

## Pencil grip

### Muscle strengthening

We focus across the school on developing children's muscles from largest to smallest, from the inside to the outside

### Progression in pencil grip

Most mark makers start here...

### STAGE ONE Pivot: Shoulder

#### Grip: Palm or Palmer or Palmer Supinate

For children to learn to walk first babies have to strengthen their neck, chest, crawl and then stand. For children to be able to write they first have to develop their core strength then their shoulders, elbows, wrists and then fingers. This means when they first learn to hold a pencil, they use their whole fist and use their whole arm to make the movements, often the movement is coming from their shoulder. They may prefer vertical surfaces.

### STAGE TWO Pivot: Elbow (emergent or advanced)

#### Grip: Palm or Palmer or Palmer Supinate

As children develop their elbow starts to do more of the work. As their elbow pivot becomes more advanced, they can do actions like stirring a pot or making a figure eight. Often during this stage children's wrist stays quite stiff and the grip is still palmer supinate.

### STAGE THREE Pivot:

#### Wrist Grip: Usually Palm

As a child's pivot moves from the elbow to the wrist, the elbow stays closer to the body. By the time children reach the wrist pivot stage in their lower arms, upper arms and shoulders are all now well developed and their overall movement and balance tends to be far more fluid.

During this time children will shift how they hold their pencil/crayon from a palmer group to one that uses their fingers (digital pronate). They will begin to have more developed fine motor skills, as the pivots move across the hands, knuckles and fingers.

The diagram below shows what different grips may look like and how they progress to the tripod grip. Each child's progression is unique and will be supported by our practitioners through support during exploratory, child led play.

