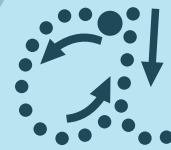


# Handwriting

Book

1



Name:

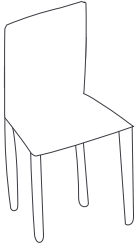


# Handwriting Book One Record Sheet

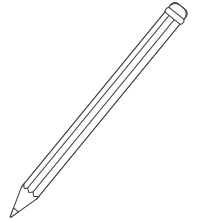
	Date	Need practice?	Fearless Four
c			F O U R
a			F O U R
d			F O U R
Activities			F O U R
Shapes			F O U R
g			F O U R
q			F O U R
o			F O U R
Activities			F O U R
Shapes			F O U R
e			F O U R
s			F O U R
f			F O U R
Activities			F O U R
Shapes			F O U R
i			F O U R
l			F O U R
t			F O U R
Activities			F O U R
Shapes			F O U R

Fearless Four - F: Fearless learner O: Overcome Challenges U: Understand and Convince R: Respect

# Preparing to write



Are you sitting comfortably? Have you gripped the pencil carefully? Your tutor will help you with this.



Follow the arrows to practise the shapes below. It is important to flow in one motion from the beginning of the pattern to the end to practise the shapes. Remember not to lean too heavily on the page.

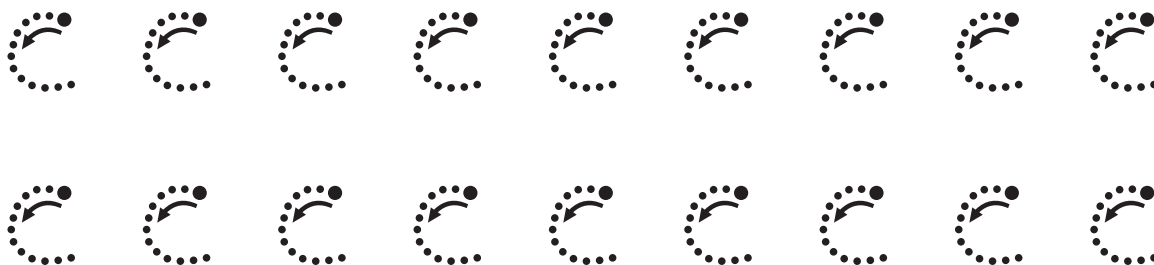


How did you do? Colour in the star that shows how you found this exercise.

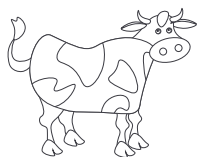


Cc

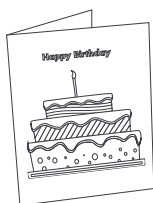
Trace the shapes below.



Finish the words below. Colour the pictures.



\_ow



\_ard

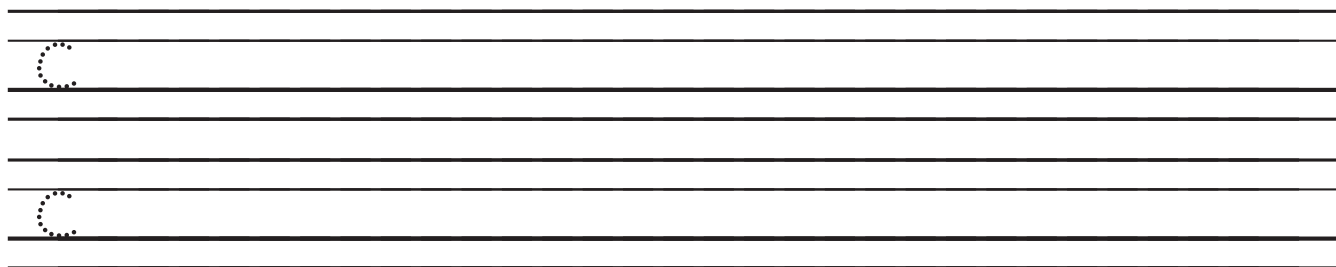


\_hick



\_omputer

Copy the letters below and try to stay between the lines.

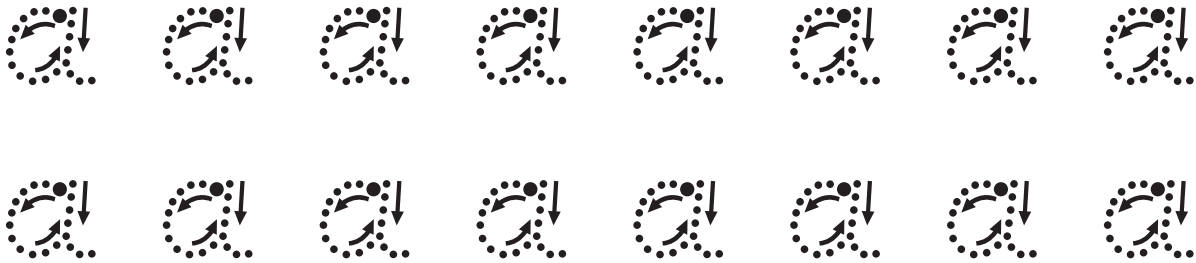


How did you do? Colour in the star that shows how you found this exercise.

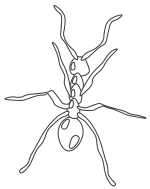


# Aa

Trace the shapes below.



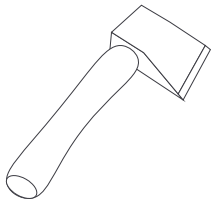
Finish the words below. Colour the pictures.



\_nt



\_stronaut

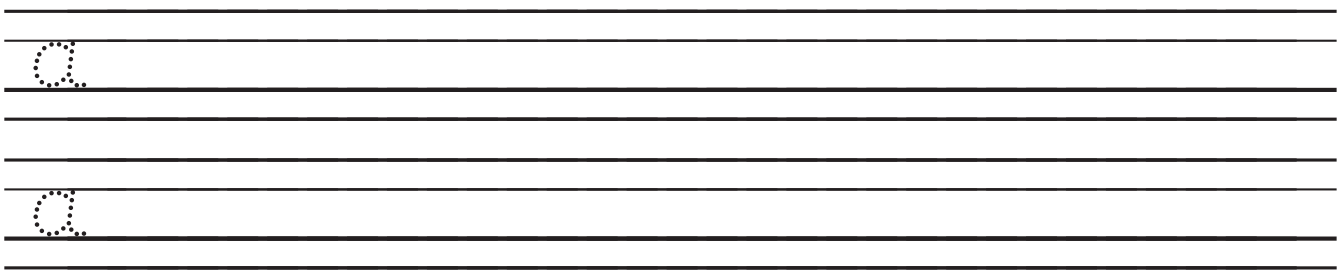


\_xe



\_pple

Copy the letters below and try to stay between the lines.

