

# Handwriting Warm-Up

## Gross Motor Exercises



### Handwriting Warm-Up Gross Motor Exercises



- Sit comfortably on a chair that has a back rest.
- Bend your knees and place your feet flat on the floor, with a gap between them.
- Put your arms by your side and place your hands on either side of your hips.
- Push yourself upwards, raising your bottom off the chair.
- Repeat five times.

### Handwriting Warm-Up Gross Motor Exercises



- Sit comfortably on a chair, with your table or desk in front of you.
- Bend your knees and place your feet flat on the floor, with a gap between them.
- Put your hands flat on the desk top in front of you.
- Press down as hard as you can for five seconds.
- Release and repeat five more times.

### Handwriting Warm-Up Gross Motor Exercises



- Stand approximately 30cm away from a wall.
- Take one step forward, and place your hands flat on the wall.
- Replace your front foot to join your back foot again. You will now be leaning on the wall with your hands.
- Bend your elbows and straighten them again as if you are doing press-ups against the wall.
- Repeat five times.

### Handwriting Warm-Up Gross Motor Exercises



- Crouch in front of a wall with a large ball on the floor between you and the wall.
- Using your hands, roll the ball up the wall from the floor. Stop when the ball is at shoulder height.
- Continue to roll the ball sideways along the wall, keeping the ball at the same height.
- Repeat five times in a slow motion. Your hands should cross over one another as the ball moves along.

### Handwriting Warm-Up Gross Motor Exercises



- Place the palms of your hands together. Keep your elbows out and your forearms horizontal.
- Push your hands together as hard as you can and hold the push for five seconds.
- Repeat five times.

### Handwriting Warm-Up Gross Motor Exercises



- You will need to do this exercise in the playground.
- Draw a zig zag line across the ground with chalk.
- You are going to march along the line. When marching, the opposite arm should swing forward to the raised knee, so left arm and right knee move together at the same time.
- March in a steady rhythm along the line.
- Draw a different type of line on the ground to vary the direction.