



Welcome  
to  
Kinetic Letters

 **Kinetic Letters®**  
making hand-writing easy for everyone



## 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



# The red strand - making bodies stronger

Develops gross and fine motor skills - whole class and individual targets:

- 'Dough gym'
- 'Finger gym'
- Clapping games
- Climbing apparatus
- Crawling, tunnels



# The **red** strand: Animal poses we use at school to make our bodies stronger

Penguin



Meerkat



Gorilla



Lizard



Lion

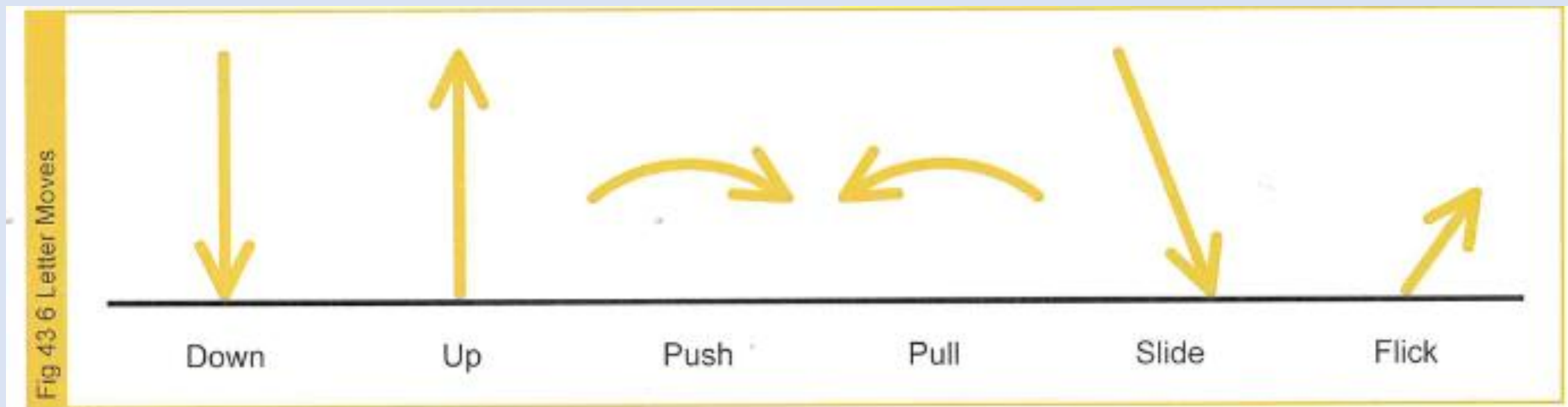


There are lots of opportunities to make our bodies stronger at home using these poses. For example whilst:

- Watching TV/Ipad
- Playing a game
- Reading a book

## Yellow strand: letter formation

The 6 letter moves: 'move it say it'





# Green strand: holding a pencil correctly

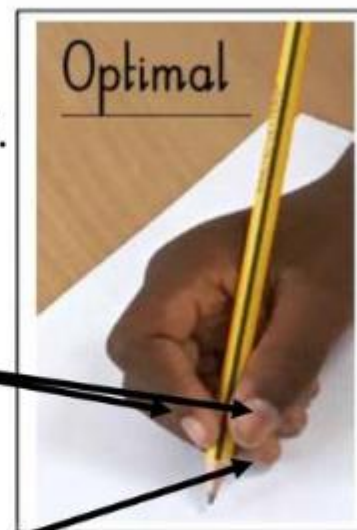


## Pencil Hold

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





# Yellow strand: letter formation



## How do we learn our letters?

Letters are grouped into letter families.

