






# St. Anthony's Catholic Primary School

## EYFS Pre-Writing Patterns Long-Term Plan

### Autumn 1: Circles & Spirals: Pre-Writing Patterns



Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<b>All:</b> Gross Motor Exercises	<b>Nursery:</b> Gross Motor Exercises  <b>Reception:</b> Demonstrate the correct sitting position and tripod grip for handwriting (left and right handed)	Introduce our pattern to draw – circles    <b>Nursery:</b> Practise air-writing and use coloured ribbons on sticks to form patterns using larger movements. <b>Reception:</b> Using hand-held tools to make circles.	Introduce our pattern to draw – spirals    <b>Nursery:</b> Practise air-writing and use coloured ribbons on sticks to form spirals using larger movements <b>Reception:</b> Using hand-held tools to make spirals	Introduce our pattern to draw – loops    <b>Nursery:</b> Practise air-writing and use coloured ribbons on sticks to form loops using larger movements <b>Reception:</b> Using hand-held tools to make loops	<b>All:</b> Gross motor exercises	<b>All:</b> Review all circle and spiral shapes



# St. Anthony's Catholic Primary School

## Autumn 2: Lines & Diagonals: Pre-Writing Patterns

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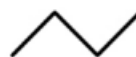

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<p><b>All:</b> Review patterns from autumn 1 – circles, spirals and loops.</p>	<p><b>Nursery:</b> Introduce pattern to draw – vertical lines – use large movements to make vertical lines.</p> <p><b>Reception:</b> Review correct sitting position and tripod grip. Introduce pattern to draw – vertical lines.</p> <p>   </p>	<p><b>Nursery:</b> Introduce pattern to draw – vertical lines – use large movements to make horizontal lines.</p> <p><b>Reception:</b> Review correct sitting position and tripod grip. Introduce pattern to draw – horizontal lines.</p> <p>≡</p>	<p><b>Nursery:</b> Introduce pattern to draw – vertical lines – use large movements to make crosses.</p> <p><b>Reception:</b> Review correct sitting position and tripod grip. Introduce pattern to draw – crosses.</p> <p>+</p>	<p><b>Nursery:</b> Introduce pattern to draw – vertical lines – use large movements to make forward diagonal lines.</p> <p><b>Reception:</b> Review correct sitting position and tripod grip. Introduce pattern to draw – forward diagonal lines.</p> <p>///</p>	<p><b>Nursery:</b> Introduce pattern to draw – vertical lines – use large movements to make backward diagonal lines.</p> <p><b>Reception:</b> Review correct sitting position and tripod grip. Introduce pattern to draw – backward diagonal lines.</p> <p>\\</p>	<p><b>Nursery:</b> Introduce pattern to draw – vertical lines – use large movements to make - x .</p> <p><b>Reception:</b> Review correct sitting position and tripod grip. Introduce pattern to draw – x .</p> <p>X</p>



# St. Anthony's Catholic Primary School

## Spring 1: Jellies & Zig-zags: Pre-Writing Patterns








Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<p><b>All:</b> Review patterns from autumn 2 – lines &amp; diagonals</p>	<p><b>Nursery:</b> Introduce pattern to draw – vertical lines – use large movements to make wavy line.</p> <p><b>Reception:</b> Review correct sitting position and tripod grip. Introduce pattern to draw – wavy line.</p> 	<p><b>Nursery:</b> Introduce pattern to draw – vertical lines – use large movements to make bridge patterns.</p> <p><b>Reception:</b> Review correct sitting position and tripod grip. Introduce pattern to draw – bridge patterns.</p> 	<p><b>Nursery:</b> Introduce pattern to draw – vertical lines – use large movements to make bridge patterns.</p> <p><b>Reception:</b> Review correct sitting position and tripod grip. Introduce pattern to draw bridge patterns.</p> 	<p><b>Nursery:</b> Introduce pattern to draw – vertical lines – use large movements to make zig-zag.</p> <p><b>Reception:</b> Review correct sitting position and tripod grip. Introduce pattern to draw – zig zag.</p> 	<p><b>Nursery:</b> Introduce pattern to draw – vertical lines – use large movements to make – box pattern.</p> <p><b>Reception:</b> Review correct sitting position and tripod grip. Introduce pattern to draw – box pattern.</p> 	<p>Review</p>