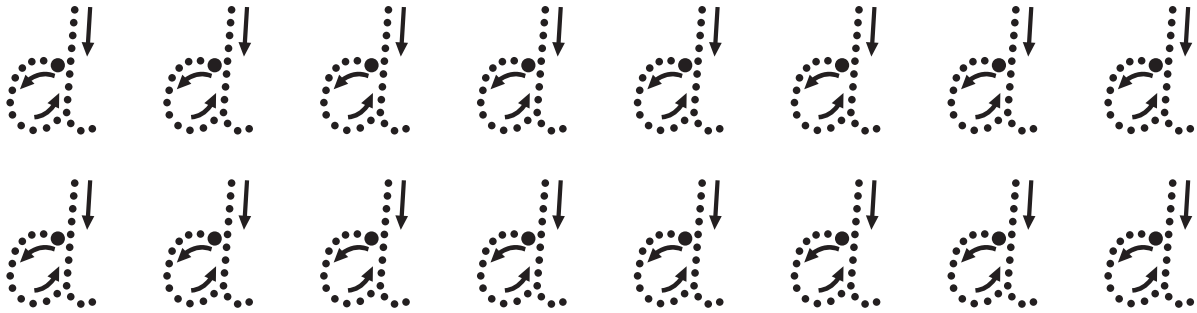


How did you do? Colour in the star that shows how you found this exercise.

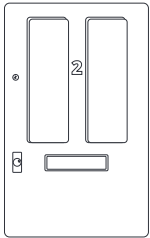


# Dd

Trace the shapes below.



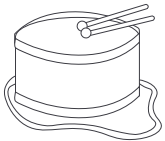
Finish the words below. Colour the pictures.



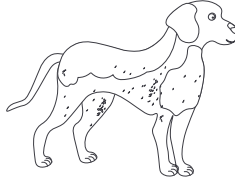
\_oor



\_olphin

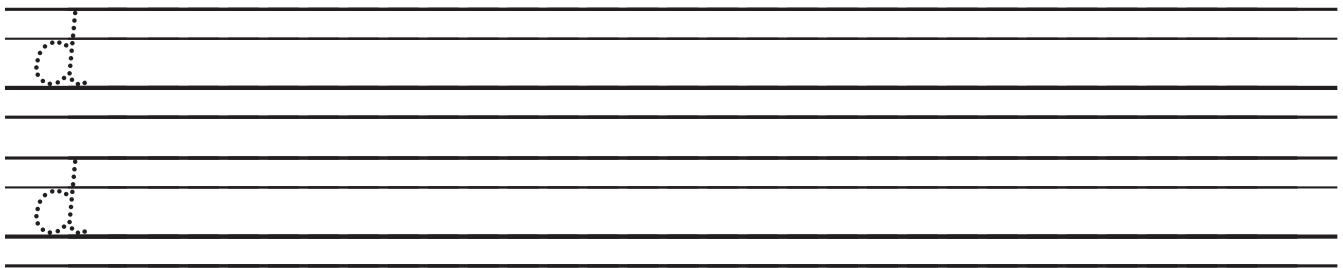


\_rum



\_og

Copy the letters below and try to stay between the lines.



How did you do? Colour in the star that shows how you found this exercise.



# Revision



a



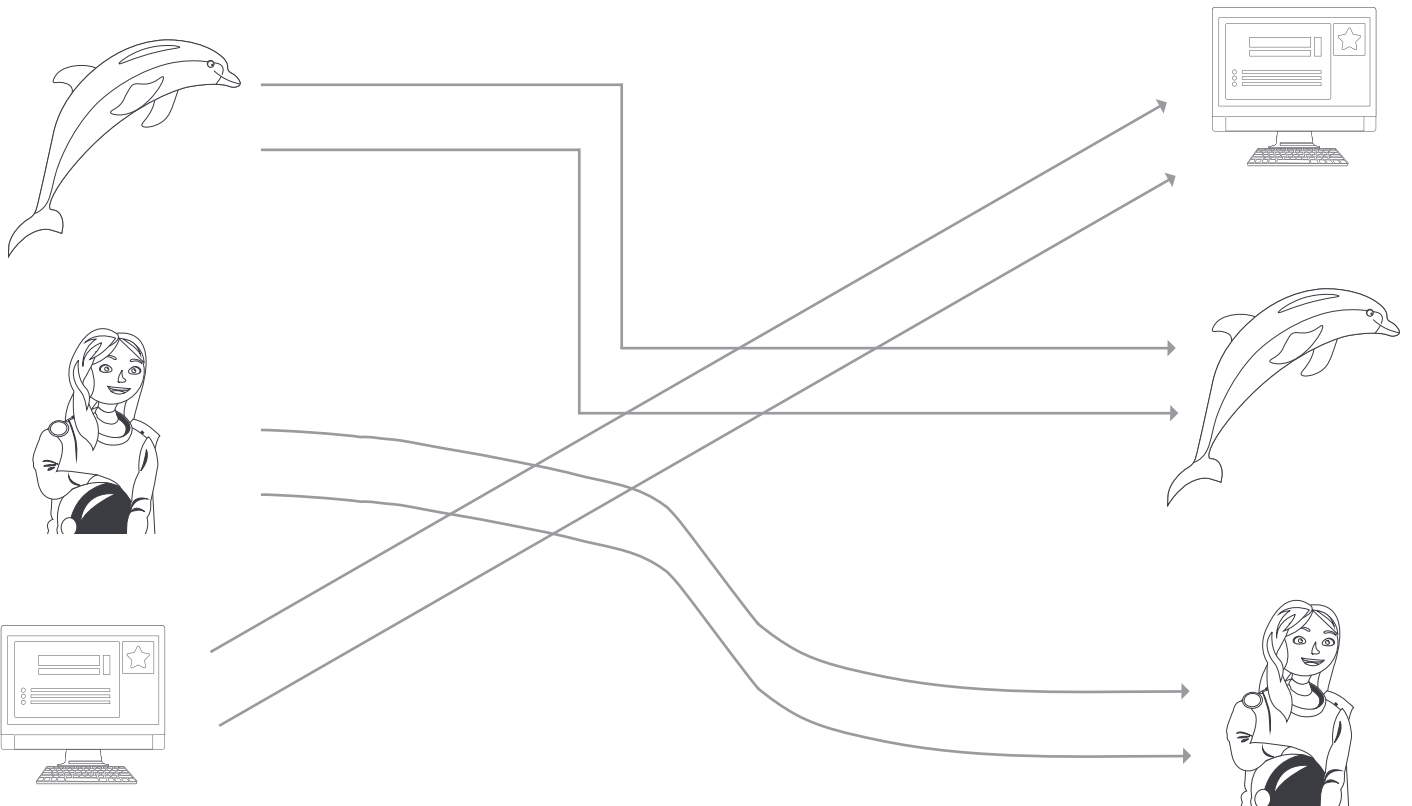
d



c

## General Motor Skills Practice

Trace the lines.



How did you do? Colour in the star that shows how you found this exercise.

