

Good cursive handwriting can improve spelling!

The Handwriting Rescue Scheme for Improved

Over 300 Photocopiable Exercises

Consistent Handwriting



The MSL Handwriting Rescue Scheme

Over 300 Structured Exercises for Consistent, Improved Cursive Handwriting



THE MSL HANDWRITING RESCUE SCHEME

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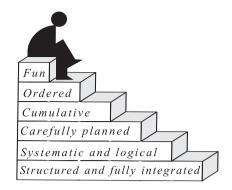
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Contents

4.	Introduction	18. A, a, a	33.	K, k, <i>k</i>
5.	Getting Started	19. D, d, <i>d</i>	34.	F, f, <i>f</i>
6.	I, i, <i>i</i> ,	20. Q, q, <i>.q</i> ,	35.	J, j, <i>j</i>
7.	U, u, <i>u</i>	21. Link the Letters	36.	Link the Letters
8.	T, t, <i>t</i>	22. V, v, <i>N</i>	37.	G, g, <i>g</i>
9.	Link the Letters	23. W, w, <i>w</i>	38.	Ү, у, <i>у</i>
10.	N, n, <i>r</i>	24. R, r, <i>x</i> ~	39.	Z, z, <i>i</i> z
11.	M, m, <i>m</i>	25. Link the Letters	40.	Link the Letters
12.	P, p, <i>p</i>	26. S, s, s	41.	
13.	Link the Letters	27. X, x, x	V	Useful Links to Practise
14.	E, e, <i>&</i>	28. Link the Letters	60.	
15.	C, c, <i>c</i>	29. L, I, <i>l</i>		endix
16.	Ο, ο, <i>σ</i>	30. H, h, ん	61. 	Alternative Letter forms
17.	Link the Letters	31. B, b, b		f and z Link the Letters
		32. Link the Letters	7 1.	Useful Links to Practise



Pupil Introduction

This Handwriting Scheme has been designed to help you write clearly and well in cursive (joined up) handwriting. As your confidence grows, communicating with pen and paper will soon become a pleasure. Poorly written notes, messages, letters and application forms will fade into the distant past.

We recommend that you work through the structured exercises in order so that the correct letter formation can easily be established. Then, most important of all, you must practise linking individual letters together. Firstly, practise similar letters in family groups and then combine all letter formations so as to develop an automatic response to regular word patterns.

With fluid cursive handwriting you will find it much easier to concentrate on the content of your writing, whilst at the same time making the correct spelling choice. Once good foundations and the basics have been established, your individual style must be allowed to develop.



Getting Started

Sitting Position:

Sit comfortably in the middle of the chair with your back straight and both feet on the floor or a support. Your forearms should be resting on the table and your non-writing hand must be used to hold the book or writing paper in place.

Pen Grip:

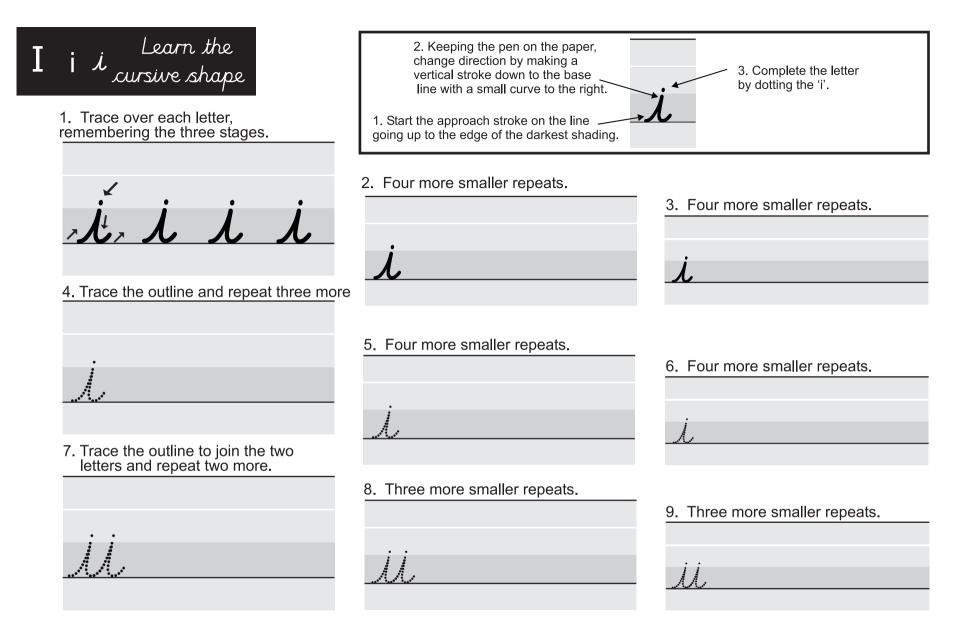
Hold the per with your thumb and forefinger forming an oval. The grip should not be tense, so try to keep your hand relaxed. If you are left handed, try to tilt the paper rather than using an awkward grip and writing position.

