

Handwriting at Clapham Manor Primary

Handwriting is a focus throughout the school. Research shows that poor positioning (of the body, paper and pen) directly affects related to speed, fluency and formation.

Body positioning

The most optimal position for writing included the ankle, knee and hip at right angles with the forearms resting on my desk. The top of the desk should be approximately 2 inches above the elbows when the arms are at the student's side.

Paper positioning

The angle or tilt should follow the natural arc of the writing hand.

The tripod grip

The pencil is held between the thumb and index finger, with the pencil resting on the middle finger. It should be quite a loose grip.



Hand/finger exercises

Arm stretches: Stretch your arms out to the sides and above your head, moving the wrist around in circles.

Pencil roll: Place your palm facing up with your pencil resting on it. Roll your pencil from your palm to your finger tips 10 times, using movement of your fingers and your wrists only.

Pencil push ups: Hold onto the pencil as if you were going to write. Using your fingers only, walk up the pencil and when you get to the end, walk back down again.