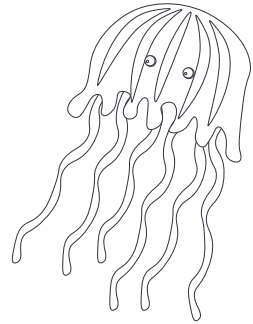


# Shape Practice

Follow the arrows to practice the shapes below.

It is important to flow in one motion from the beginning of the pattern to the end to practice the shapes.

Remember not to lean too heavily on the page.



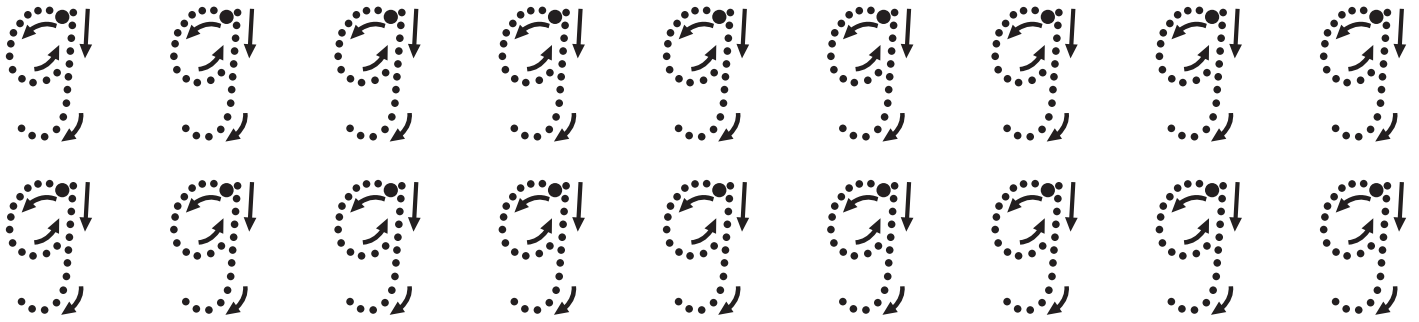
How did you do? Colour in the star that shows how you found this exercise.





# Gg

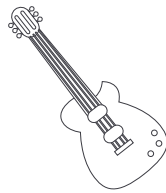
Trace the shapes below.



Finish the words below. Colour the pictures.



\_lue



\_uitar

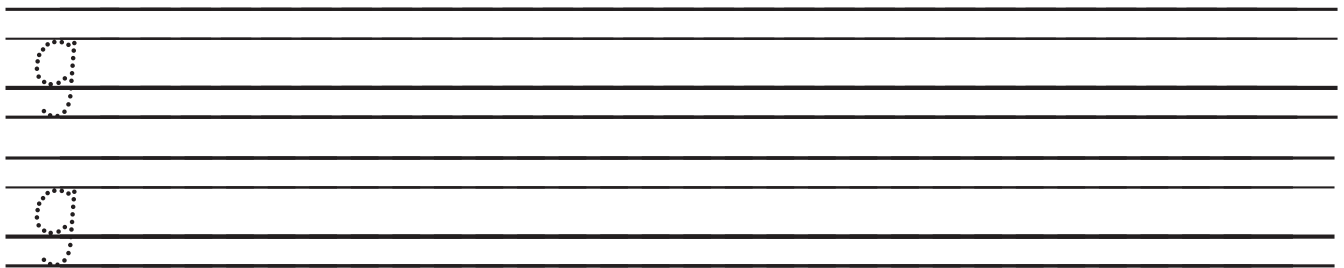


\_host



\_loves

Copy the letters below and try to stay between the lines.

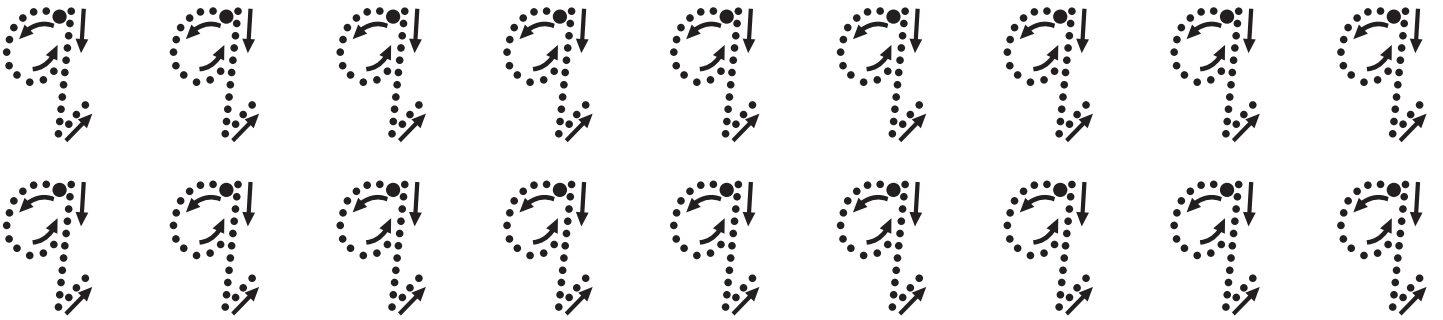


How did you do? Colour in the star that shows how you found this exercise.

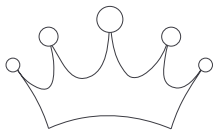




Trace the shapes below.



Finish the words below. Colour the pictures.



\_ u e e n



\_ u a i l

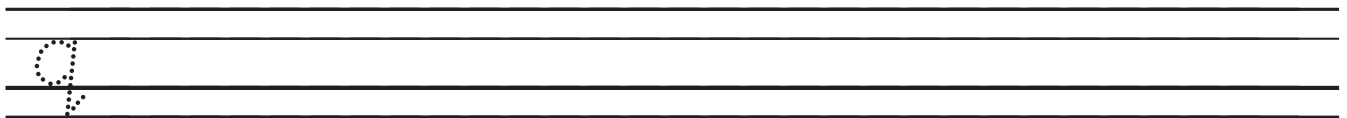


\_ u i l l



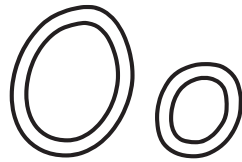
\_ u e s t i o n

Copy the letters below and try to stay between the lines.

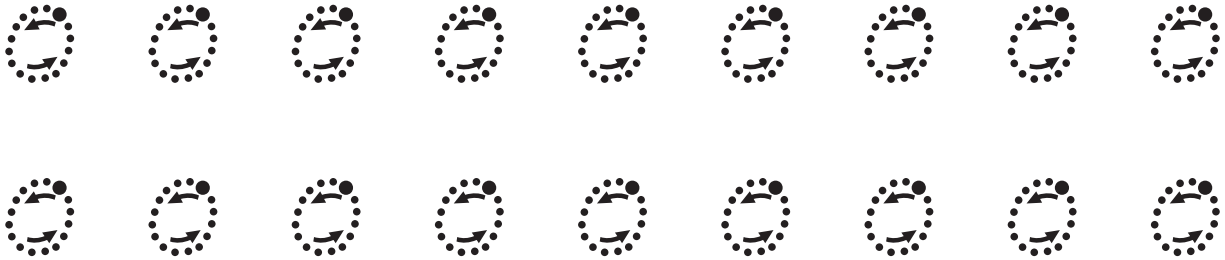


How did you do? Colour in the star that shows how you found this exercise.

