <sup>forest</sup>  
<sub>cabage</sub> <sub>birds</sub> <sub>tweeting</sub>



## After

The trees have green leaves  
and are colourful and big.  
I feel wind through and rustling.  
I can see big buildings and it is hot,  
clothes from boys and people  
splashing and playing in the water.

## The Bathers.



The people are swimming in the water.  
He is shouting.  
Everywhere is hot.  
Bats are saying.  
A tree is green and tall.  
The people are lying down.  
Having food.  
Everyone is having fun.  
Relaxing on the grass.  
Sleeping on the grass.



- You will now have an opportunity to join your children in their classrooms to see how they are learning Kinetic Letters.

Any questions?