



# *St Edmund's and St Joseph's Catholic*

## *Primary Schools*

Executive Headteacher: Maria Kemble  
Chair of Governors: Dr Christopher Oldroyd

*"We learn together in God's love by  
encouraging and supporting one another."*

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Dear Parents & Guardians,

The Federation of St Edmund's and St Joseph's use Kinetic Letters® as our handwriting programme.

This programme has four main threads:

- Making bodies stronger,
- Holding the pencil,
- Learning the letters, and
- Flow and fluency.

Kinetic Letters® supports children to develop legible handwriting, that is produced quickly and automatically. With the development of automaticity, handwriting becomes a valuable tool and not a hindrance to learning.

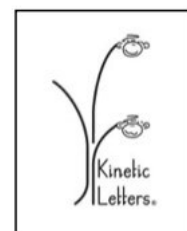
Kinetic Letters® covers all the letters in the alphabet and is based on a set of rules that have been made as simple as possible to enable fast learning. The order in which letters are taught recognises the cognitive and physical development of children.

*Strength:* Writing is a fine finger operation; children must have core body and arm strength to be able to control their fingers precisely.

*Pencil hold:* The pencil/pen grip must be comfortable to allow writing for long periods. Pens and pencils with a triangular cross-section assist in developing the correct hold.

*Letter formation:* The movements to form the letters begin with whole body movements and progress through writing in sand trays to writing on whiteboards and finally writing on paper. In Kinetic Letters®, all the letters and numbers are formed by one of two monkeys, a brave one (Bounce), who goes to the top branch of the tree, and a scared one (Skip), who goes to the lower branch.

*Flow and fluency:* Letter movements are minimised to help a fast-writing style to develop. There are no lead-in strokes.



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There are resources available for you to purchase from Kinetic Letters®. Should you wish, please contact [sales@kineticletters.com](mailto:sales@kineticletters.com).

These include:

- Whiteboards with the Kinetic Letters® tree logo and lines
- Pencils and whiteboard pens with a triangular cross-section
- Playing cards with all the letters and their method of formation
- Pupil books with exercises
- Story books explaining how each of the letter groups is formed.

The pack below will provide support for you to be able to practise Kinetic Letters at home.

Contents:

- Strength exercises and pen / pencil hold.
- Letter families & how to form them.
- How to use the home pack sheets.
- Letter poster (a – z).
- Lined paper (different line spacing for different year groups).
- Home pack sheets - lowercase letters, capital letters and numbers sheets are attached to the email. The letters / numbers are arranged in the order that they are taught.

Kind regards,

Alistair Leighton-Scott  
Federation English Lead

# Kinetic Letters® - Helping your child – exercises and pencil hold

## Making bodies stronger

- Use the Animal Positions to help your child build the physical strength for writing  
Eg Lizard position to read, write, colour or for screen time  
Eg Meerkat position for reciting times-tables
- Build strength with floor/chair push-ups, pull-ups on monkey bars, the plank
- Develop dexterity and manipulation using knives & forks, scissors, playdough, plasticine

### ★ Animal Positions build strength for writing



How? Kneel upright.  
Arms by sides.



How? Legs crossed. Sit upright.  
Hands rest on knees.



How? Feet hip-distance apart.  
Arms by sides.



How? Legs straight and together.  
Arms support upper body  
(elbows under shoulders).



How? Back horizontal.  
Arms/thighs vertical.

## Holding the pencil

- Use the Pencil Song to practise Pencil Pick-up and the Pencil Checks
- Use slim, triangular shape pencils and crayons (they help correctly position the 3 Friends and suit the size of children's hands)
- Remind your child to keep checking their 3 Friends Pencil Hold

### The Pencil Song

To the tune of the Hokey Cokey

You get your Hol-ding Fin-gers rea-dy and pick your pen - cil up,

You tip it back to lay a-cross your hand.

You put your pil-low fin-ger un-der to keep poor Cur-ly safe

That's your 3 Friends Hold

Whoa! Hol - ding fin-gers op-po-site Can you see some green leaf?