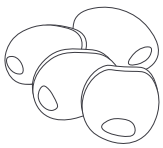




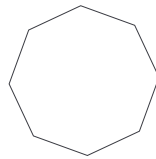
Trace the shapes below.



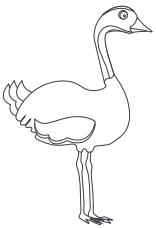
Finish the words below. Colour the pictures.



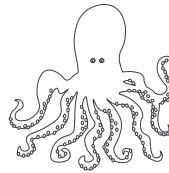
\_lives



\_ctagon

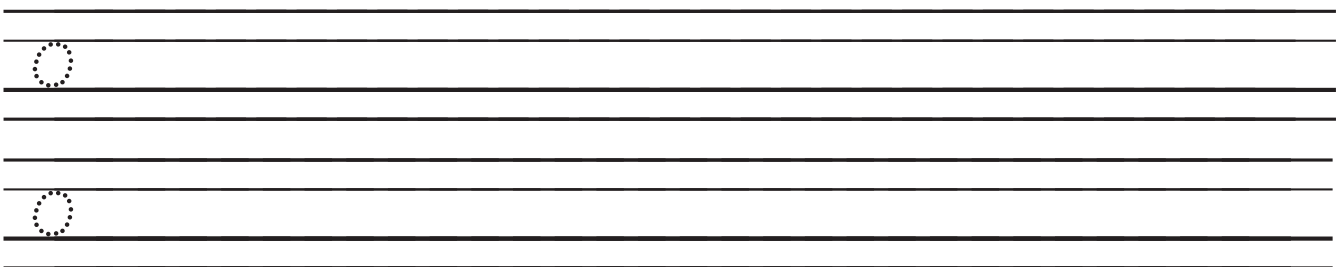


\_strich



\_ctopus

Copy the letters below and try to stay between the lines.

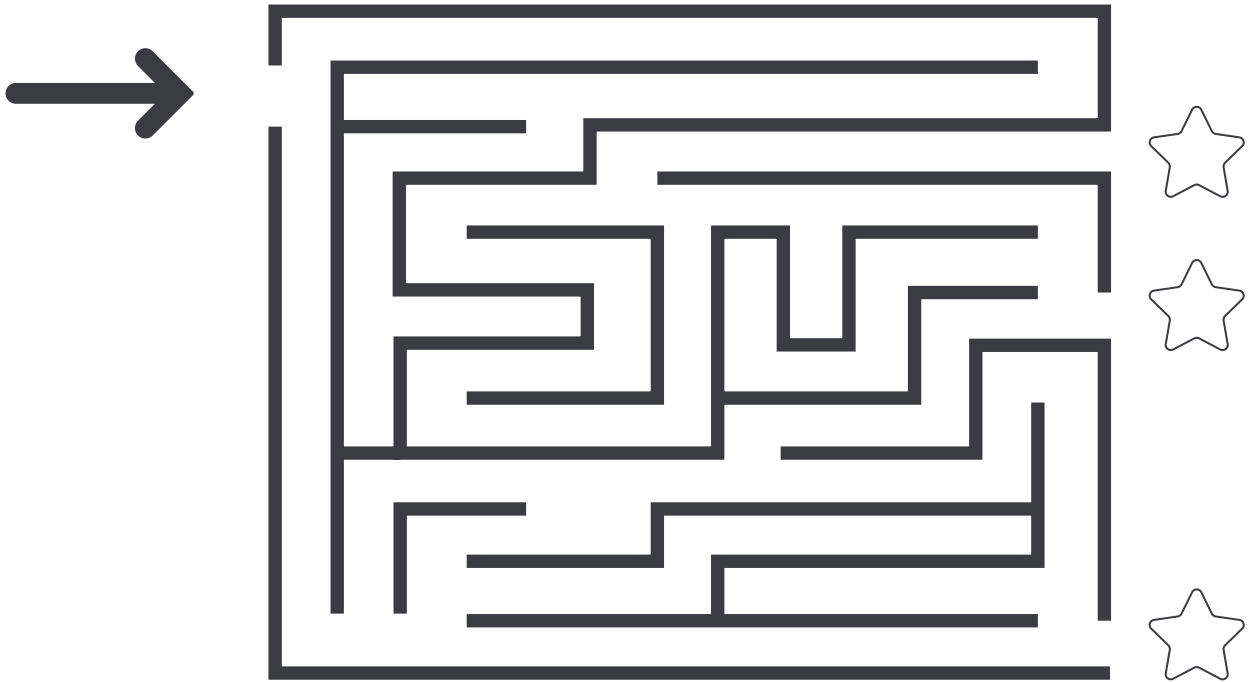


How did you do? Colour in the star that shows how you found this exercise.



# Fine Motor Skills Practice

Can you find your way through the maze to the three stars without touching the sides? Start at the arrow each time.



Revision



g



q



O

How did you do? Colour in the star that shows how you found this exercise.



# Shape Practice

Follow the arrows to practice the shapes below.

It is important to flow in one motion from the beginning of the pattern to the end to practice the shapes.

Remember not to lean too heavily on the page.

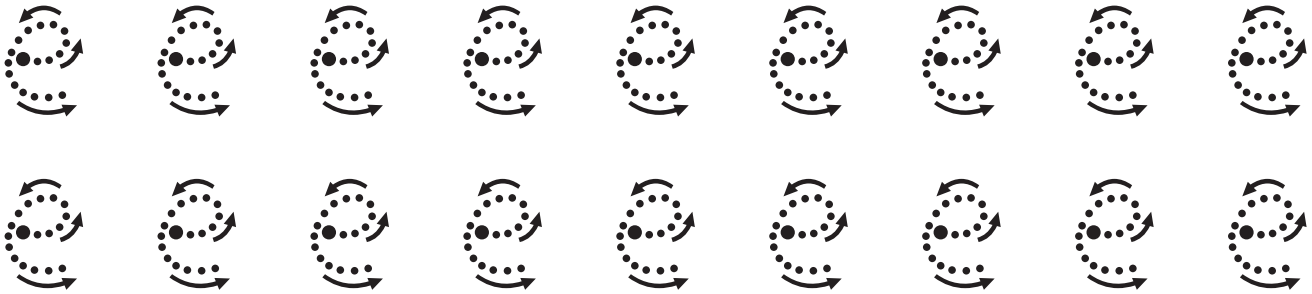


How did you do? Colour in the star that shows how you found this exercise.



# Ee

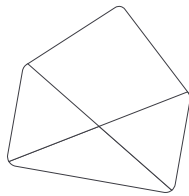
Trace the shapes below.