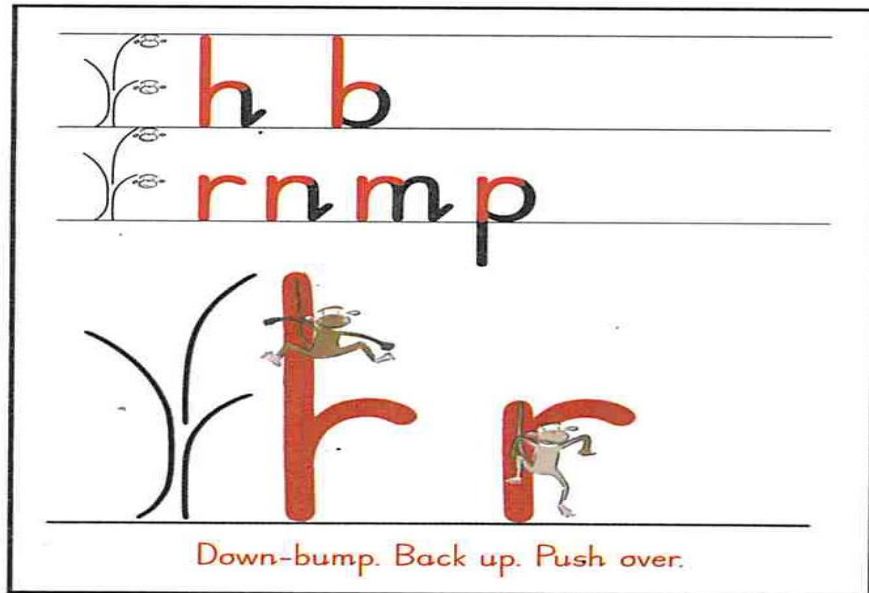
Each letter family is introduced to the children through a story about two monkeys called Bounce and Skip.

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

# Yellow strand: the letter families

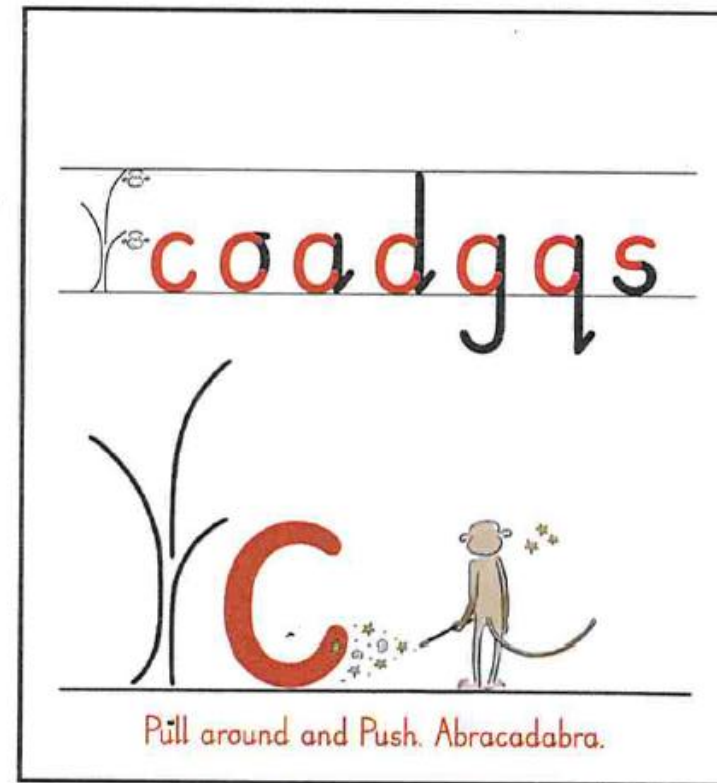
## Jumper Family:

Made by jumping from trees in the Island Adventure.



## Abracadabra Family:

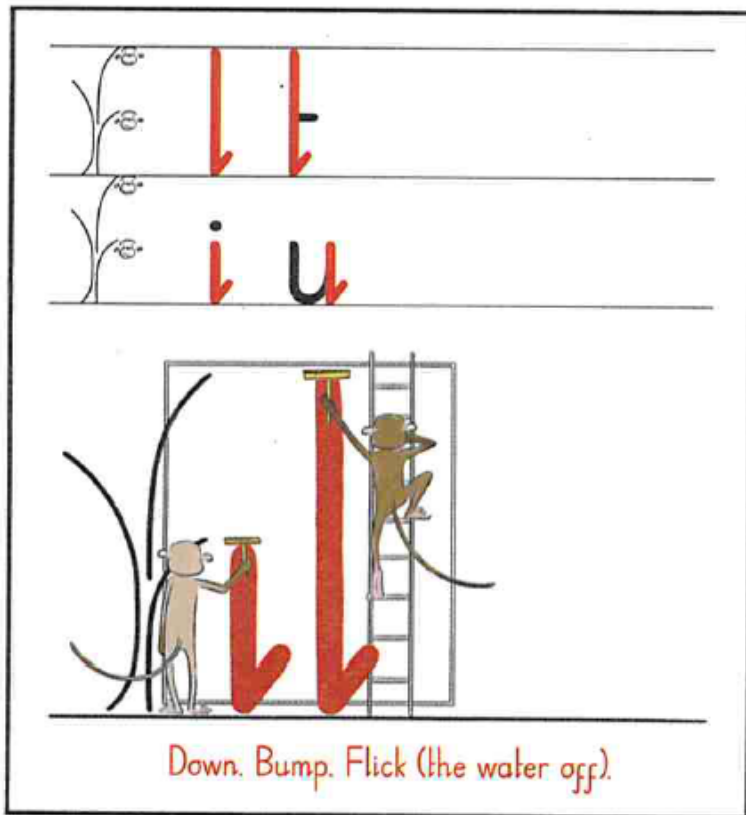
Magicked from c in the Party adventure.