# St. Anthony's Catholic Primary School

## Spring 2: Loopies & Waves: Pre-Writing Patterns

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Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Review patterns from autumn 2 – lines & diagonals	<b>Nursery:</b> Introduce pattern to draw – vertical lines – use large movements to make loop the loop.  <b>Reception:</b> Review correct sitting position and tripod grip. Introduce pattern to draw – loop the loop.  	<b>Nursery:</b> Introduce pattern to draw – vertical lines – use large movements to make loop the loop (downwards).  <b>Reception:</b> Review correct sitting position and tripod grip. Introduce pattern to draw – loop the loop (downwards)  	<b>Nursery:</b> Introduce pattern to draw – vertical lines – use large movements to make loopies.  <b>Reception:</b> Review correct sitting position and tripod grip. Introduce pattern to draw – loopies  	<b>Nursery:</b> Introduce pattern to draw – vertical lines – use large movements to make waves.  <b>Reception:</b> Review correct sitting position and tripod grip. Introduce pattern to draw – waves  	<b>Nursery:</b> Introduce pattern to draw – vertical lines – use large movements to make star.  <b>Reception:</b> Review correct sitting position and tripod grip. Introduce pattern to draw – star.  	Review






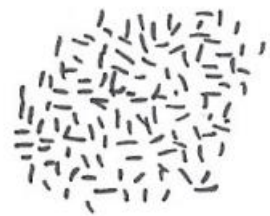



# St. Anthony's Catholic Primary School

## Summer 1: Improving Pencil Control

Nursery to review learning from Autumn and Spring (from formative assessment of gaps).

Reception: Improving pencil control and fine motor skills

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<p>Starting right in the very centre of your paper, draw a tiny circle. Next I'm going to draw another circle around the first circle, very close to it, but I'm trying not to let them touch. After that I'm going to draw a third circle around the second, then a fourth, a fifth and so on.</p> 	<p>Staying with circles, this time we are going to draw a mass of tiny circles, each one touching another circle. We will start from the first set of circles that we drew. Although they are really small circles, make sure that we can clearly see each one. Don't be afraid to press on really hard with your pencil.</p> 	<p>This time we are going to start from the bunch of circles and move away in a line. Again, the circles are going to touch, but as well as drawing really tiny circles, make some of them quite a lot bigger. The line of circles may be straight or bendy. Let it wander wherever you want it to.</p> 	<p>We're going to leave circles for a while and move onto some shapes. Look at this shape. What does it remind you of? Ok now I'd like you to draw this shape, starting from somewhere on your drawing. It's a big shape this time and it's made up of just two curves—a left hand side curve and a right hand side curve. After you</p> 	<p>OK, take a look at this shape. What do you think it looks like? Draw one of these, again making sure it touches another part of your drawing. Don't worry about making it look exactly like mine. It only needs to look something like it. Then carefully draw another of these shapes inside, and another and another, until you reach the middle of the shape.</p> 	<p>Next we are going to move onto drawing lines, starting with really short straight lines. If you look closely at your drawing, you might find a space that we can fill with these lines, otherwise put them right up close to a part of your drawing. You can make the lines go in different directions if you want to and if they touch or overlap, that's fine.</p> 	<p>Right we're going to draw one more set of lines and then we're going to take a very short break. We are going to draw some long straight lines this time, all very close together and going in the same direction. You can use these lines to connect two parts of your drawing or you could start by touching somewhere on your work and coming away from it with long straight lines.</p> 

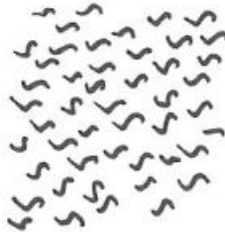

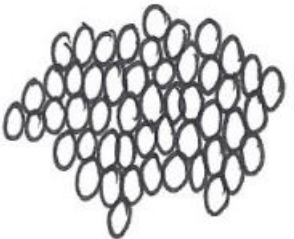





# St. Anthony's Catholic Primary School

## Summer 2: Improving Pencil Control

Nursery to review learning from Autumn and Spring (from formative assessment of gaps).