Pil - low fin-ger un-der Pen back, wrist bent, hand rests down

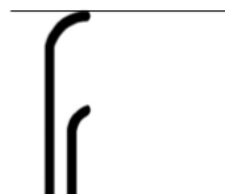
# Kinetic Letters<sup>®</sup> - Helping your child

## Letter Family groups and their Family Features



<i>Family</i>	<i>Letters</i>	<i>Family Feature</i>
<i>Lower-case letters</i>		
Jumper Family	h n m r b p	Down-bump. Back up. Push over.
Abracadabra Family	c a o d g s q	Pull around and Push, Abracadabra.
Window Cleaner Family	l t i u	Down-bump. Flick (the water off).
Fisher Family	j g y f	Down, on-down and Pull around (to catch the fish).
Special Squirter	e	Push across. Up. Pull around and Push (along the ground).
Slider family	v w x z k	Slide
<i>Upper-case letters</i>		
Straight lined group	I L E F H T	Start with Down-bump.
Curved line group	C O S G Q	Start with Pull around
Lines with Curves group	D P B R J U	Combine Straight lines with Curves
Sliding lines group	A M N W V X Z K Y	Involve Diagonal lines
<i>Numbers</i>		
Pushing numbers	2 3 5 7	Push move helps orientation
Pulling numbers	0 6 9 8 1 4	Pull move helps orientation

**The Tree symbol:** When practising writing, use a writing line and the tree symbol to give a guide for both where the letters start and their proportions and how they sit on / go below the ground line.



**Kinetic Letters Letter Trail wording: Lower-Case letters - in Letter Families**  
(Family Features- *the moves that the Letter Family have in common - are in red*)

**Jumper Family**

- h Down-bump. Back up. Push over. Down-bump. Flick.
- n Down-bump. Back up. Push over. Down-bump. Flick.
- m Down-bump. Back up. Push over. Down-bump. Back up. Push over. Down-bump. Flick.
- r Down-bump. Back up. Push over.
- b Down-bump. Back up. Push over. Pull in (along the ground and hug the tree).
- p Down, on-Down. Back up. Push (the cobwebs off). Pull-in (and hug the tree).

**Abracadabra Family**

- c Pull around and Push (along the ground).
- o Pull around and Push (along the ground). Abracadabra! On round and Push a tiny line.
- a Pull around and Push (along the ground). Abracadabra! Up (like a helicopter). Down-bump. Flick.
- d Pull around and Push (along the ground). Abracadabra! Up, on-up. Down-bump. Flick.
- g Pull around and Push (along the ground). Abracadabra! Up. Down, on-down and Pull around (to catch the fish).
- q Pull around and Push (along the ground). Abracadabra! Up. Down, on-down and Flick (out the leaves).
- s Pull around and Push. Abracadabra! Pull back (along the ground)

**Window Cleaner Family**

- l Down-bump. Flick (the water off).
- i Down-bump. Flick (the water off). -pen off- Put on a dot.
- t Down-bump. Flick (the water off). -pen off- Push a line across.
- u Down. Push (along the ground). Up. Down-bump. Flick (the water off)

**Special Squirter**

- e Push across. Up. Pull around and Push(along the ground).

**Fisher Family**

- j Down-on down and Pull around (to catch the fish). -pen off- Put on a dot.
- g Pull around and Push (along the ground). Abracadabra! Up. Down, on-down and Pull around (to catch the fish).
- y Down. Push (along the ground). Up. Down, on-down and Pull around (to catch the fish).
- f Pull around. Down, on-down and Pull around (to catch the fish). -pen off- Push a line across.

**Slider Family**

- v Slide down. Slide up.
- w Slide down. Slide up. Slide down. Slide up.
- x Slide down -pen off- Slide down.
- z Push across. Slide down. Push across.
- k Down-bump. -pen off- Slide in. Slide out.