# Yellow strand: the letter families

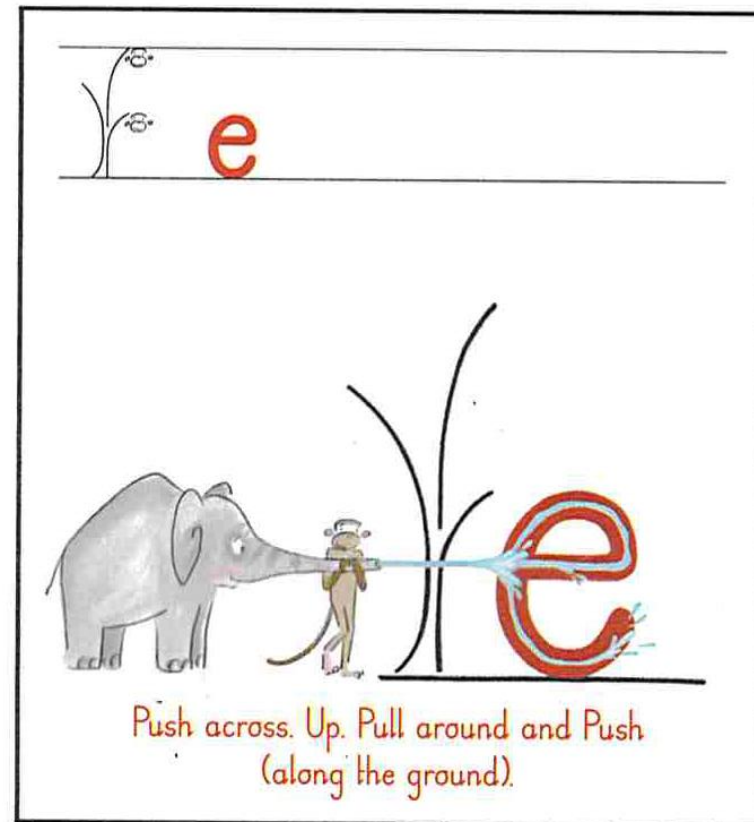
## Window Cleaner Family:

Made with squeegees  
in the City Adventure.



## Special Squirter:

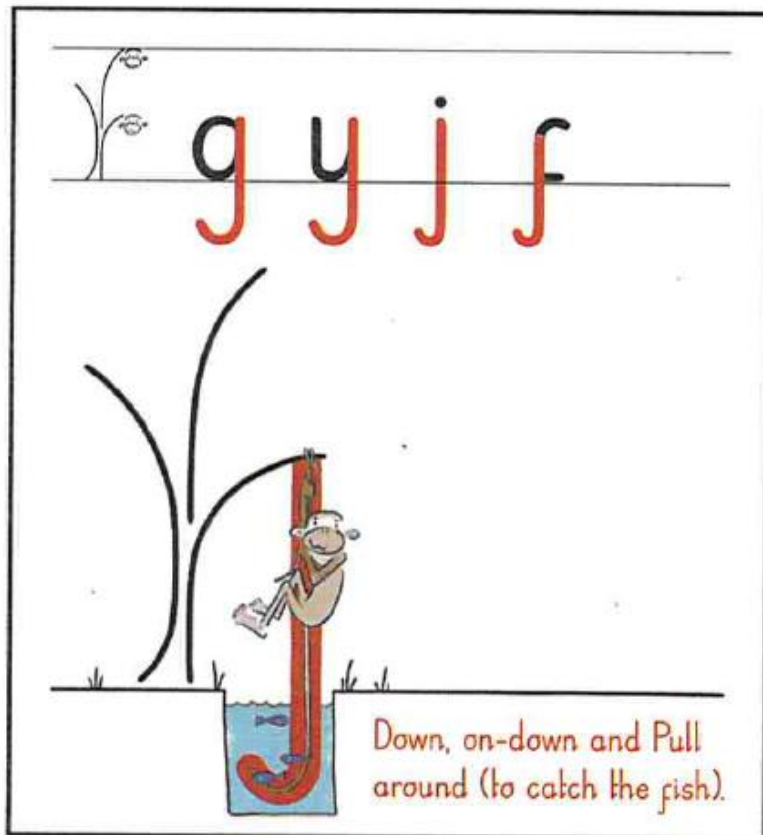
Made with the elephant's trunk  
in the Water Adventure.