Reception: Improving pencil control and fine motor skills

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<p>We are staying with lines, but this time we are going to draw a mass of short wavy lines, all very close together. Just watch while this builds up and think what it reminds you of. You can use these short, wavy lines to fill up a space or draw them alongside another part of your work.</p> 	<p>Having drawn short wavy lines, let's move on to long wavy lines. Touch a part of your drawing and come away from it, slowly and carefully, with a long wavy line. When you have finished the line, go back to where you have started from and draw another line very close to the first, then a third and a fourth, and so on. Try not to let the lines touch.</p> 	<p>Let's leave lines and go back to shapes. This time we are going to draw a mass of oval, egg shapes, all touching each other, very much like we did with the small circles at the beginning of the lesson.</p> 	<p>Next we are going to try some straight line shapes with pointy corners. See if you can find a space to fill and get your pencil moving really quickly this time. Some might be triangles, some squares, some rectangles. What does that look like?</p> 	<p>OK here comes another space filler shape. Again get the pencil moving really quickly, almost as if it is attacking the paper. This time I am drawing a mass of tiny curves, some like speech marks and some like untidy commas!</p> 	<p>The next technique is quite difficult. We are going to draw dots which are really dark and stand out very clearly. It is easy to do this with a pen but with a pencil we need to press hard and pull the pencil back towards your body but as soon as you feel the slightest movement of the pencil stop immediately and move onto the next dot. Remember we are drawing dots not short lines. Try to make these</p> <p>▲ silent and controlled dots.</p> 	<p>Review. Attempt to put all patterns together.</p>



# St. Anthony's Catholic Primary School

## Gross Motor Activities

<p>KEVIN THE KANGAROO SAYS: "JUMP UP AND DOWN."</p>	<p>COLIN THE CRAB SAYS: "WALK SIDEWAYS."</p>	<p>FRAN THE FLAMINGO SAYS: "STAND ON ONE LEG AND NOW THE OTHER LEG."</p>	<p>CHARLIE THE CAT SAYS: "STRETCH UP AS FAR AS YOU CAN."</p>	<p>CORA THE COW SAYS: "MILK A COW."</p>	<p>SACHA THE SNAKE SAYS: "SLITHER ALONG THE FLOOR."</p>	<p>BORIS THE BEAR SAYS: "WALK ON ALL FOURS."</p>
						
<p>Two-footed standing jump with waving arms.</p>	<p>Take side steps one way, then the other.</p>	<p>Balance on left foot, then balance on right foot.</p>	<p>Stretch up and try and touch the ceiling.</p>	<p>Move arms up and down in milking action.</p>	<p>Lie down and wriggle along the floor.</p>	<p>Move around on hands and feet.</p>
<p>HANS THE HORSE SAYS: "TROT AROUND THE ROOM. NOW GALLOP."</p>	<p>OLGA THE OSTRICH SAYS: "TAKE GREAT BIG STEPS."</p>	<p>ENOCH THE ELEPHANT SAYS: "LIFT ME UP."</p>	<p>FATIMA THE FROG SAYS: "HOP UP AS HIGH AS YOU CAN."</p>	<p>PEDRO THE PUPPY SAYS: "CHASE YOUR TAIL ROUND AND ROUND."</p>	<p>PIPPA THE PENGUIN SAYS: "WADDLE FROM SIDE TO SIDE."</p>	<p>BILLY THE BLACKBIRD SAYS: "FLAP YOUR ARMS UP AND DOWN."</p>
						
<p>Jog, lifting knees high then run faster.</p>	<p>Take long strides around the room.</p>	<p>Pretend to lift up a heavy object.</p>	<p>Hop on one leg, then on the other leg.</p>	<p>Spin around on the spot.</p>	<p>Stand straight and tilt from left to right.</p>	<p>Raise arms up and down, palms facing down.</p>