



## Nursery – Foundation Skills for Handwriting

Long-Term Plan to develop: hip and trunk stability, shoulder girdle stability, body awareness, dissociation of upper limb movements, visual tracking, hand awareness/movement crossing midline, motor planning, sensory skills, visual-motor integration and balance. Examples of how the activities work on different skills are outlined below;

### Perceptual and planning

Skill	Example activity
Motor planning: The ability to perform a novel motor task and transfer learned movement patterns to a new task.	Walk the line Mirror mirror Obstacle course
Visual skills: Ability to see clearly and control eye movements	Marble roll Balloon Bash Throwing & catching
Midline crossing: the ability to cross an imaginary line through the centre of the body, for example when writing from left to right across the page	Lazy 8s Cross-marching Pass the ball

### Movement skills

Skill	Example activity
Stability: The trunk and shoulders form a stable base for precision movements of the fingers and hand	Wall push-ups Animal walks Balancing
Mobility: The fingers and hand perform the fine movements	Ball Walks Playdough Pegs
Dissociation: The hand and fingers need to move independently of the arm and trunk	Arm warm-ups Flappy football Finger high-fives
Bimanual hand use: Using both hands in a lead-assist manner. One hand assists (e.g. stabilises paper) while the other hand performs the skilled task (e.g. cutting with scissors)	Nuts and Bolts Drawing round hand

### Sensory skills

Skill	Example activity
Sense of body position ( <b>proprioception</b> ): Being able to feel your body position.	Push-ups Animal walks Jumping
Sense of body movement ( <b>kinesthesia</b> ): The ability to feel one's own body as it moves through space.	Mirror mirror Sky drawing
<b>Vestibular</b> : Based on information from our inner ear. Important for balance, movement sense and knowing where our body is in space.	Balancing on one leg Tummy skittles Jumping
<b>Tactile discrimination</b> : The ability to feel and discriminate by touch.	Feely box Playdough treasure hunt Sand drawing





# St. Anthony's Catholic Primary School

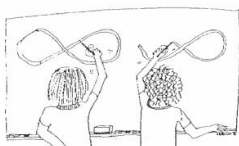
Walk the line  
Play dough snakes



Group mark making  
Feely box  
Ball roll



Bubble pop  
Lazy 8



Play dough pinch pot  
Sky drawing

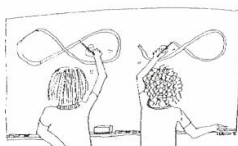
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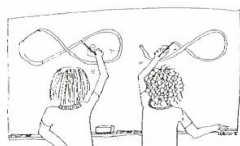
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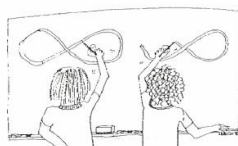
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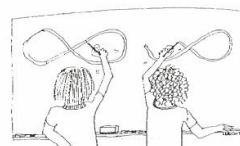
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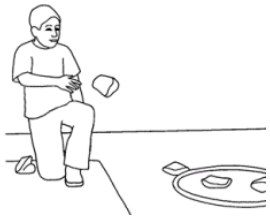
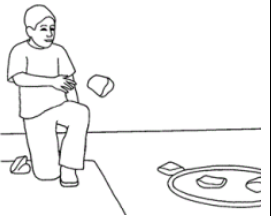
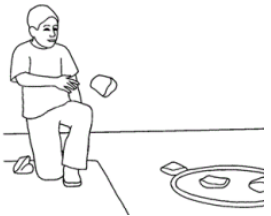
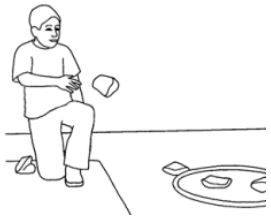





