



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

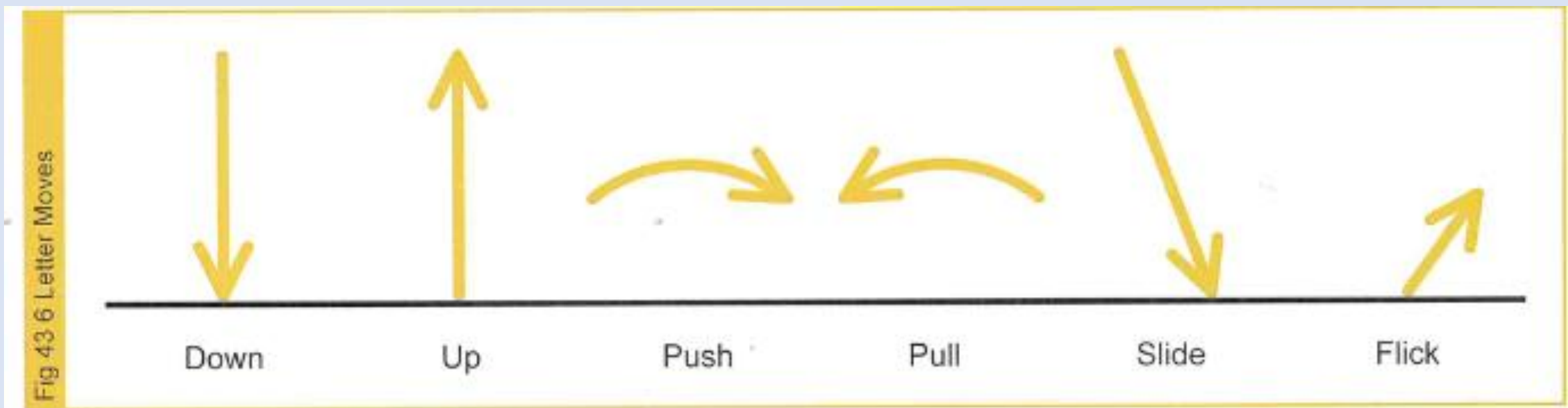


There are lots of opportunities to make our bodies stronger at home using these poses. For example whilst:

- 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

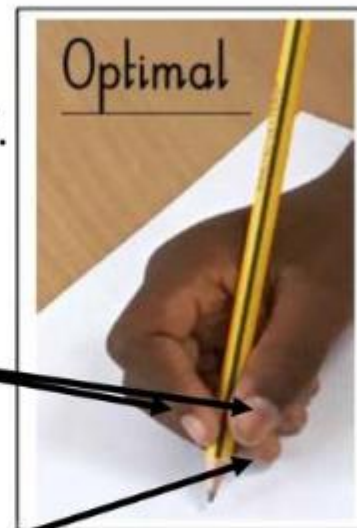


Pencil Hold

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.

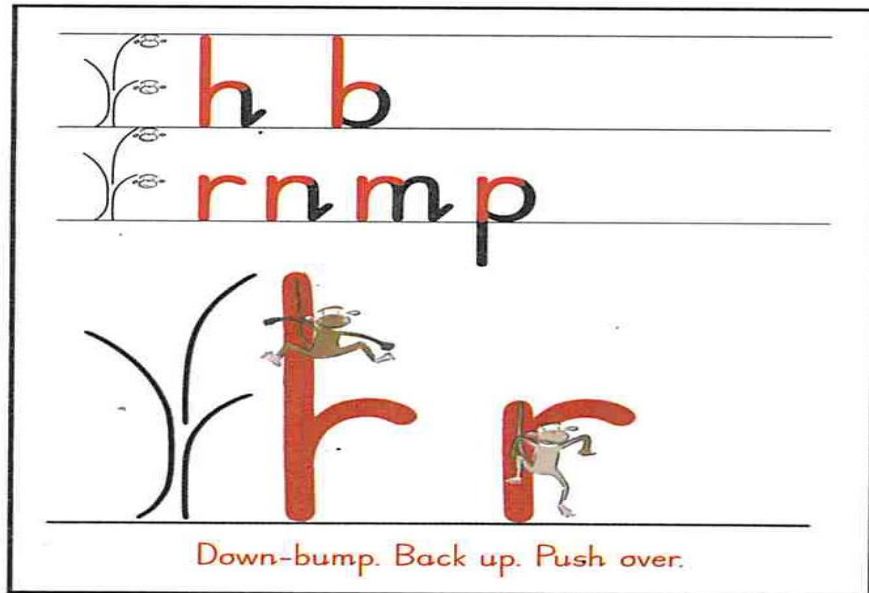
Each letter family is introduced to the children through a story about two monkeys called Bounce and Skip.