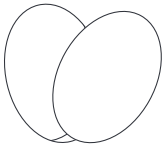
Finish the words below. Colour the pictures.



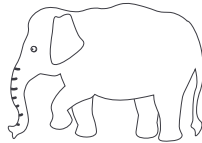
\_lf



\_nvelope

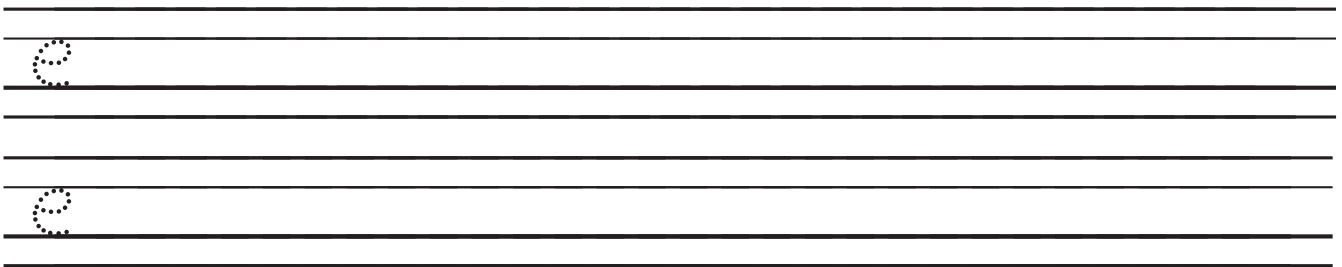


\_ggs



\_lephant

Copy the letters below and try to stay between the lines.

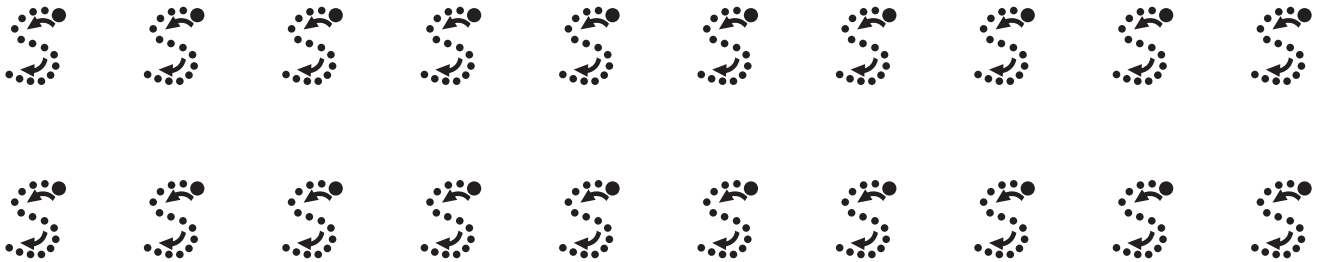


How did you do? Colour in the star that shows how you found this exercise.



# Ss

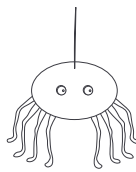
Trace the shapes below.



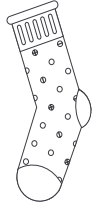
Finish the words below. Colour the pictures.



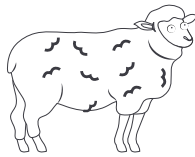
\_kate



\_pider

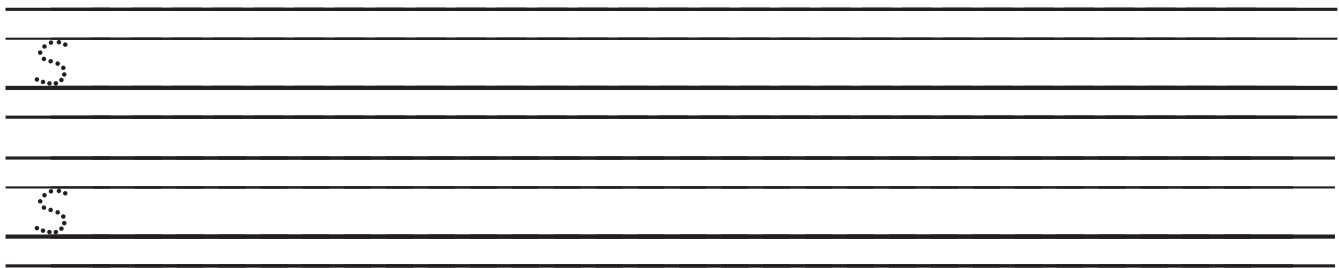


\_ock



\_heep

Copy the letters below and try to stay between the lines.

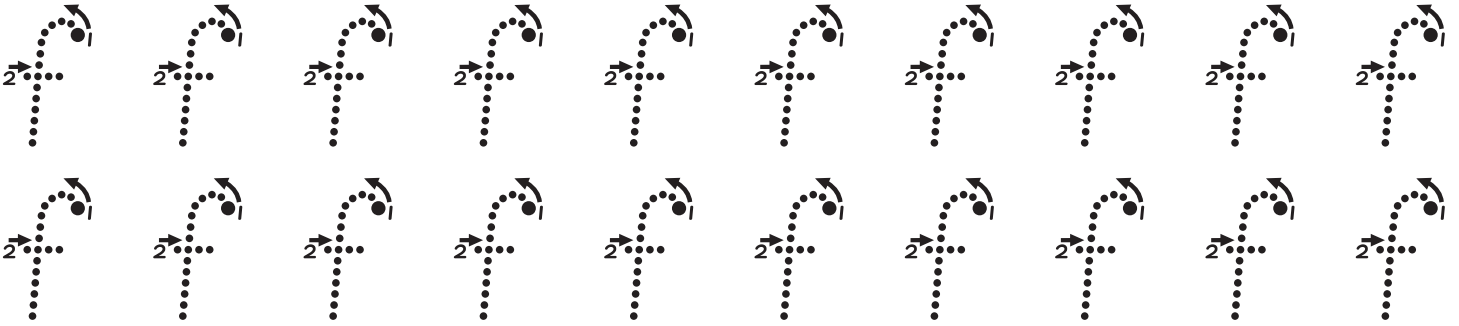


How did you do? Colour in the star that shows how you found this exercise.



# Ff

Trace the shapes below.



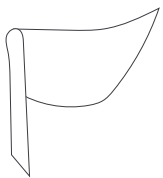
Finish the words below. Colour the pictures.