Play dough pinch pot  
Sky drawing

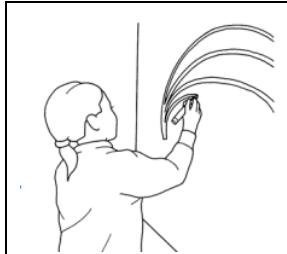




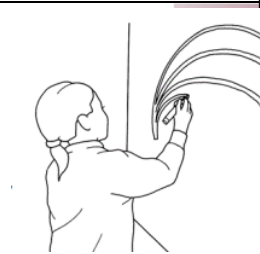
# St. Anthony's Catholic Primary School

<p><b>including hand strength</b>          Play dough pizza          Flappy Football          Mirror Mirror          Sky drawing          Taptastic          Beanbag Target Throw</p>  <p>Play dough nest          Group mark making          Balloon Bash</p>	<p><b>including hand strength</b>          Play dough pizza          Flappy Football          Mirror Mirror          Sky drawing          Taptastic          Beanbag Target Throw</p>  <p>Play dough nest          Group mark making          Balloon Bash</p>	<p><b>including hand strength</b>          Play dough pizza          Flappy Football          Mirror Mirror          Sky drawing          Taptastic          Beanbag Target Throw</p>  <p>Play dough nest          Group mark making          Balloon Bash</p>	<p><b>including hand strength</b>          Play dough pizza          Flappy Football          Mirror Mirror          Sky drawing          Taptastic          Beanbag Target Throw</p>  <p>Play dough nest          Group mark making          Balloon Bash</p>	<p><b>including hand strength</b>          Play dough pizza          Flappy Football          Mirror Mirror          Sky drawing          Taptastic          Beanbag Target Throw</p>  <p>Play dough nest          Group mark making          Balloon Bash</p>	<p><b>including hand strength</b>          Play dough pizza          Flappy Football          Mirror Mirror          Sky drawing          Taptastic          Beanbag Target Throw</p>  <p>Play dough nest          Group mark making          Balloon Bash</p>	<p><b>including hand strength</b>          Play dough pizza          Flappy Football          Mirror Mirror          Sky drawing          Taptastic          Beanbag Target Throw</p>  <p>Play dough nest          Group mark making          Balloon Bash</p>
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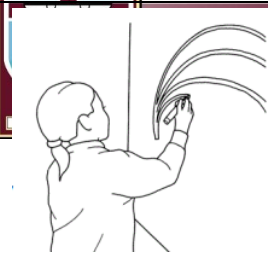




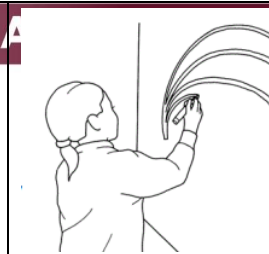
Target throw



Target throw



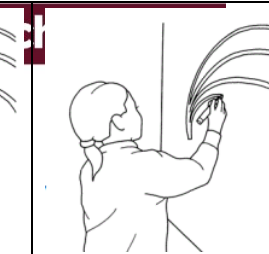
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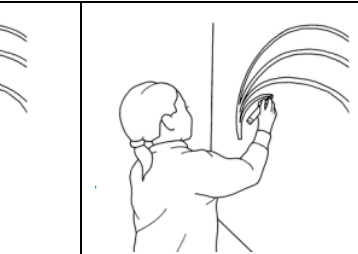
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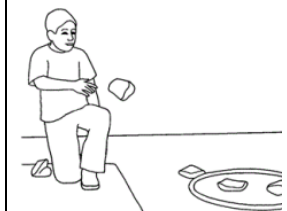
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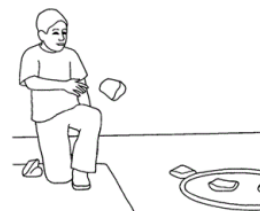
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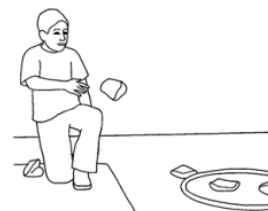
Target throw



Nuts and Bolts  
Skittles  
Sand drawing  
Play dough dinosaurs  
Hungry Horace



Nuts and Bolts  
Skittles  
Sand drawing  
Play dough dinosaurs  
Hungry Horace



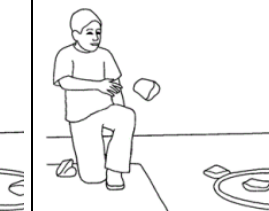
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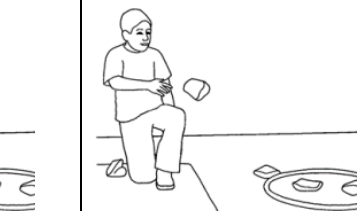
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Marble Roll