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

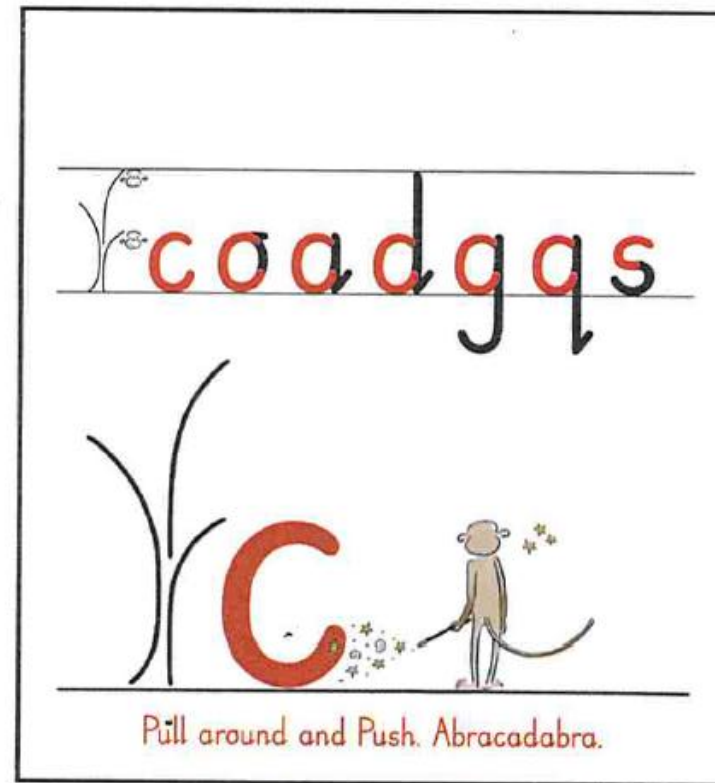
Jumper Family:

Made by jumping from trees in the Island Adventure.



Abracadabra Family:

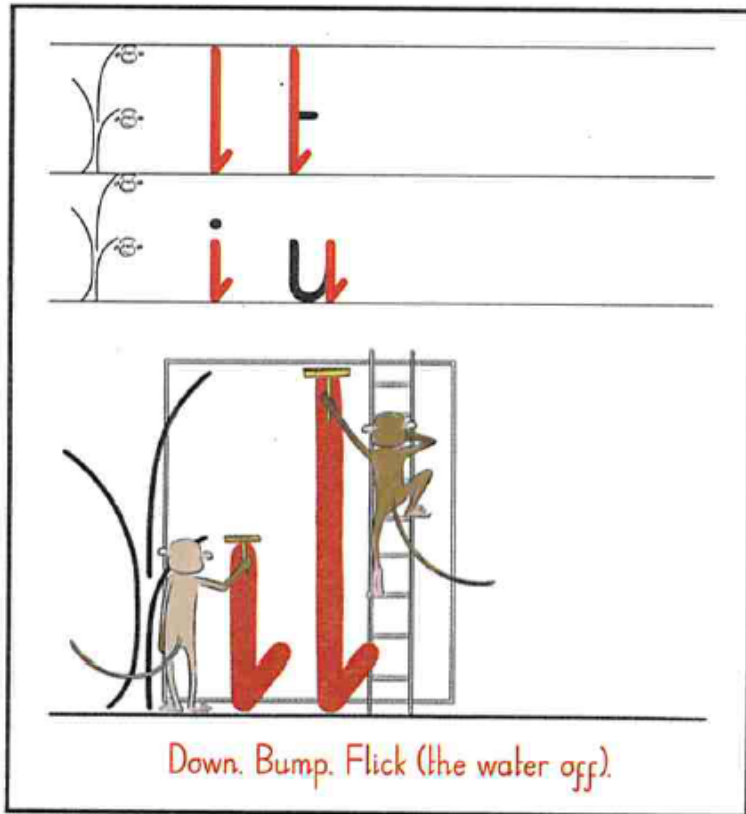
Magicked from c in the Party adventure.



