

# Key Area: Movement and Motor Getting Ready for Writing



Throughout the early years, children are encouraged to participate in a range of fine motor activities that develop:

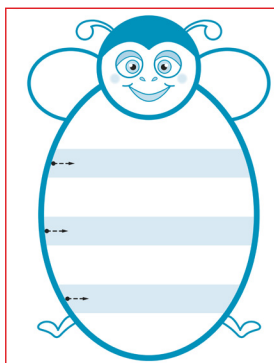
- their manipulative skills
- a dominant hand
- the ability to use both hands together

**In conjunction with the above motor activities, introducing pre-writing patterns aids the smooth transition to writing alphabet letters.**

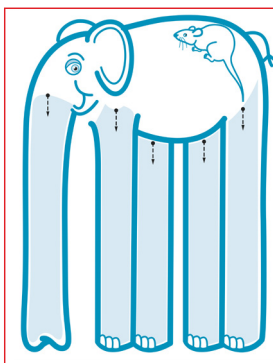
**Pre-writing Patterns** presents a simple, systematic and fun approach for teaching the foundation skills that are necessary for fluent handwriting. It outlines six basic movements that are essential for children to learn the pre-writing patterns used to make pictures and then combined to make letters and numbers.

It is through the systematic rehearsal of a movement (with eyes closed and eyes open) that a child is able to develop a kinaesthetic memory. We can think of this as an internal memory that allows the child's actions (when making patterns) to be automatic.

Sideways, sideways, left to right



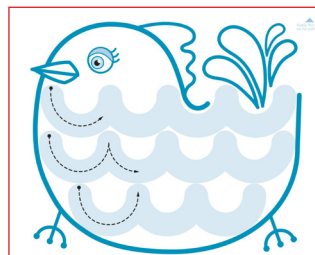
Tall lines and short lines



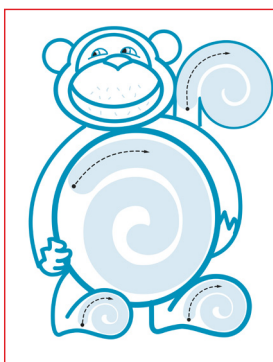
Zig zags



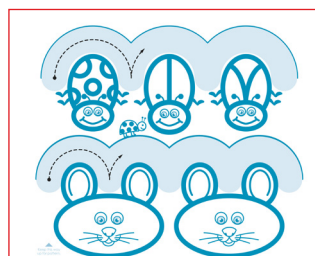
Down and unders/  
Down, back and unders



Circles, drawn forwards and backwards



Up and overs

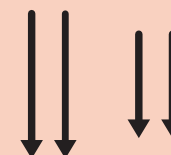


**Six basic patterns form the basis of all alphabet letters.**

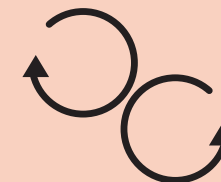
The patterns below combine to make letters.



Sideways, sideways,  
left to right



Tall lines and  
short lines



Circles, drawn forwards  
and backwards



Zig zags



Up and overs



Down and unders/  
Down, back and unders