## Kinetic Letters Letter Trail wording: Upper-Case letters - in formation groups

### Straight Lines group

- I Down-bump. *-pen off-* Push a top line across. *-pen off-* Push a line (along the ground).
- L Down-bump. Push a line (along the ground).
- E Down-bump. Push a line (along the ground). *-pen off-* Push a top line across. *-pen off-* Push a middle line across
- F Down-bump. *-pen off-* Push a top line across. *-pen off-* Push a middle line across.
- H Down-bump. *-pen off-* Down-bump. *-pen off-* Push a middle line across.
- T Down-bump. *-pen off-* Push a top line across.

### Curves Group

- C Pull around and Push (along the ground).
- O Pull around and Push (along the ground). On round and join.
- S Pull around and Push. Pull back (along the ground).
- G Pull around and Push (along the ground). Up. Down-bump. *-pen off-* Push a middle line across.
- Q Pull around and Push (along the ground). On round and join. *-pen off-* Slide a little line down.

### Lines then Curves group

- D Down-bump. *-pen off-* Push over. Pull in (along the ground).
- P Down-bump. *-pen off-* Push over. Pull in (to Skip's branch).
- B Down-bump. *-pen off-* Push over. Pull in (to Skip's branch). Push over. Pull in (along the ground).
- R Down-bump. *-pen off-* Push over. Pull in (to Skip's branch). Slide down.
- J Down and Pull back (along the ground). *-pen off-* Push a top line across.
- U Down. Push (along the ground). Up.

### Sliding lines group

- A Slide down. *-pen off-* Slide down. *-pen off-* Push a middle line across.
- M Down-bump. *-pen off-* Slide down (to Skip's branch). Slide up. Down-bump.
- N Down-bump. *-pen off-* Slide down. Up.
- W Slide down. Slide up (to Skip's branch). Slide down. Slide up.
- V Slide down. Slide up.
- X Slide down. *-pen off-* Slide down.
- Z Push across. Slide down. Push across (along the ground).
- K Down-bump. *-pen off-* Slide in (to Skip's branch). Slide out.
- Y Slide down (to Skip's branch). Slide up. *-pen off-* Down-bump.

## Kinetic Letters Number Trails wording - in formation groups

### Pushing numbers

- 2 Push around. Pull and Slide down. Push a line (along the ground).
- 3 Push around. Pull in (to Skip's branch). Push around and Pull in (along the ground).
- 5 Down (to Skip's branch). Push around and Pull in (along the ground). *-pen off-* Push a top line across.
- 7 Push a top line across. Slide down.

### Pulling numbers

- 0 Pull around and Push (along the ground). On round and join.
- 6 Pull around and Push (along the ground). Up and Pull around (to Skip's branch).
- 9 Pull around (to Skip's branch) and Up. Down-bump.
- 8 Pull around (to Skip's branch) and Push. Pull back (along the ground). Push up, Pull back and join.
- 1 Down-bump.
- 4 Pull down (to just under Skip's branch). Push a line. *-pen off-* Down-bump.

# How to use the Kinetic Letters® letter sheets at home

The Letter Family

The letters in the family

The letter moves.

Say them aloud, in time with writing each part of the letter.

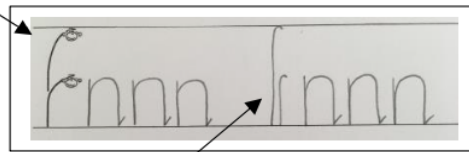
1<sup>st</sup>- use your hand and write in the air.

2<sup>nd</sup>- use a pencil and write on this paper (see below)

The letter is by the Kinetic Letters Tree, to show which Monkey's branch it starts from.

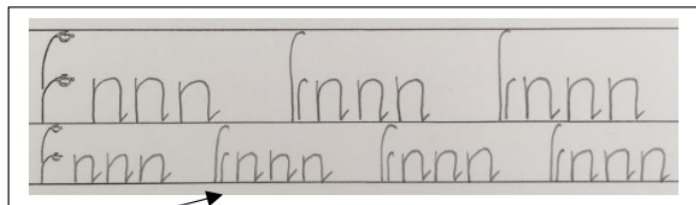
Use these lines to practise writing 3 By the Tree (3BT).

Line 1: practise a single letter 3BT.