Yellow strand: the letter families

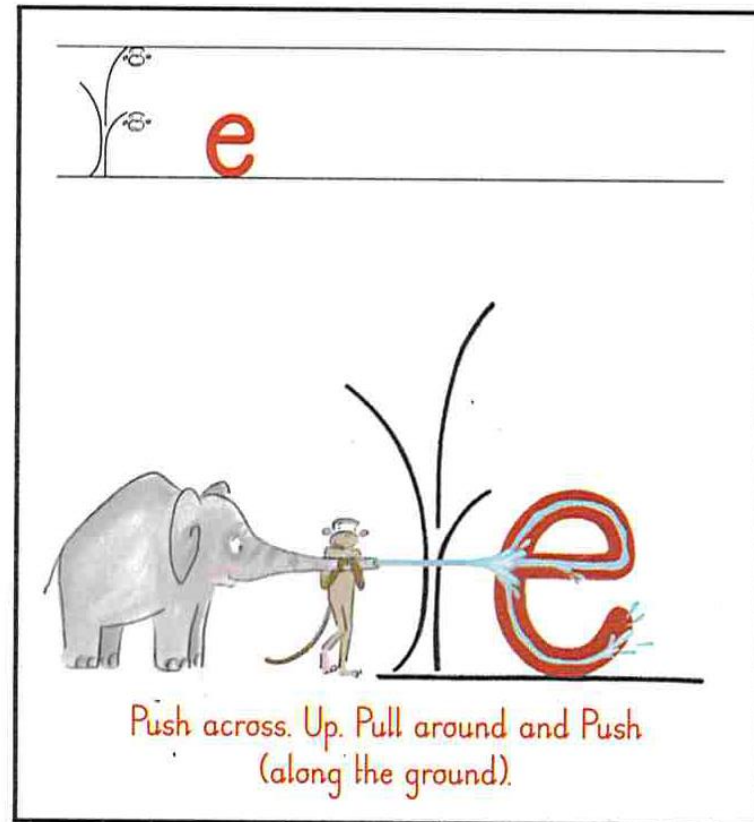
Window Cleaner Family:

Made with squeegees
in the City Adventure.



Special Squirter:

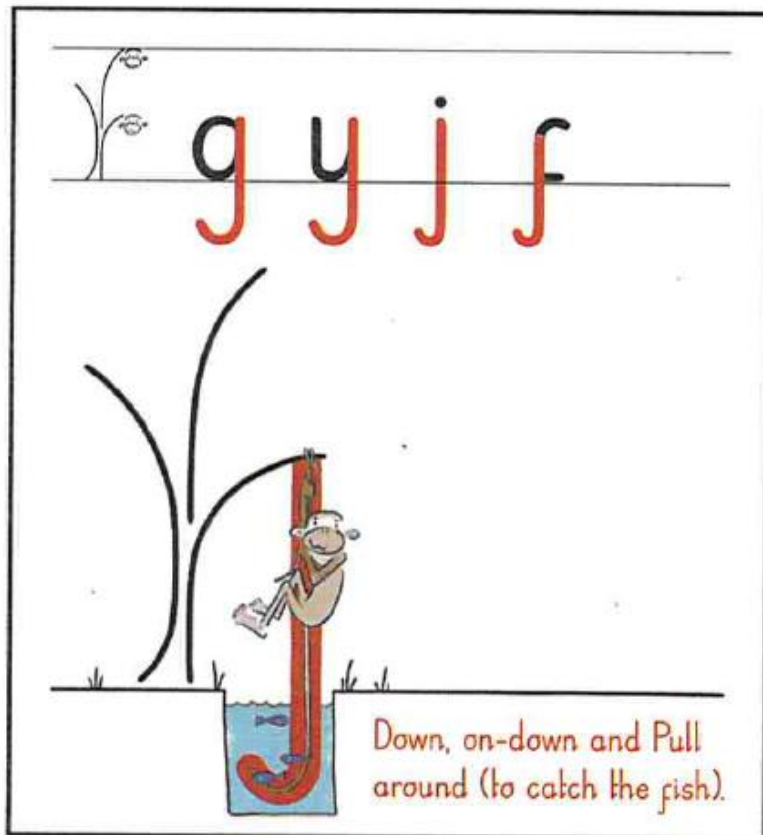
Made with the elephant's trunk
in the Water Adventure.