Marble Roll



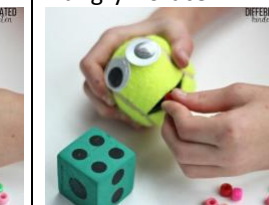
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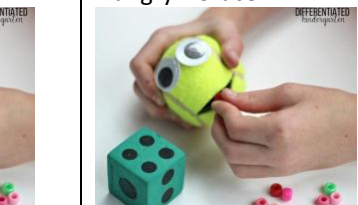
Marble Roll



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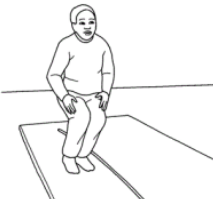
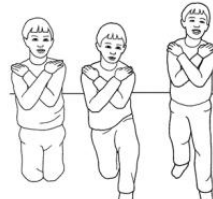

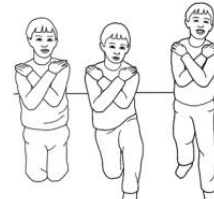
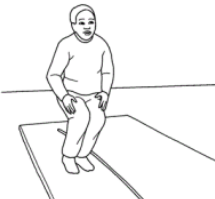
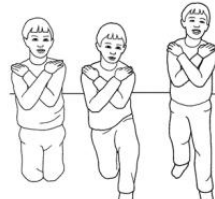

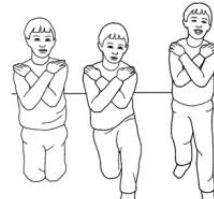

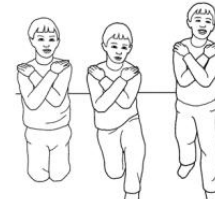
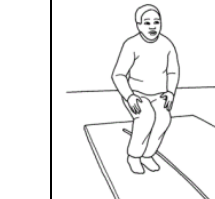
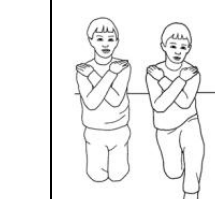
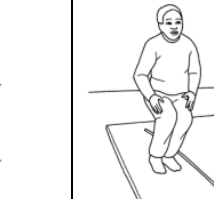
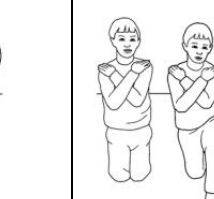


Marble Roll



# St. Anthony's Catholic Primary School

## Spring 2

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<p><b>Gross motor skills, body awareness and motor planning</b> Jump around and arm wake up</p>  <p>Sit up sit down</p>  <p>Cross marching</p>	<p><b>Gross motor skills, body awareness and motor planning</b> Jump around and arm wake up</p>  <p>Sit up sit down</p>  <p>Cross marching</p>	<p><b>Gross motor skills, body awareness and motor planning</b> Jump around and arm wake up</p>  <p>Sit up sit down</p>  <p>Cross marching</p>	<p><b>Gross motor skills, body awareness and motor planning</b> Jump around and arm wake up</p>  <p>Sit up sit down</p>  <p>Cross marching</p>	<p><b>Gross motor skills, body awareness and motor planning</b> Jump around and arm wake up</p>  <p>Sit up sit down</p>  <p>Cross marching</p>	<p><b>Gross motor skills, body awareness and motor planning</b> Jump around and arm wake up</p>  <p>Sit up sit down</p>  <p>Cross marching</p>	<p><b>Gross motor skills, body awareness and motor planning</b> Jump around and arm wake up</p>  <p>Sit up sit down</p>  <p>Cross marching</p>



Reciprocal skipping

**Basic fine motor skills, including hand strength**

Play dough treasure hunt  
Tower building



Under over round ball pass  
Circles



Reciprocal skipping

**Basic fine motor skills, including hand strength**

Play dough treasure hunt  
Tower building



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Circles



Reciprocal skipping

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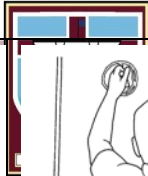
Under over round ball pass  
Circles