Then draw a Quick Tree, to write the next 3BT

Lines 2 & 3: keep practising the single letter by the smaller Trees on these narrower lines.



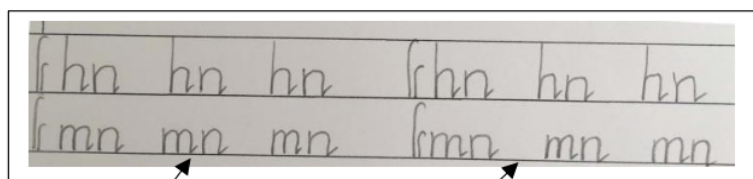
Extra challenges: Snuggle the groups of 3 letters together

Try and 'feel the flow' as you get a little faster

Lines 4-5: either repeat the single letter

or

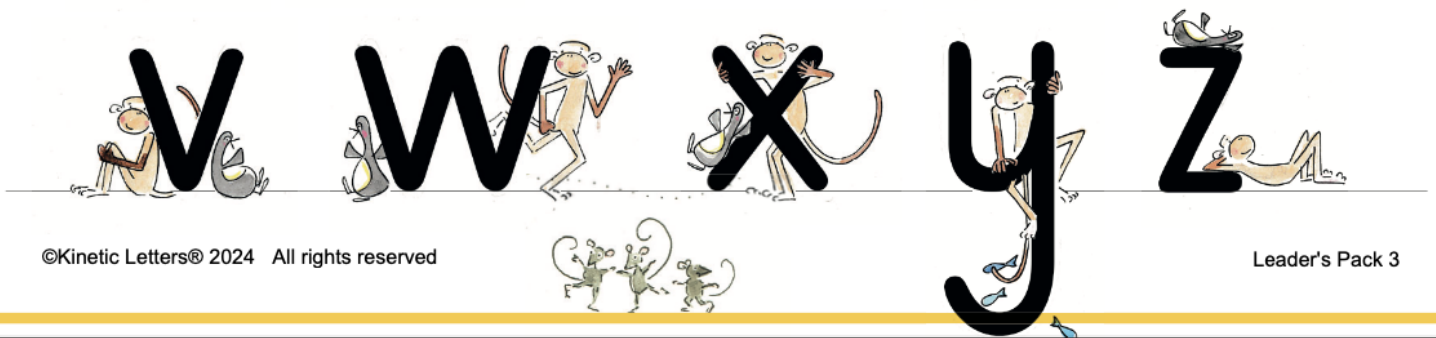
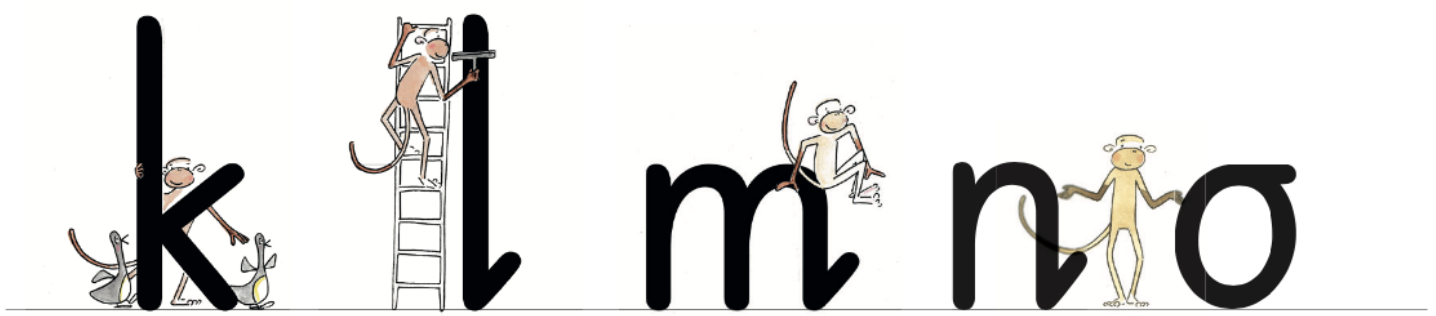
Combine this letter with another one you know from this Letter Family, to make a Letter Pair;