# Yellow strand: the letter families

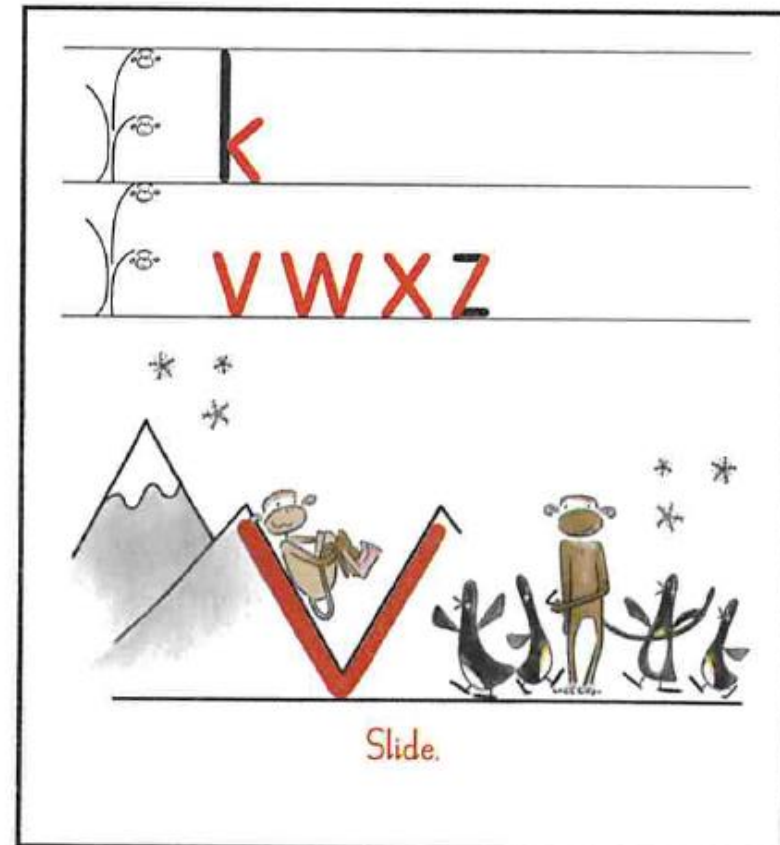
## Fisher Family:

Use their tails for fishing in the Water Adventure.



## Slider Family:

Made by sliding down mountains in the Antarctic Adventure.







