









Skill progression to develop writing skills in Nursery

	Autumn 2	Spring 2	Summer 2
Large Motor skills	Transitioning into different positions (e.g. sitting, all fours, lying on tummy). Walking smoothly and turning corners. Running with control (still has wide gait). Climbing onto equipment without assistance. Picking up toys from the floor without falling over. Rolling a ball. Imitating simple bilateral movements of limbs (e.g. arms up together).	Imitating simple bilateral movements of limbs (e.g. arms up together). Imitating an adult standing on one foot. Running with control. Climbing on nature, equipment and ladders. Climbing down from equipment without assistance. Pedalling a tricycle. Changing direction while walking. Walking up and down stairs with alternating feet. Jumping with two feet together 5 times in a row. Picking up toys from the floor without falling over.	Walking up and down stairs with alternating feet. Walking on tip toes. Climbing onto/down from equipment without assistance. Climbing on nature, equipment and ladders. Pedalling a tricycle. Kicking a ball. Running around obstacles. Walking on tip toes. Walking along a line. Trying to hop on one foot. Jumping over a low object and landing with both feet together.
Fine Motor skills	Bi Lateral movement Using both hands at the same time to make the same movements Finger-to-Palm Translation: Picking up small objects and collecting them into the other palm Palm-to-Finger Translation: Picking out 1 object from a collection in the other palm Filling an inset puzzle with split peas from the other palm	Shift- threading This movement pattern is often described as looking like your fingers are “walking” in a linear fashion from one end of the pencil to the other. Simple Rotation: Turning or rolling an object 90 degrees or less with the fingers moving as a one Twisting the top off a tube, turning a pencil to get a comfortable grip Complex Rotation: Turning an object more than 90 degrees using isolated finger and thumb movements Turning a paper clip, or turning a pencil over to erase	Dexterity- Moving our fingers in isolation and opposition to complete a variety of tasks. Tommy Thumb song Walking fingers through paint to create finger paint footsteps Touching Tommy thumb with peter pointer, toby tall, ruby ring and baby small
Fine Motor skills	Pointing Finger puppets Toy dial telephones Holes in Duplo blocks Poking holes in playdough/plasticine. Action songs and finger rhymes (e.g. round and round the garden, two little blackbirds, one two three four five) Books with tabs to push, pull and turn Turning the pages of books, initially board books and then progressing to books with paper pages A cup without a handle, placing the thumb around the cup Toy plastic hammers and other toy tools Small balls Balls of playdough/plasticine Any toy with a handle.	Pinch and thumb control/ finger opposition Placing and removing large pegs in/out of peg boards. Puzzles with large knob handles Removing and replacing lids from large marker pens Square blocks. Separating stacking/nesting cups from within each other Releasing disc like objects into slots i.e. tops from Pringles containers into wide horizontal slots made in boxes. Progress onto releasing coins into a moneybox Pinching clothes pegs and attaching them around the edge of a shoebox or similar. Connect Four - picking up the discs using a pincer grasp. Sorting activities to encourage the child to pick up small objects using a pincer grasp e.g. beads, dry pasta shapes, coins and games such as pick up sticks.	Creeping Thumbs Use a long thin piece of material such as a bandage. Sit at a table and stretch the material out horizontally (as shown). Put your writing hand at on end of the material (right side if right handed, left side if left handed). The palm should be on the table with the fingers resting on the material. Try and gather up the material, tucking it under your hand, using only your thumb and keeping your wrist still. Creepy Crawlies Sitting at a table, place the material in front of you, stretching it out vertically. Put your writing hand on the end of the material nearest to them to anchor it. Try to gather up the material, using the fingers of that hand only while keeping the wrist still.
Dough	Gross Finger Flexion Place dough in palm of hand and curl fingers to make a fist. Squeeze as hard as possible.  Flatten a ball of dough onto the table. Start with fingers and thumb spread around the edge of the circle, then pull fingers and thumb towards each other into the middle of the circle.  Gross Finger Extension	Gross Opposition Shape dough into cone and stick base to a flat surface. Place fingers and thumb over the top of the cone. Stick the fingers lightly into the dough at the base. Pull up on the cone bringing the fingers and thumb together at the peak.  Isolated Opposition Place ball of dough between thumb and finger. Pinch through the ball until the meet. Repeat with each of the other  index fingers fingers	Isolated Finger Flexion Hold dough in opposite hand. Push one finger into the dough and pull the dough into the palm of the other hand. Repeat with each of the other fingers.  Finger Adduction Place a piece of dough between two fingers, squeeze fingers together, try to keep fingers straight.  Thumb Extension



Make a flat disc of dough on the table.
Keep fingers straight as you push outwards
spreading dough until thin.
Roll dough out into a sausage
keeping the fingers straight.



Shape dough into a cylinder. Rest edge of hand on the table with
thumb pointing up. Press thumb deeply into the
cone, then pull out again.