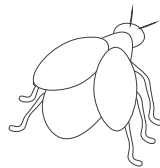
\_eet



\_lower

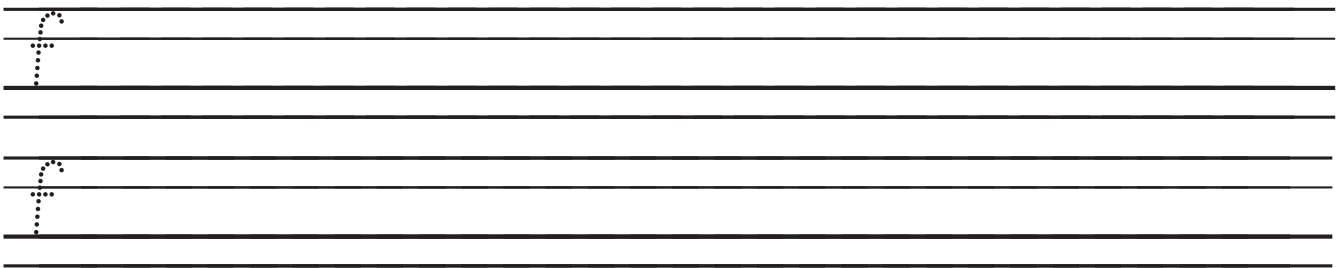


\_lag



\_ly

Copy the letters below and try to stay between the lines.



How did you do? Colour in the star that shows how you found this exercise.





# Revision



e



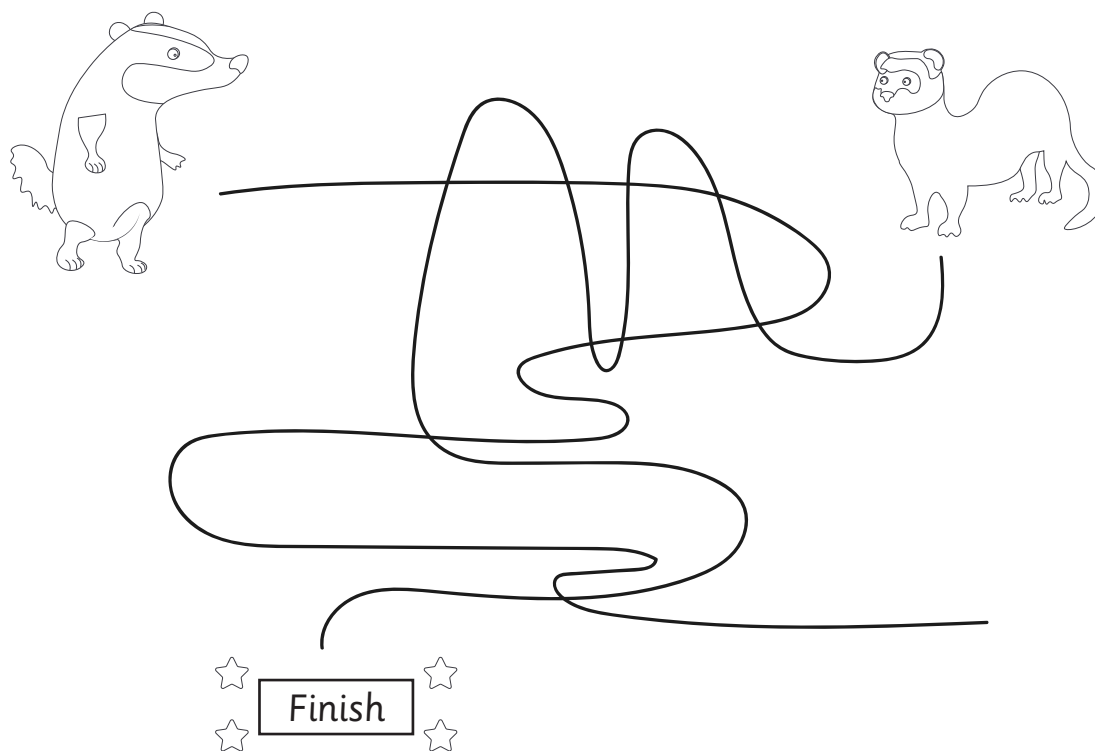
s



f

## General Motor Skills Practice

Can you trace the lines to find out which animal wins the race?



How did you do? Colour in the star that shows how you found this exercise.

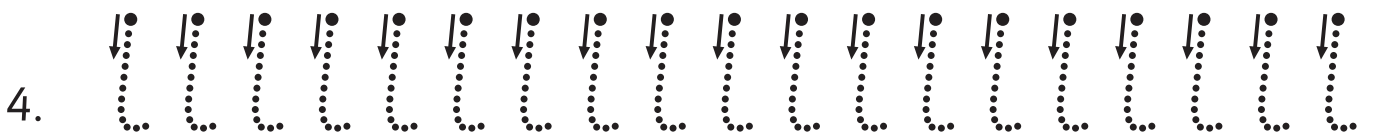
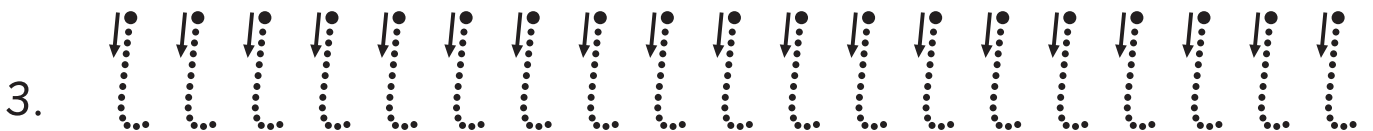
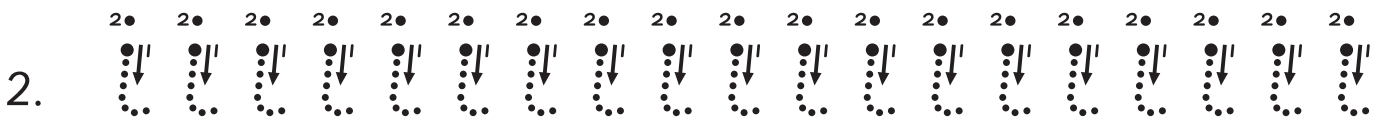
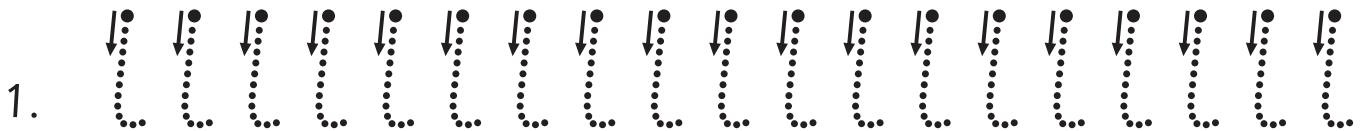
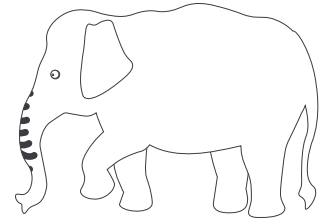


# Shape Practice

Follow the arrows to practice the shapes below.

It is important to flow in one motion from the beginning of the pattern to the end to practice the shapes.

Remember not to lean too heavily on the page.