## 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.



h



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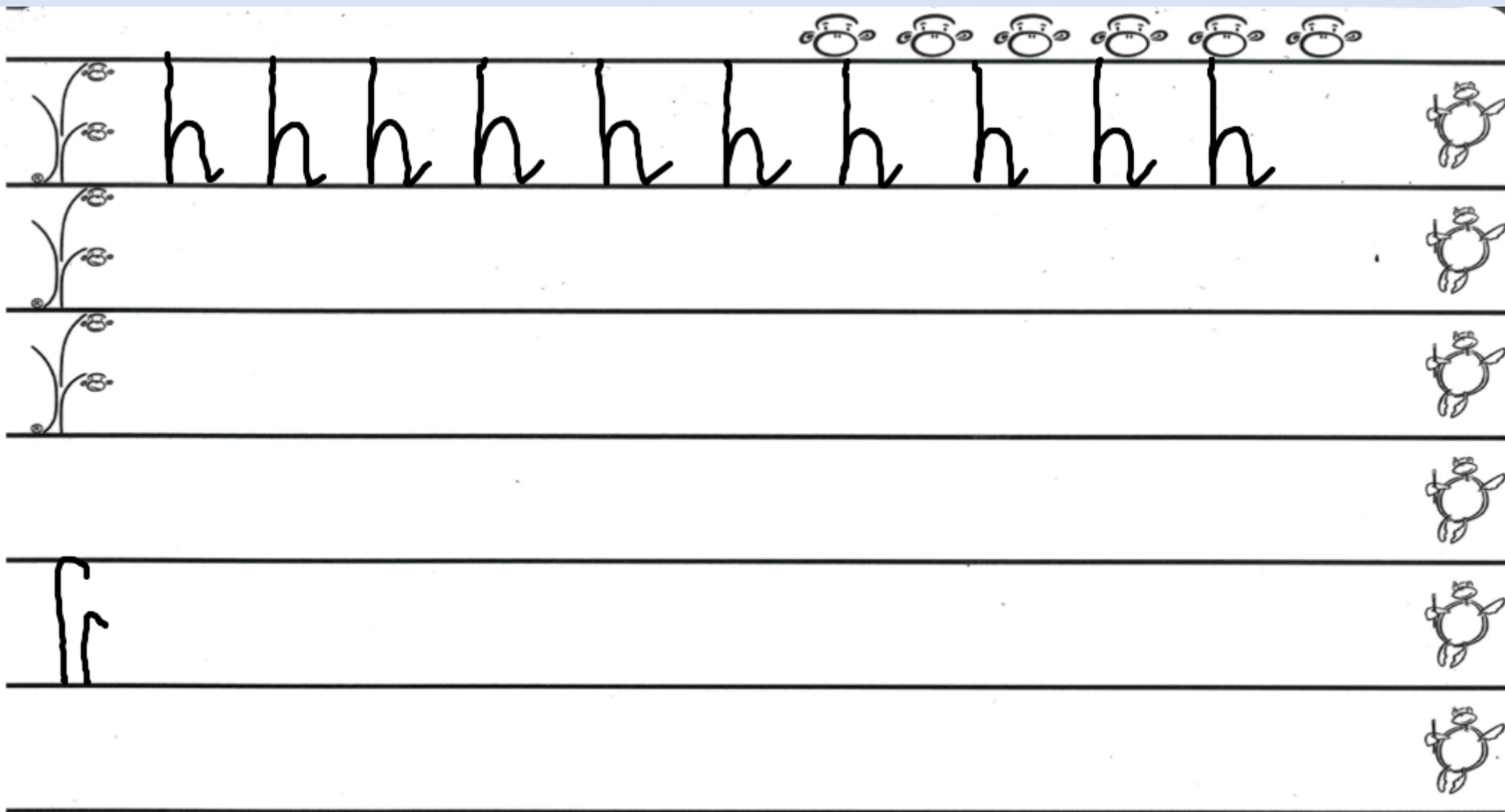