Good handwriting is based on the following conditions:

- * Consistent patterns of ovals and parallel lines.
- * Similar letters being of equal size and proportion.
- \star The distance between words being approximately the width of a lower case letter 'o'.
- ★ The length of the long vertical strokes (ascenders) and (descenders) above and below the base line, being no more than twice the height of the small letters.
- * Capital letters being no higher than the ascender strokes, and not joined to the lower case letters.
- * All letters being 'seated' on the base line.

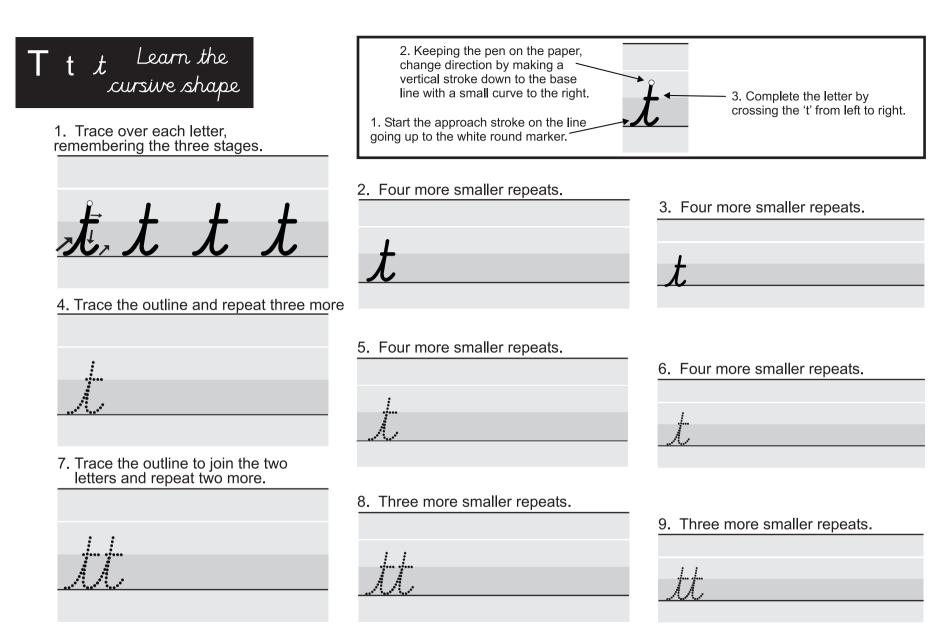
Avoiding 'b' and 'd' confusion:

Learning the cursive letters 'b' and 'd' has deliberately been kept well apart. The structured order of this scheme is not alphabetical, but instead has been based on letter family groups. Letters with a similar formation are introduced in sequence so that your handwriting skills develop and progress systematically. The cursive letter 'd' is taught early on after 'c', 'o' and 'a', whereas the cursive letter 'b' is introduced later and closely associated with 'h' and 'k'. Having the visual reminder of 'h' can help to remember the direction of 'b'. Using the phrase 'honey bee' can reinforce the correct direction even more!