Extra challenges: Snuggle the Letter pairs

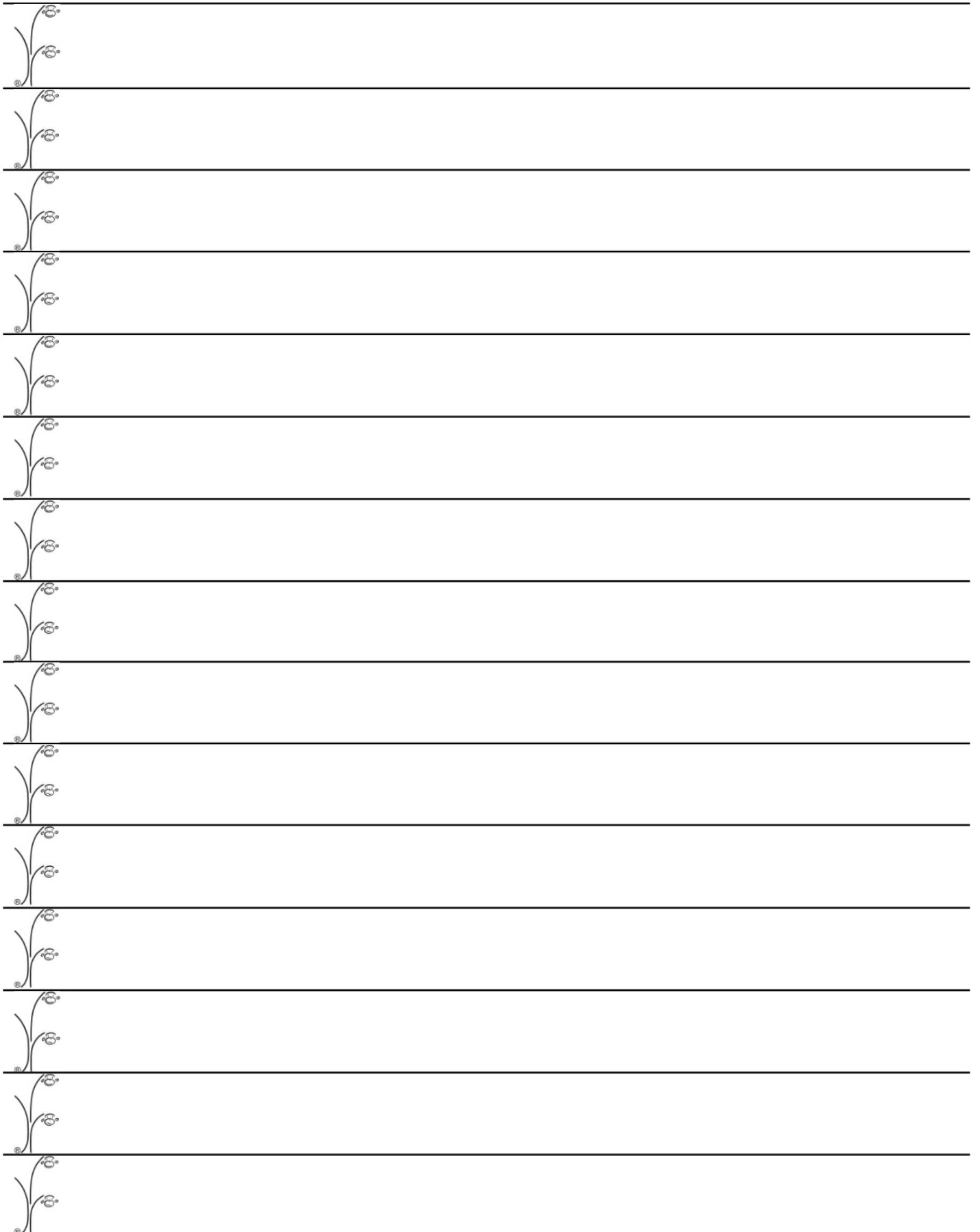
Leave an 'invisible pair' (ie 2 letters) between them.