Yellow strand: the letter families

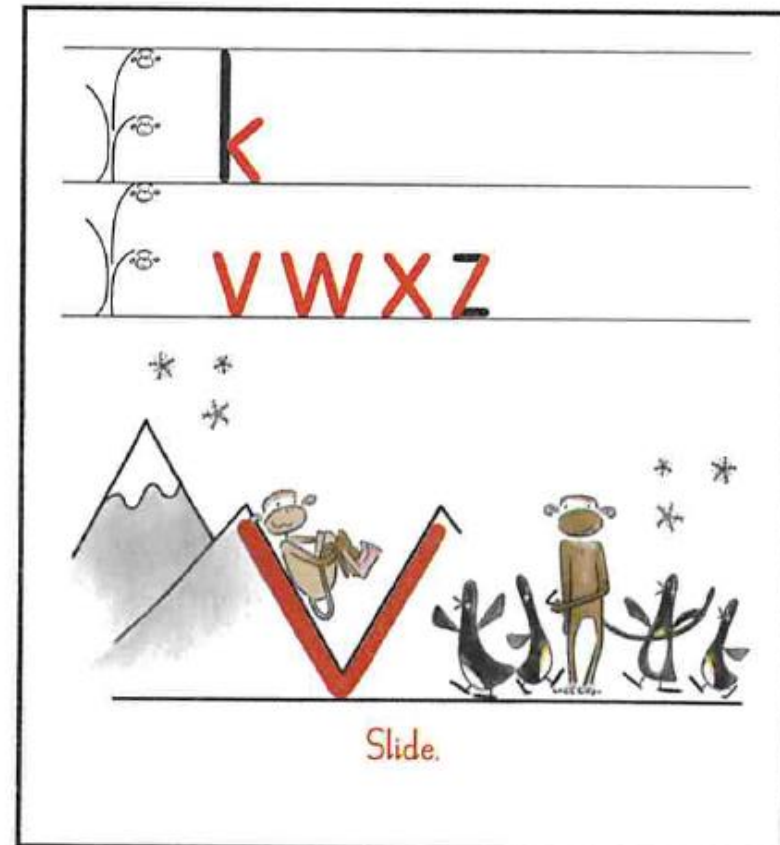
Fisher Family:

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



h

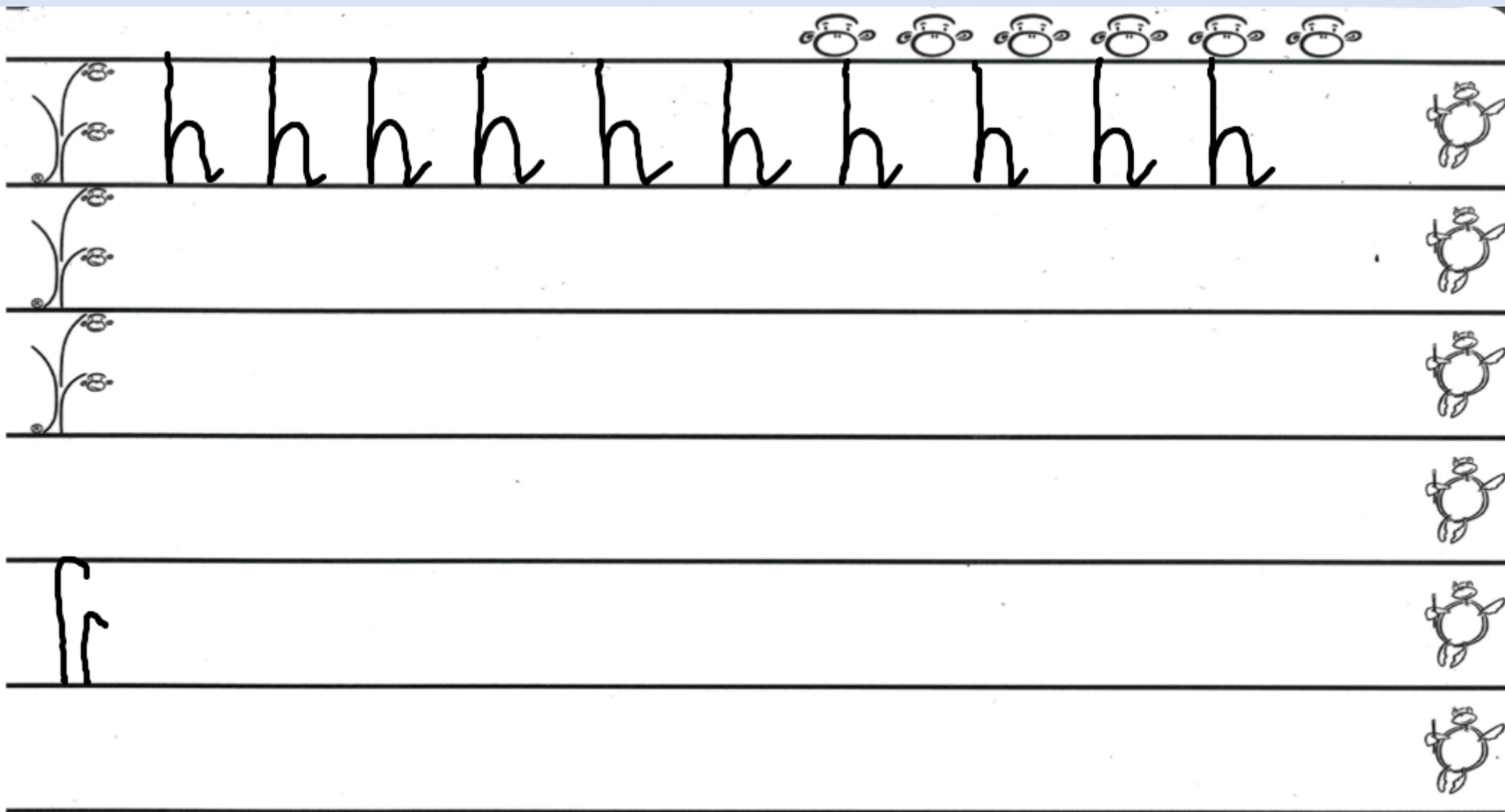




h




r













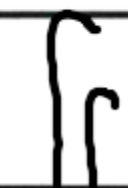
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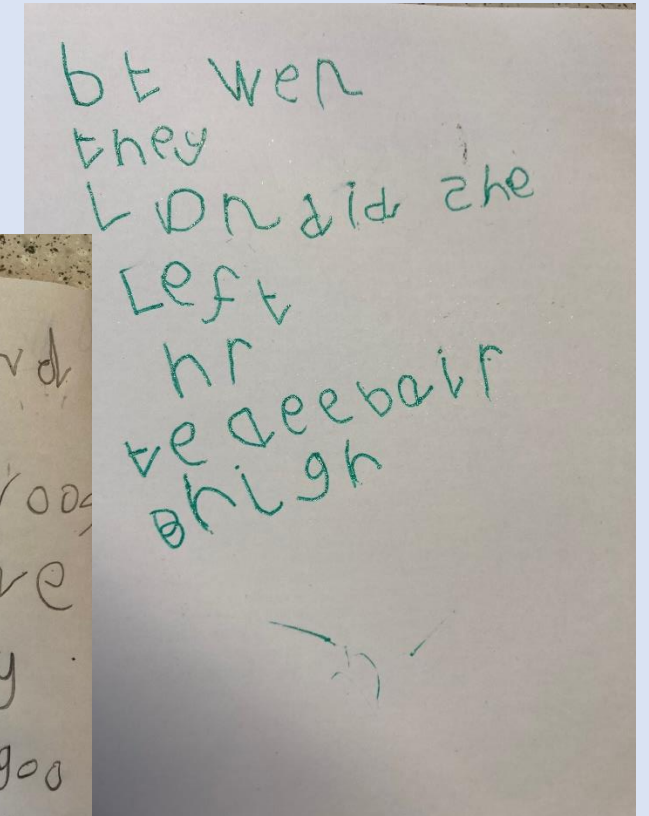
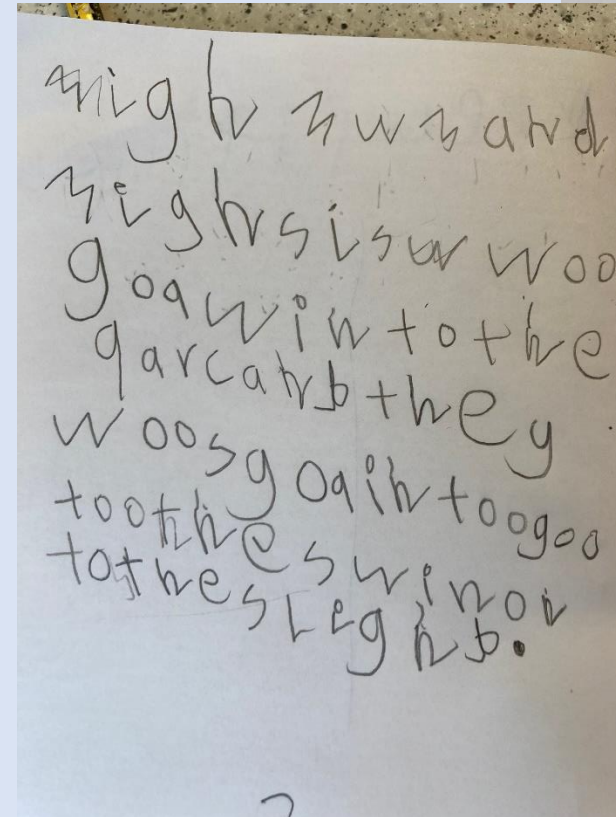