U u u Learn the cursive shape	2. Keeping the pen on the paper, change direction by making a vertical stroke down to the base line with a curve to the right.	3. Repeat the procedure by continuing up from the base line to the edge of the darkest shading.
1. Trace over each letter, remembering the four stages.	1. Start the approach stroke on the line going up to the edge of the darkest shading.	4. Complete the letter with a vertical down stroke to the base line with a small curve to the right.
	2. Four more smaller repeats.	3. Four more smaller repeats.
M. M. M. M.		<i>A</i> 1.
4. Trace the outline and repeat three more		
	5. Four more smaller repeats.	6. Four more smaller repeats.
	JU	λ1.
7. Trace the outline to join the two letters and repeat two more.		
	8. Three more smaller repeats.	9. Three more smaller repeats.
XXX	JUU	<u>UU</u>
10. Repeat the pattern to the end of the lin	e using 'standard' size cursive writing.	

uuuu	



_ttttt _tttt

iut

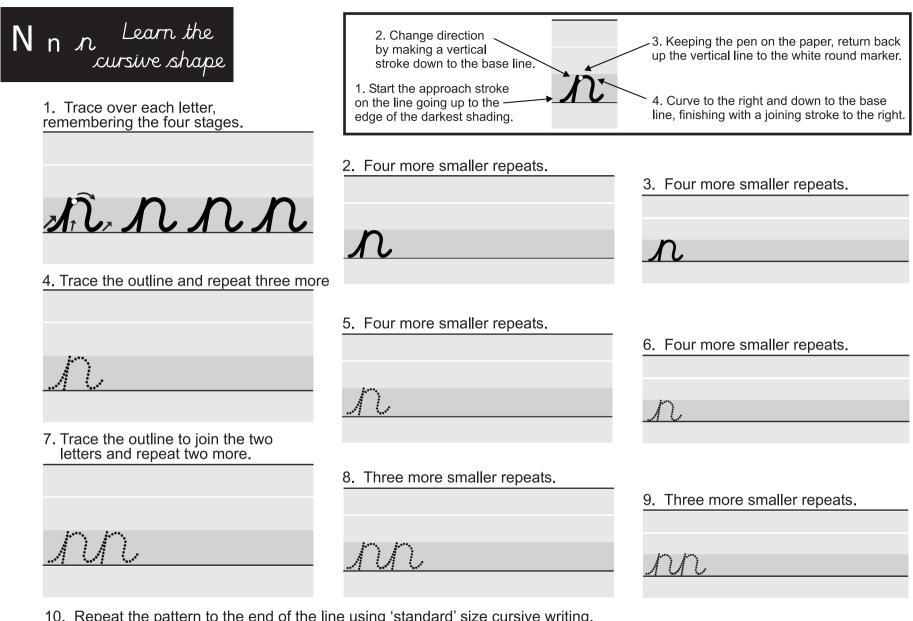
Remember to dot each $\dot{\mathcal{L}}$ and cross each \mathcal{L} after completing the word.

1. Repeat the words on the line below using this 'jumbo' size cursive writing.

it tut tutti it tut tutti it

2. Repeat the words on the line below using this 'large' size cursive writing.

<u>it tut tutti it tut tutti it tut tutti</u>



tan tan tan tan tan	tan tan tan tan		
nnnn	ภาพาก		

M m m Learn the cursive shape

1. Trace over each letter, remembering the four stages.

M.M.M.

4. Trace the outline and repeat two more

7. Trace the outline to join the two letters and repeat one more.

8. Two more smaller repeats.

2. Keeping the pen on the paper,

going up to the edge of the darkest shading.

change direction by making a vertical stroke down to the base line.
1. Start the approach stroke on the line.