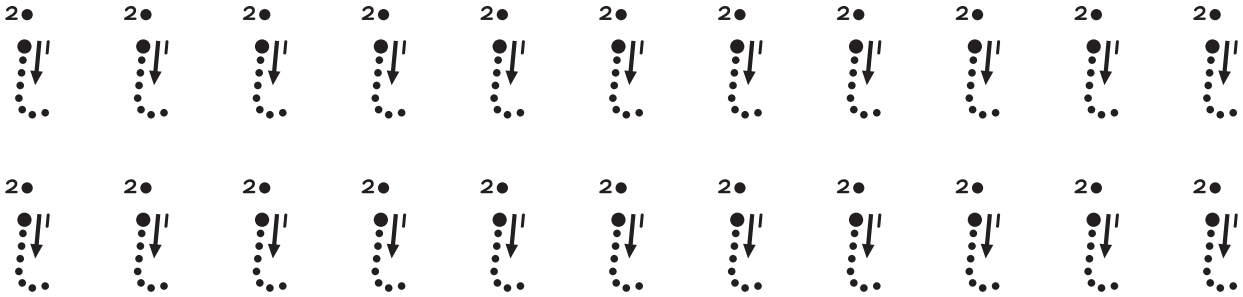


How did you do? Colour in the star that shows how you found this exercise.

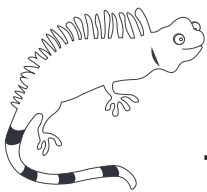


Ii

Trace the shapes below.



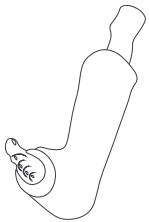
Finish the words below. Colour the pictures.



\_guana



\_nk

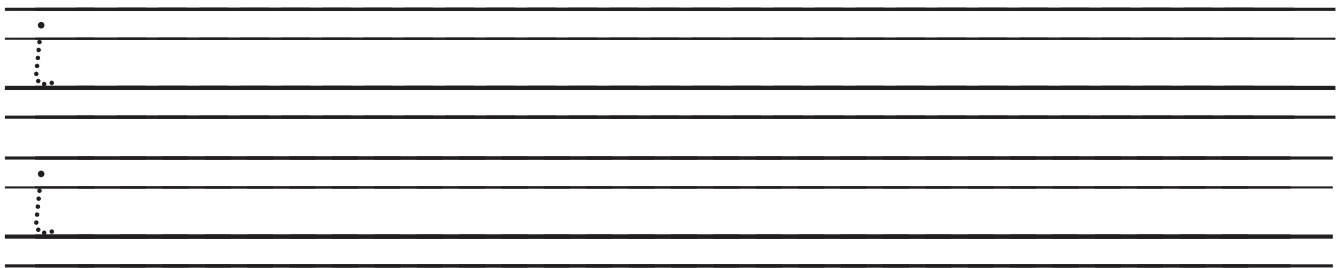


\_njury



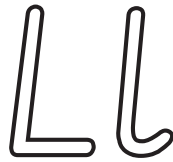
\_nsect

Copy the letters below and try to stay between the lines.

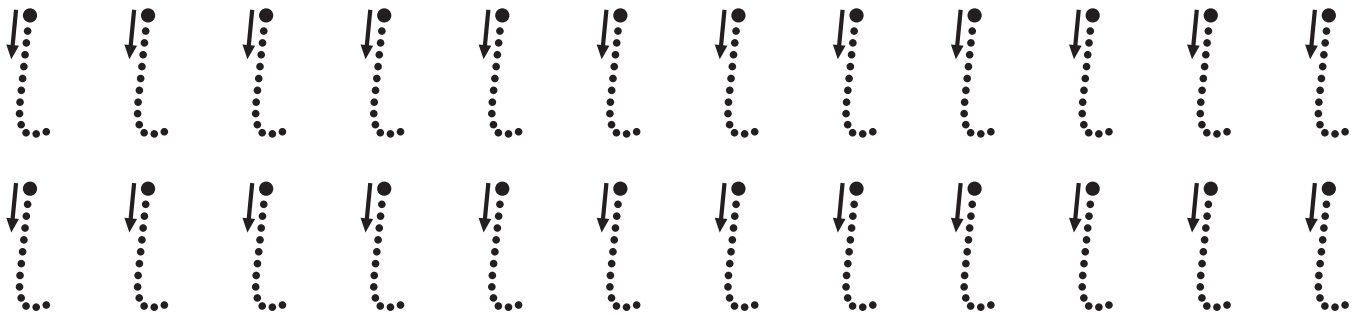


How did you do? Colour in the star that shows how you found this exercise.





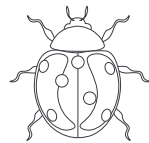
Trace the shapes below.



Finish the words below. Colour the pictures.



\_amp



\_adybird

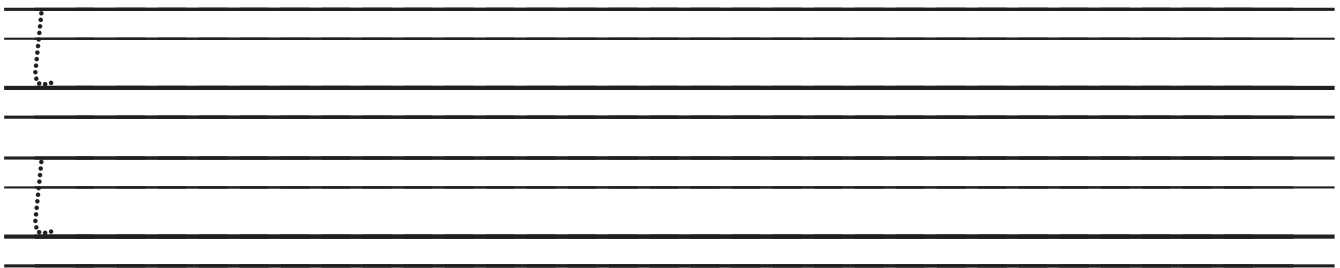


\_ion



\_ock

Copy the letters below and try to stay between the lines.

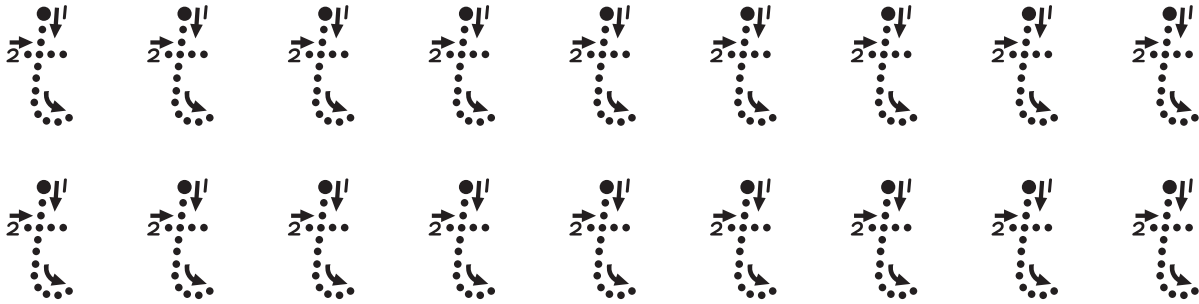


How did you do? Colour in the star that shows how you found this exercise.



Tt

Trace the shapes below.