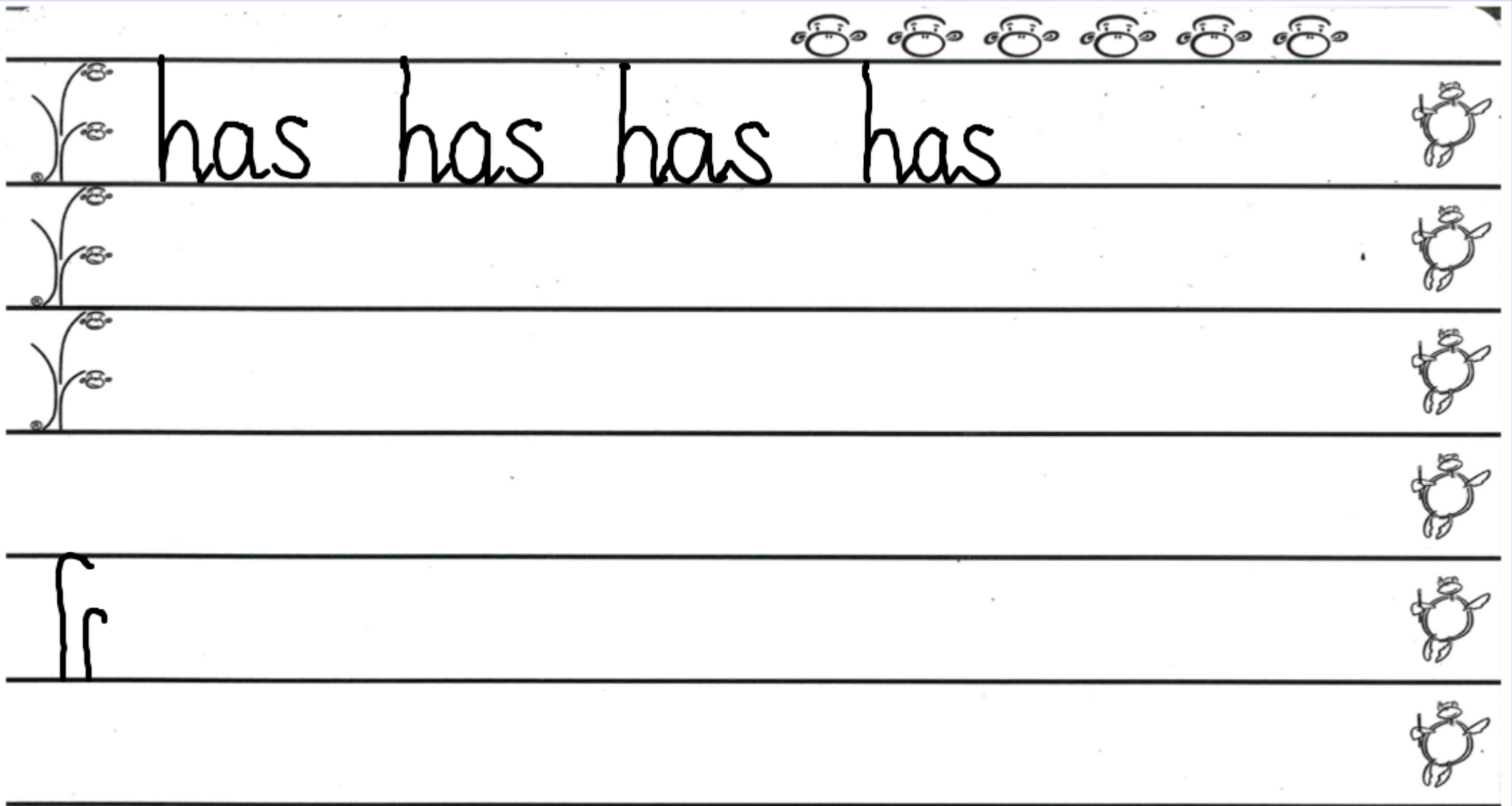
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# Year 1

Queen Elizabeth 1 October 2019  
Dear Owen I Sabo  
th  
I Wn ty oo to Woc  
yoo Wn to London  
Woc oo yoo ooo  
is <sup>nice</sup> being a Pen.  
Yours sincerely  
Fwith

Start of year 1

first I walked down the ~~stair~~  
the stairs. ~~When~~ I  
When I was down the stairs  
I <sup>saw</sup> the preznts under the  
~~of~~ Christmas tree. I woc up  
mummy and ~~dad~~ daddy.  
and then en we had breckfoost  
I had mine hot dogs and then  
we opnd th preznts  
I had p btye send to py  
I had hot dogs Fkoontee  
and I wot

Now

# Year 1

- 2p Wrtld melc  
 I 0 to 9 melc  
 Arthur could tell me that  
 he had missed out a word.  
 younger I squirted milk.  
 r Whpn I Wd S Spndr  
 don't squirt  
 Wp Wip on spwr

Start of year 1

Thursday 22<sup>nd</sup> January 2020


How to plant a seed

You will need:

- a seed
- soil
- plant
- trow
- watering can
- water

Instructions:

1. First fill the pot with soil to the top.
2. Next poke a hole in the soil but not too deep.  
~~put~~ put the seed in the pot.
3. Next cover the soil to the top.
4. Next <sup>take</sup> take them to sun <sup>light</sup> light.
5. Finally water them.



Now

# Year 1

When I was one I  
choed my mummy.

Now I like big ~~Im~~  
I like PePol.

Start of year 1

On Monday I went to watch The pantomime  
with my class First we went to the hall and  
Mrs Barty stood at the show started and chester  
the Jester came onto the seat he did a funny  
darts he went of the seat the evil queen came up  
She said the magic mira mira on the wall how is  
the first or last of you or first or last  
the next day the queen said mira mira on the  
wall how is the first or last of you or  
but Sumbdy else is first can you how is it Snowie  
I will see her Snowie will run into the first  
she saw a little has Sels can 2 Sels can  
Sumbdy gaint her a qd She at the  
aqd she fell down on the floor the prins came

Now



Thank you

[www.kineticletters.co.uk](http://www.kineticletters.co.uk)