


Sharing Best Practice
Port Fairy
27th April 2024


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(Specific Learning Difficulties)
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<https://riseliteracy.com.au/sbp-handwriting/>

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Session 1: The complexities of handwriting – it's not just about pencil grip.

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SBP Objectives

- Core elements of handwriting
- Pencils and pencil grips
- Handwriting intervention session
- Graded dictation (and demo if time)

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SBP Key Terms

SKILLED WRITING

- CRITICAL THINKING**
 - Generating ideas, gathering information
 - Writing process: organizing, drafting, writing, revising
- SYNTAX**
 - Grammar and punctuation
 - Sentence construction
 - Punctuation
- TEXT STRUCTURE**
 - Narrative, informational, opinion structures
 - Paragraph structure
 - Patterns of organization (description, sequence, cause/effect, compare/contrast, problem/solution)
 - Linking and transition words
- WRITING CRAFT**
 - Word choice
 - Awareness of task, audience, purpose
 - Literary devices
- TRANSCRIPTION**
 - Spelling
 - Handwriting, keyboarding

Written Expression

From: The Writing Range™: The strands that are woven into skilled writing (online article) (https://www.oup.com/us/academic/9780190044000/9780190044000/0190044000-The-Strands-That-Are-Woven-Into-Skilled-Writing.pdf, accessed by the author, © 2019 by Jane Smith, www.oup.com/us/academic.com. All rights reserved. In The Writing Range: A Framework for Explicit Writing Instruction in All Subjects, by Jane Smith, 2023, Paul H. Brookes Publishing Co., Inc.)

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SBP Key Terms

TRANSCRIPTION

- Spelling
- Handwriting, keyboarding

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SBP Key Terms

TRANSCRIPTION

- Spelling
- Handwriting, keyboarding

SKILLED WRITING

- CRITICAL THINKING**
 - Generating ideas, gathering information
 - Writing process: organizing, drafting, editing, revising
- SENTENCE**
 - Grammatical and syntactic awareness
 - Sentence elaboration
 - Punctuation
- TEXT STRUCTURE**
 - Handwriting, information
 - Letter formation
 - Paragraph structure
 - Review of organization (description, sequence, cause-effect, comparison/contrast, problem/solution)
 - Linking and transition words
- WRITING CRAFT**
 - Word choice
 - Awareness of task, audience, purpose
 - Literary devices


W.E.

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SBP Core Elements of Handwriting

- Executive Function
- Gross Motor
- Fine Motor & Visual Motor


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S  **B** **P** Executive Function

What:

- Cognitive processes that enable the planning, initiation and execution of goal-directed behaviour
- Effective problem-solving and flexible thinking


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S  **B** **P** Executive Function

Relation to Handwriting:

- Task initiation (getting started)
- Preparation of materials and workspace
- Time management


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S  **B** **P** Executive Function

Strategies:

- Think Cognitive Load!
- Self-regulation / arousal
- Graded prompts, low variability workspace and routine
- Graded writing worksheets


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S  **B** **P** **Gross Motor**

What:

- Gross motor skills involve the large muscles (prime movers) of the body and their coordinated movements that allow a person to run, jump, skip etc.
- Also includes trunk (core) stability = back extensors and abdominal muscles


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S  **B** **P** **Gross Motor**

Relation to Handwriting:

- Trunk (core) stability is critical for maintaining posture
- Poor posture often leads to fatigue → dysregulation → decreased EF
- Upper limb coordination (scapulohumeral rhythm) → fluent movement of wrist/hand across the page. Proper pencil pressure.
- Overall impaired GM can reduce handwriting speed and smoothness


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S  **B** **P** **Gross Motor**

Strategies:

- Games and activities to promote gross motor control, balance and core strength
- Writing on vertical surfaces (e.g. vertical whiteboards)
- Ensure proper sized seating
- Regular breaks when writing, especially in the early years


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S  **B** **P** Fine Motor & Visual Motor

What:

- Fine motor skills involve the small muscles (30) of the wrist, hand and fingers to perform delicate and often complex tasks
- Visual motor function refers to the ability to coordinate visual information with motor output


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S  **B** **P** Fine Motor & Visual Motor

Relation to Handwriting:

- Inefficient visual-motor integration is associated with poor spatial relationships between letters and reduced fluency
- Poor pencil grip and control → difficulty with letter formation and legibility → decreased writing speed
- Increased Fatigue → dysregulation → decreased EF


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S  **B** **P** Fine Motor & Visual Motor

Strategies:

- Reduce visual clutter both on source space and the target writing space
- Games and activities to promote fine motor control, strength, coordination, dexterity etc.
- Triangular pencils or pencil grips


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S  **B** **P** **Word Level Spelling**

What:

- Word-level spelling refers to the ability to encode phonological and orthographic features of words used to generate written text


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S  **B** **P** **Word Level Spelling**

Relation to Handwriting:

- Orthographic difficulties often lead to uneven production of letters and words → reduced legibility
- Poor spelling can create a 'road block' for the rest of the written expression process

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S  **B** **P** **Word Level Spelling**

Strategies:

- Explicit instruction in word level spelling e.g. phonics, morphology, etymology
- Dictation

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SBP Pencils & pencil grips

- [Triangular grip](#)
- [Thick triangular](#)
- [The Pencil Grip](#)
- [Cross Over Grip](#)
- [Grotto Grip](#)

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SBP Intervention Session

- Mindfulness / Relaxation / Breath Work (EF)
- Gross Motor
- Fine Motor
- Letter formation instruction & practice
- Word writing practice
- Dictation

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SBP Graded Dictation

TRANSCRIPTION
 ■ Spelling
 ■ Handwriting, keyboarding

CRITICAL THINKING
 ■ Generating ideas, gathering information
 ■ Writing process, organizing, drafting, editing, revising
 ■ Punctuation

SYNTAX
 ■ Letter and syntax
 ■ Spelling
 ■ Punctuation

TEXT STRUCTURE
 ■ Narrative, expository, persuasive, informational, opinion, and research
 ■ Paragraph structure
 ■ Punctuation, capitalization, and spelling
 ■ Grammar (subject-verb agreement, pronoun-antecedent agreement, and transition words)

SKILLED WRITING
 ■ Planning, drafting, revising, editing, and proofreading
 ■ Writing process, organizing, drafting, editing, revising
 ■ Punctuation

WRITING CRAFT
 ■ Word choice
 ■ Awareness of task, audience, purpose
 ■ Literary devices

= W.E.


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SBP **Graded Dictation**

Possible examples of graded dictation:

- Level 1 – Trace target/key words. HFW provided as solid font.
- Level 2 – Trace ALL words.
- Level 3 – Write target/key words. HFW provided as solid font.
- Level 4 – Write ALL words.

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