2. Three more smaller repeats.

5. Three more smaller repeats.

M

 \mathcal{M}

3. Four more smaller repeats. m.

3. Return back up the vertical line to

the white round marker, curving over

to the right and down to the base line.

4. Repeat the procedure, finishing

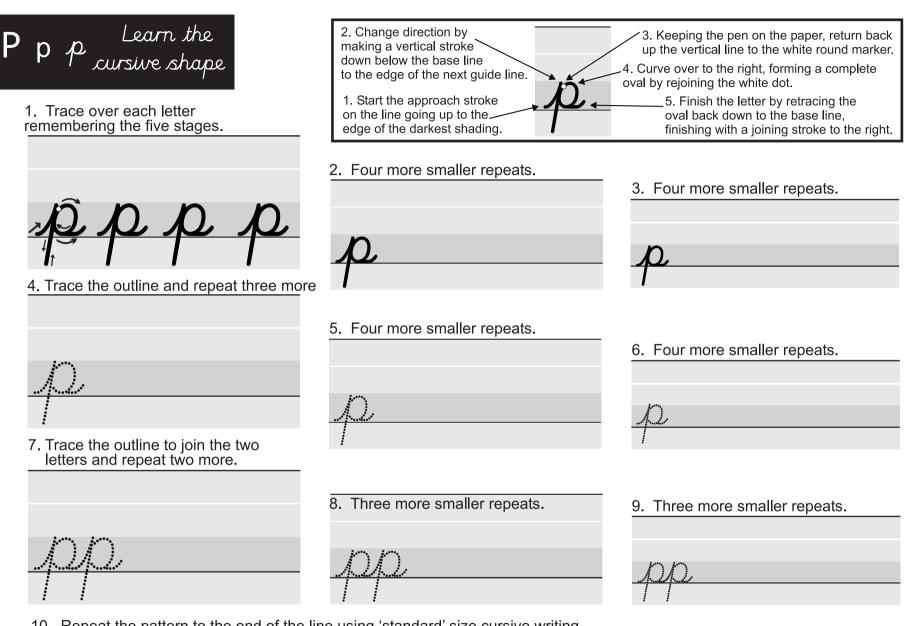
with a joining stroke to the right.

6. Four more smaller repeats.

9. Three more smaller repeats. mm

10. Repeat the pattern to the end of the line using 'standard' size cursive writing.

mmmm mmmmm



iutnmp

Remember to dot each $\dot{\mathcal{L}}$ and cross each $\dot{\mathcal{L}}$ after completing the word.

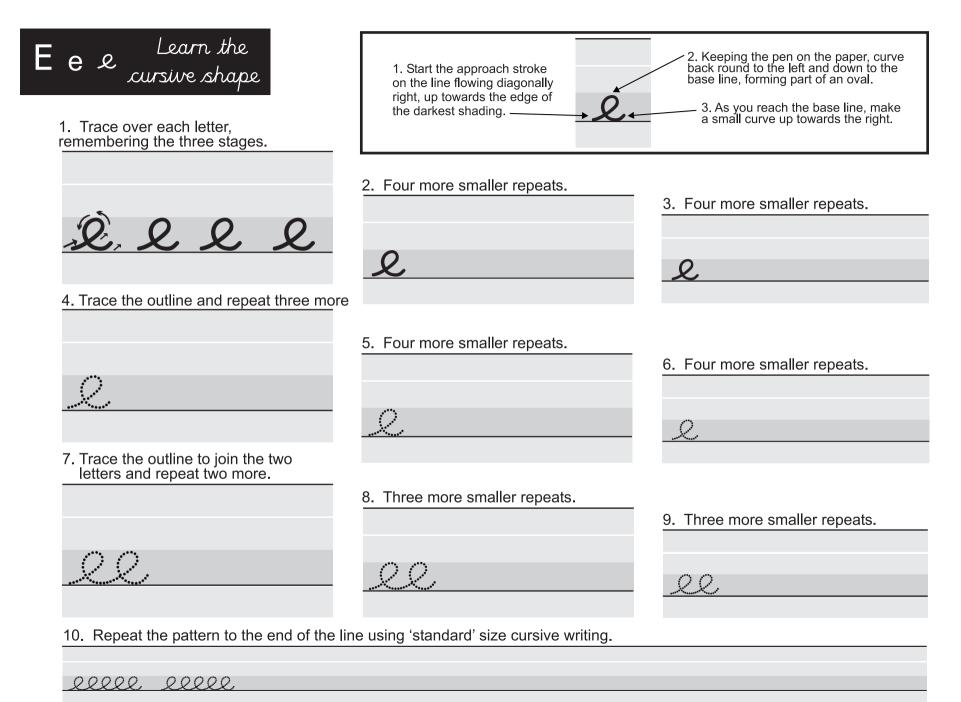
1. Repeat the words on the line below using this 'jumbo' size cursive writing.