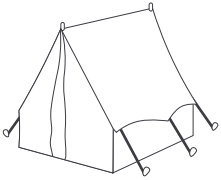
Finish the words below. Colour the pictures.



\_ree



\_ap

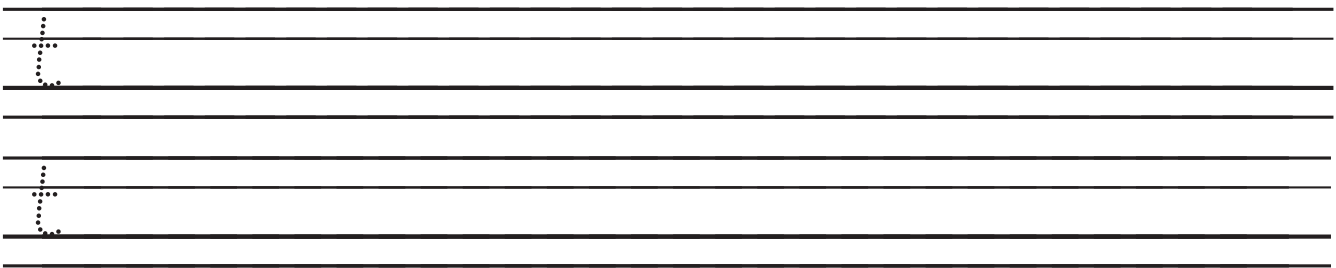


\_ent



\_iger

Copy the letters below and try to stay between the lines.



How did you do? Colour in the star that shows how you found this exercise.



# Revision



i



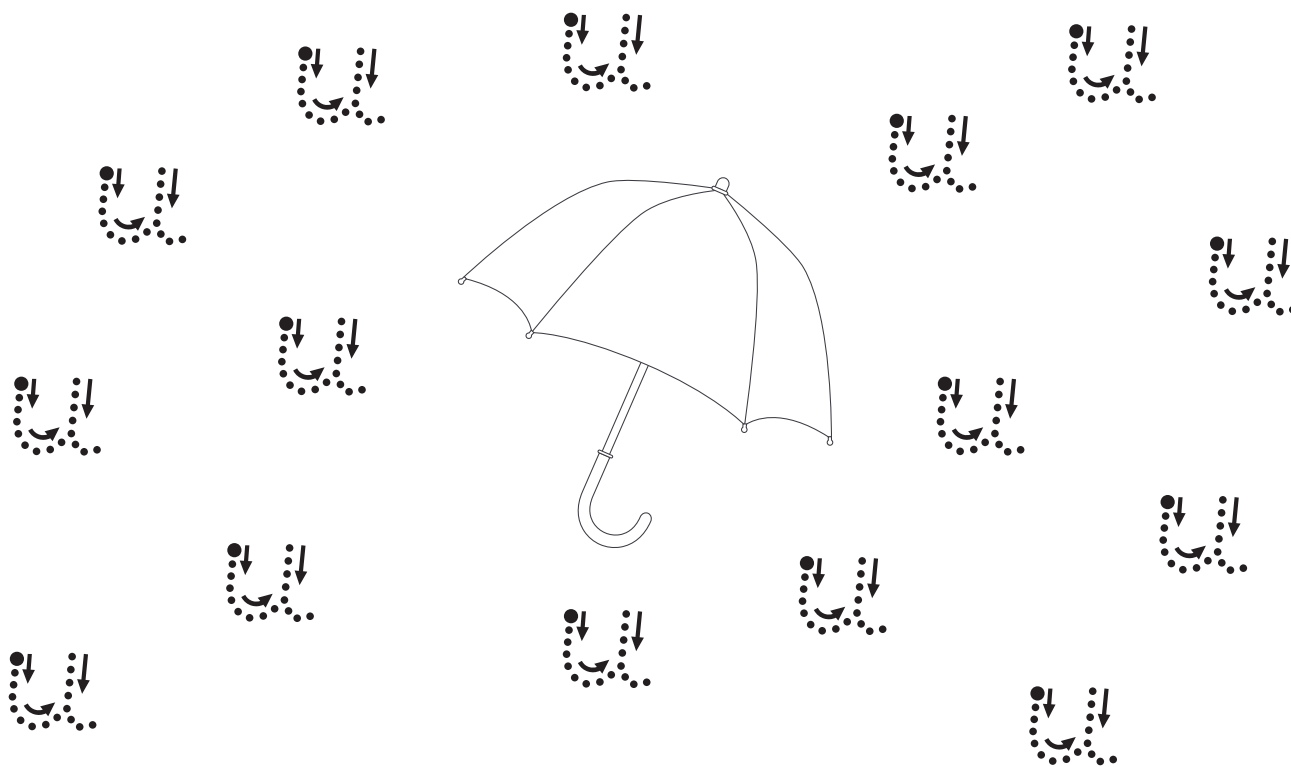
l



t

## Fine Motor Skills Practice

Trace the shapes.



How did you do? Colour in the star that shows how you found this exercise.

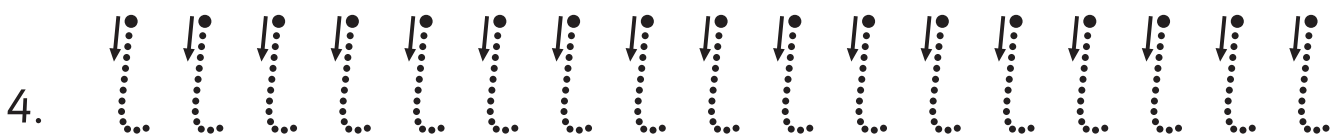
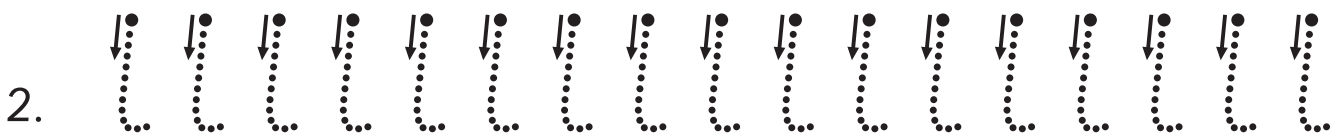


# Shape Practice

Follow the arrows to practice the shapes below.

It is important to flow in one motion from the beginning of the pattern to the end to practice the shapes.

Remember not to lean too heavily on the page.



How did you do? Colour in the star that shows how you found this exercise.



# Handwriting

Book

1

This Handwriting Course is designed to support your child's handwriting at school and has been produced after consultations with teachers and Explore Learning managers.

*In this booklet, Explore Learning members will:*

- Identify and practise pre-cursive letters and numbers.
- Practise general motor skills to improve handwriting.
- Assess their own work.

*Explore Learning Tutors will support your child by:*

- Ensuring they are sitting in a comfortable position.
- Demonstrating the correct pencil grip.
- Assessing whether they have completed or need to repeat sections.
- Monitoring and recording their progress in this booklet.
- Giving feedback at the end of each session and look at longer term development during Progress Meetings.

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