# Kinetic Letters®



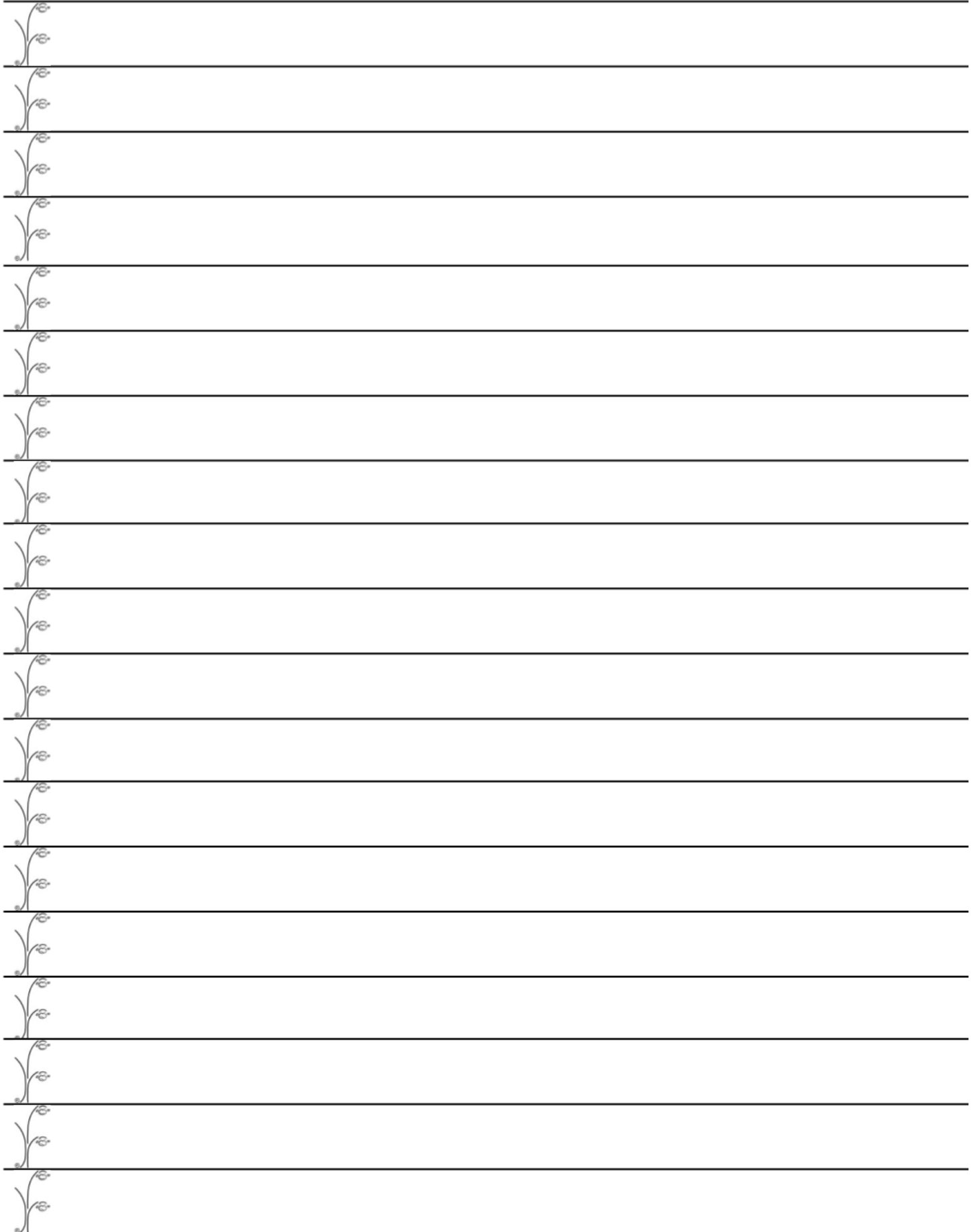
This line size is used in EYFS.

Tree guide paper with 15mm line spacing



This line size is used in  
Year 1 & Year 2.

Tree guide paper with 12mm line spacing



Tree guide paper with 10mm line spacing