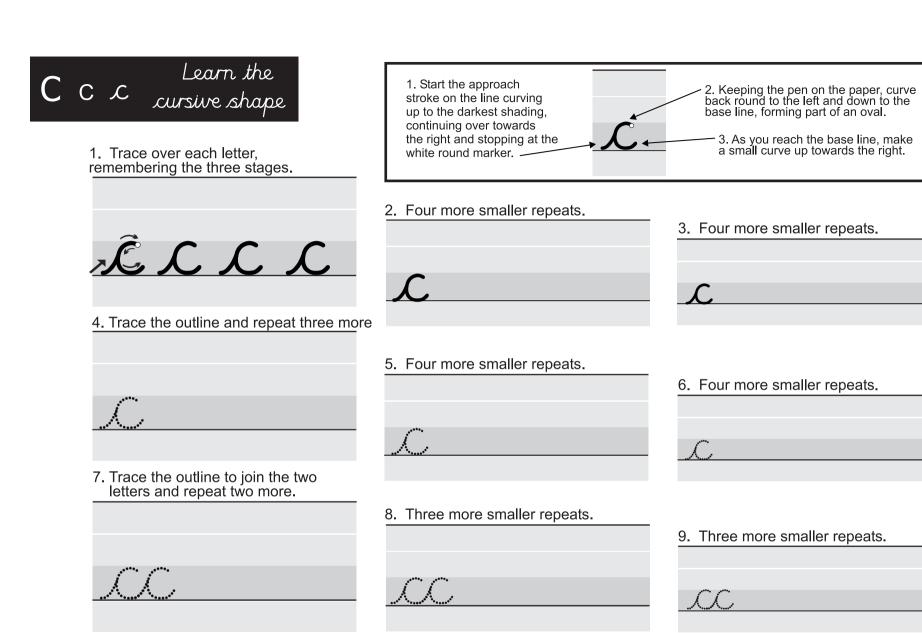
pin nut nip mum tin unit

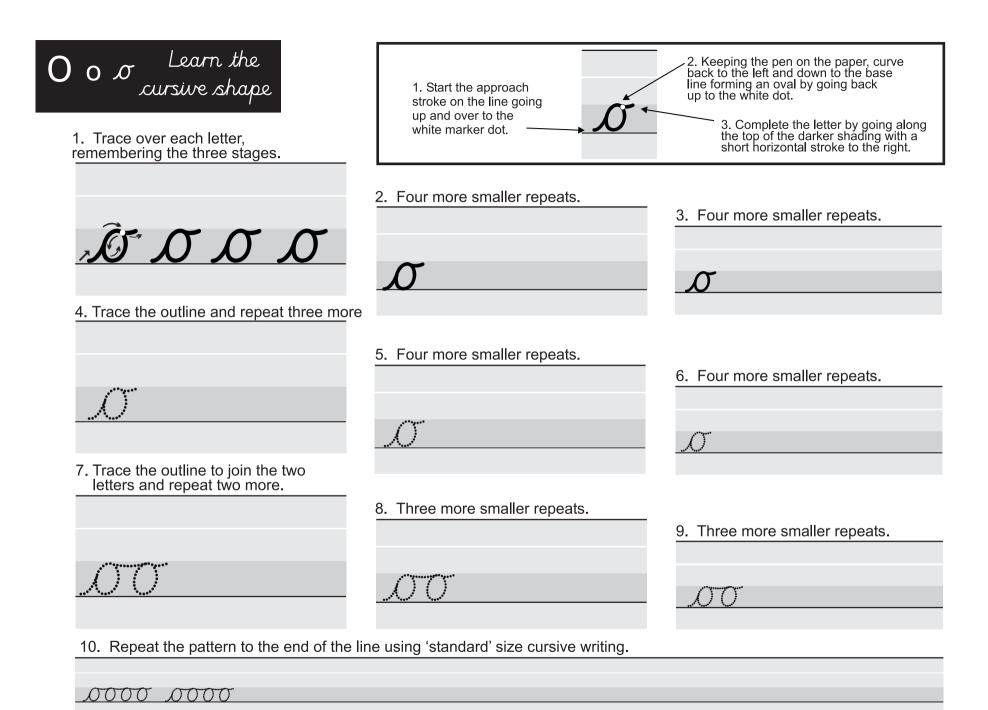
2. Repeat the words on the line below using this 'large' size cursive writing.

nip mum tin unit pin nut pin nut