Feely box  
 Marble grab  
 Play dough minions  
 Hungry Horace  
 Egg and spoon race



Feely box  
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 Play dough minions  
 Hungry Horace  
 Egg and spoon race



Feely box  
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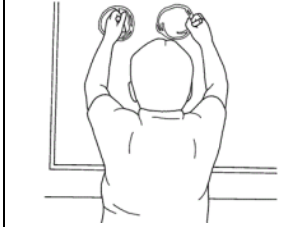


Feely box  
 Marble grab  
 Play dough minions  
 Hungry Horace  
 Egg and spoon race

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Feely box  
 Marble grab  
 Play dough minions  
 Hungry Horace  
 Egg and spoon race

















Feely box  
 Marble grab  
 Play dough minions  
 Hungry Horace  
 Egg and spoon race



# St. Anthony's Catholic Primary School

## Summer 1

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<b>Gross motor skills, body awareness and motor planning</b> Balance Wall push ups Arm wake up Tightrope walking Stepping stones	<b>Gross motor skills, body awareness and motor planning</b> Balance Wall push ups Arm wake up Tightrope walking Stepping stones	<b>Gross motor skills, body awareness and motor planning</b> Balance Wall push ups Arm wake up Tightrope walking Stepping stones	<b>Gross motor skills, body awareness and motor planning</b> Balance Wall push ups Arm wake up Tightrope walking Stepping stones	<b>Gross motor skills, body awareness and motor planning</b> Balance Wall push ups Arm wake up Tightrope walking Stepping stones	<b>Gross motor skills, body awareness and motor planning</b> Balance Wall push ups Arm wake up Tightrope walking Stepping stones	<b>Gross motor skills, body awareness and motor planning</b> Balance Wall push ups Arm wake up Tightrope walking Stepping stones
						
Wall angels 	Wall angels 	Wall angels 	Wall angels 	Wall angels 	Wall angels 	Wall angels 
<b>Basic fine motor skills, including hand</b>	<b>Basic fine motor skills, including hand</b>	<b>Basic fine motor skills, including hand</b>	<b>Basic fine motor skills, including hand</b>	<b>Basic fine motor skills, including hand strength</b>	<b>Basic fine motor skills, including hand strength</b>	<b>Basic fine motor skills, including hand strength</b>



# St. Anthony's Catholic Primary School

**strength**  
 Play dough shapes  
 Sand drawings  
 Egg box sorting  
 Clothes pegs  
 Finger High Fives  
 String shapes  
 Hungry Horace



Guess the string shape

**strength**  
 Play dough shapes  
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 String shapes  
 Hungry Horace



Guess the string shape





## St. Anthony's Catholic Primary School

<p><b>Basic fine motor skills, including hand strength</b></p> <p>Play dough marble maze Controlled mark making Feely box Play dough food party Pour and Stop Fast Actions Hand drawings Pegs Statues</p>	<p><b>Basic fine motor skills, including hand strength</b></p> <p>Play dough marble maze Controlled mark making Feely box Play dough food party Pour and Stop Fast Actions Hand drawings Pegs Statues</p>	<p><b>Basic fine motor skills, including hand strength</b></p> <p>Play dough marble maze Controlled mark making Feely box Play dough food party Pour and Stop Fast Actions Hand drawings Pegs Statues</p>	<p><b>Basic fine motor skills, including hand strength</b></p> <p>Play dough marble maze Controlled mark making Feely box Play dough food party Pour and Stop Fast Actions Hand drawings Pegs Statues</p>	<p><b>Basic fine motor skills, including hand strength</b></p> <p>Play dough marble maze Controlled mark making Feely box Play dough food party Pour and Stop Fast Actions Hand drawings Pegs Statues</p>	<p><b>Basic fine motor skills, including hand strength</b></p> <p>Play dough marble maze Controlled mark making Feely box Play dough food party Pour and Stop Fast Actions Hand drawings Pegs Statues</p>	<p><b>Basic fine motor skills, including hand strength</b></p> <p>Play dough marble maze Controlled mark making Feely box Play dough food party Pour and Stop Fast Actions Hand drawings Pegs Statues</p>
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# 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 SIDWAYS."</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>