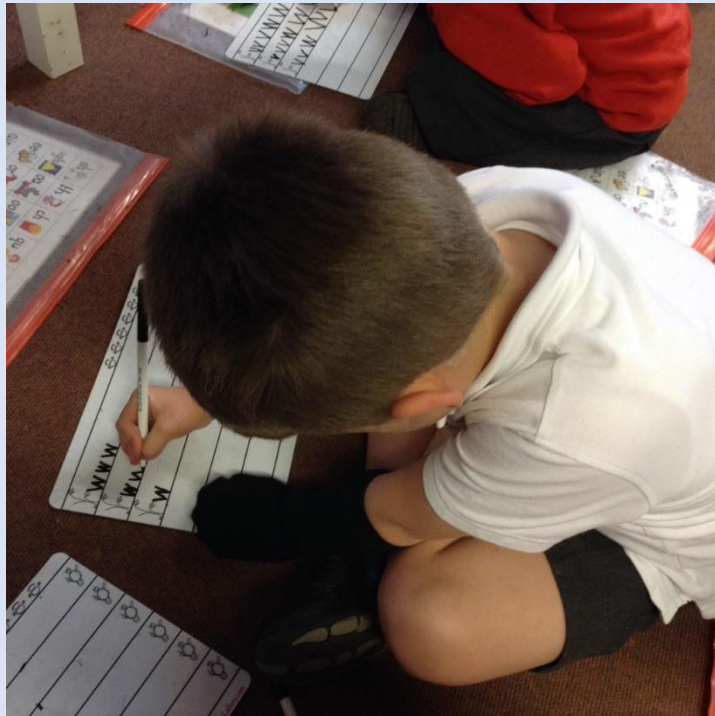






www.KineticLetters.com

Year R



Year R handwriting practice

Year 1

My family
Sam
Sam
Sam
Coco
Things that I like
climbing

Start of year 1

I can write a simple sentence including rhyme			
I can use capital letters	I can use full stops	I can use finger spaces	I can use my sentence
CL ✓	• ✓	✎ ✓	✓