pin nut nip mum tin unit pin nut nip mum tin







iutnmpeco

Remember to dot each $\dot{m{\lambda}}$ and cross each $m{t}$ after completing the word.

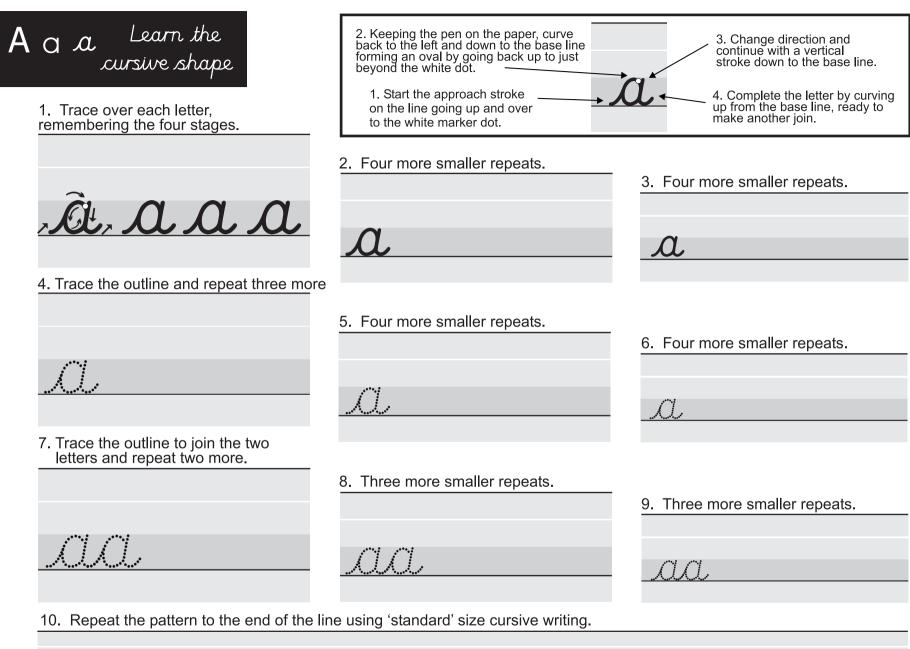
1. Repeat the words on the line below using this 'jumbo' size cursive writing.

