

Before I Can Write, I Need To...

Develop Physical Skills

It is essential that **children develop their physical skills to help them feel ready to write.**

These skills can be developed through:

running, climbing, crawling,
carrying, swinging, digging,
throwing and catching



pinching

colouring, tracing,
threading, building
and cutting



making various
large and
small movements



improving
posture



squashing
and squeezing

developing
spatial awareness



combining and refining fine
and gross motor skills into
purposeful mark making



crossing
the midline



pushing
and pulling

improving bilateral
coordination



strengthening all
muscles, including
hand muscles

building shoulder,
hand and
wrist strength