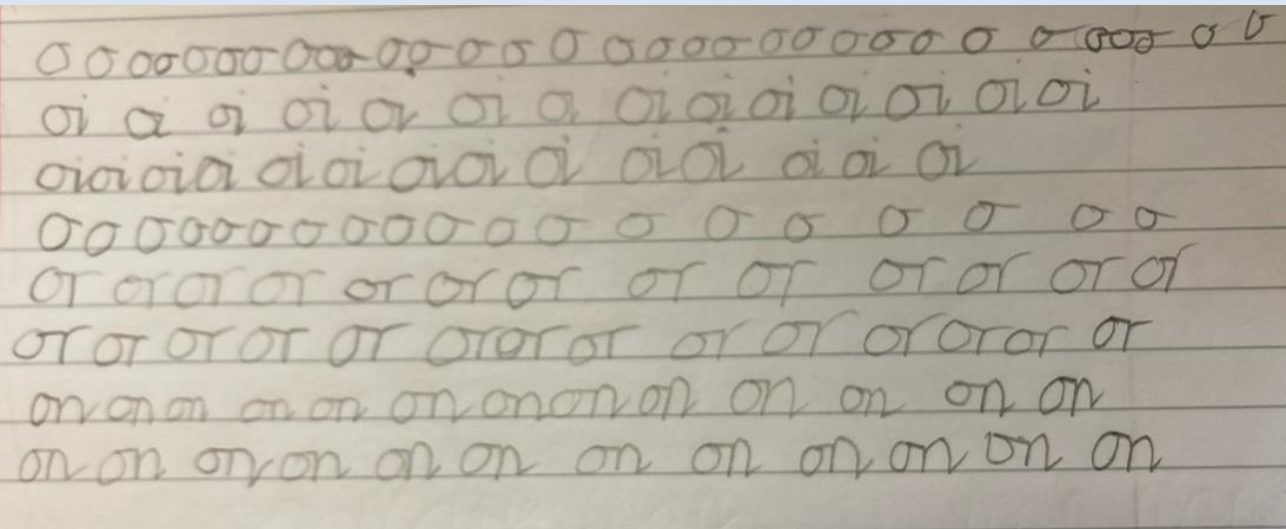
The fox sat in the box
The box was in the den
The fox drank from the
cup

This is an amazing description of your animal. Well done for editing your capital letters! @m


It's name is a snail spider.
It's muddled monster
and it was told you if
It had to
to live in the case dark
find mountains.
It can stick to the
wall and jump really high.
You can find it in caves and
some times on the top of
the mountains.
It can poison you and
chase you and it's really fast
so can climb to space.
It can swim really fast
it's long legs help a lot
it can walk on water

Now

Year 2



I am a member of the Victory crew!
I have recorded a diary of a typical day on board!

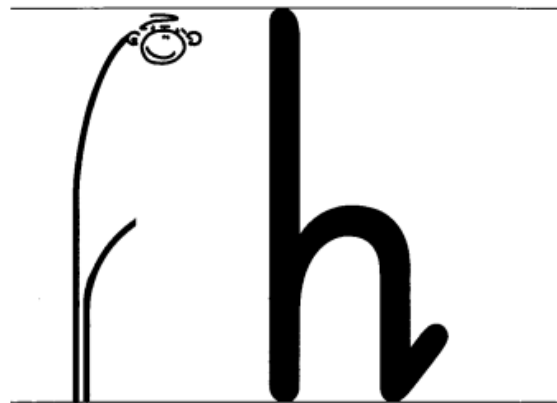


14th march Saturday 12.17.18
Dear diary
I woke up at 5.30 am. I was cramped ~~x~~ because of my hammock. I was sleepily sleepy. Then we went to the mess for breakfast. I ate it because I was hungry. We had to scrub the deck with wire. It was so tired. I wish we could have nicer food. After we had a pot of ginger on the wood. Next we had to line the sailer night got 19 lashes for some of his young form. At lunch we had salted beef. I hated it. Next I had scirfy for a few days. For a while I was why did I pick this job? After that was battle drill we quickly got the gun powder! Next we had dinner we had cheese & cabbage. We quickly got the

Kinetic Letters®

Jumper Family

h b r n m p



Down-bump,
Back up,
Push over,
Down-bump,
Flick

Practise the letter on the lines below, starting alongside the tree.





Thank you

www.kineticletters.co.uk