pen item tunic etc

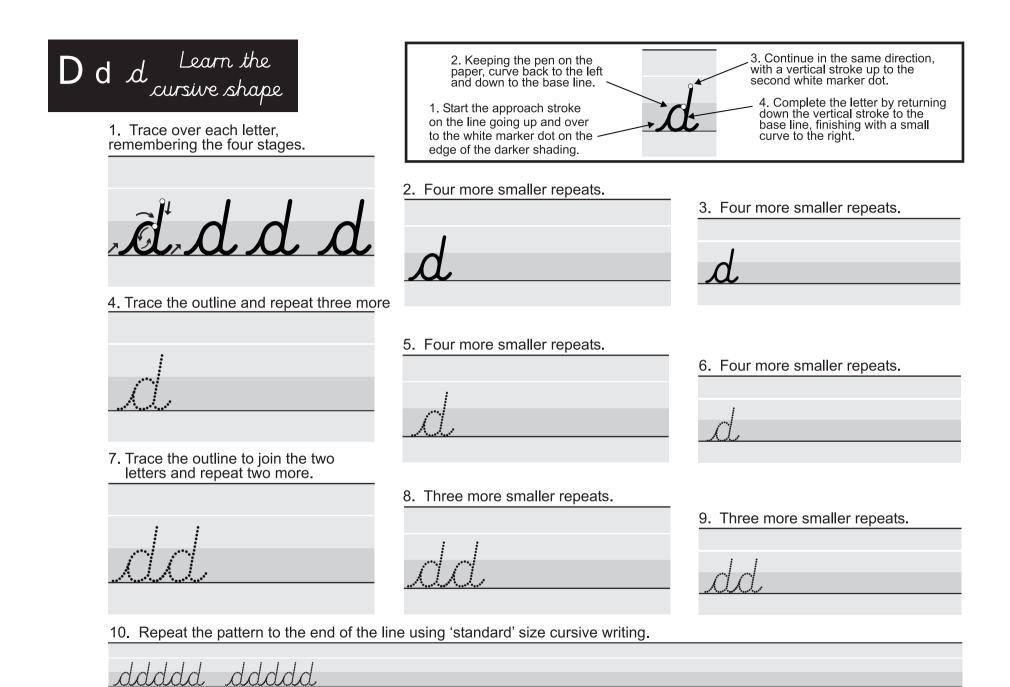
2. Repeat the words on the line below using this 'large' size cursive writing.

item tunic etc cot

<u>cot top open item tunic etc cot top open item tunic</u>



aaaaa aaaaa





1. Trace over each letter, remembering the four stages.



4. Trace the outline and repeat three more



2. Keeping the pen on the paper, curve back to the left and down to the base line forming an oval by going back up to just beyond the white dot.

1. Start the approach stroke on the line going up to the edge of the

darkest shading and over to the right

stopping at the white marker dot.

2. Four more smaller repeats.

5. Four more smaller repeats.

3. Four more smaller repeats.



3. Change direction and continue vertically down, below the base line to the second white dot.

4. Complete the letter by curving up to the base line ready to join to the letter 'u'.

7. Trace the outline of $\mathcal{A}\mathcal{\mu}$ joined and repeat one more. (q is always used with \mathcal{U})



8. Three more smaller repeats.

6. Four more smaller repeats.

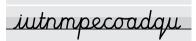


9. Three more smaller repeats.



10. Repeat the pattern to the end of the line using 'standard' size cursive writing.





Remember to dot each $\dot{\mathcal{L}}$ and cross each \mathcal{L} after completing the word.

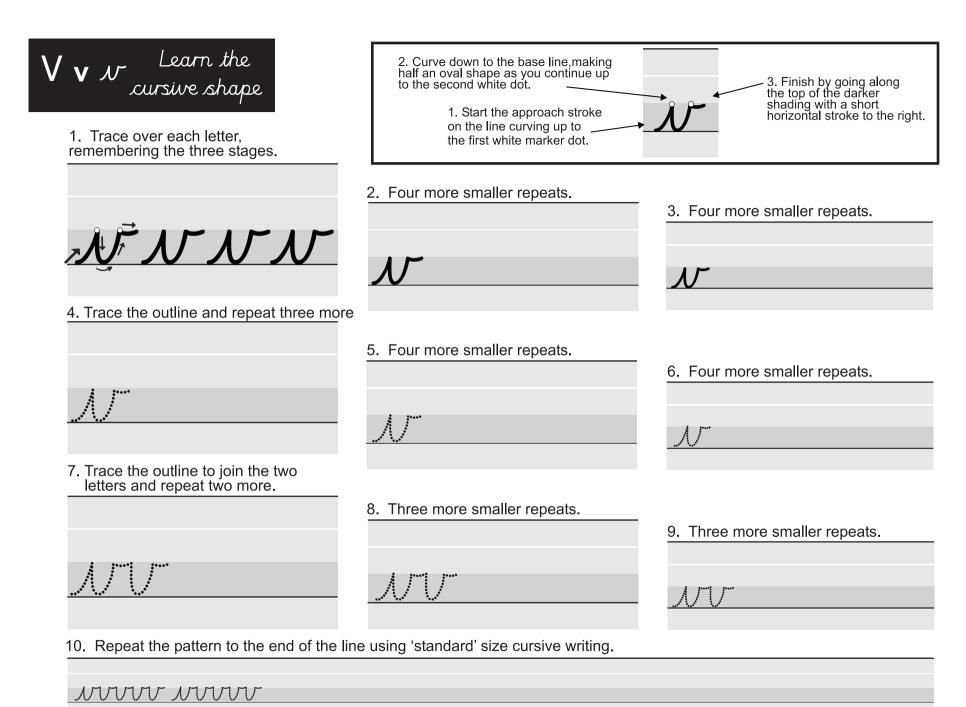
1. Repeat the words on the line below using this 'jumbo' size cursive writing.

dad made quite queen

2. Repeat the words on the line below using this 'large' size cursive writing.

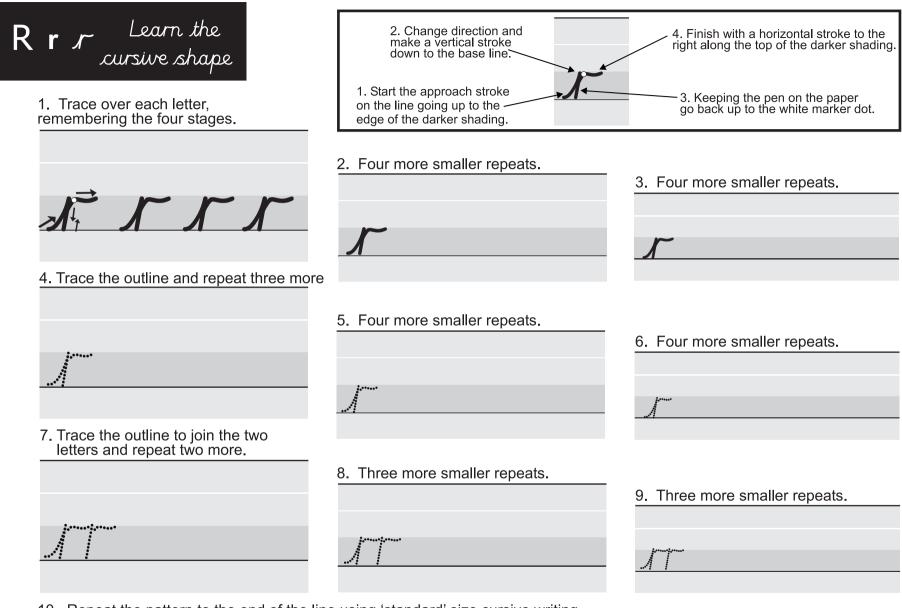
made. iaint lite. IREN

quaint quotation question quite ad aueen



2. Curve down to the base line, making half an oval shape as you continue up to the second white dot. Www Learn the 3. Repeat the procedure by curving down to the base line and up again to the third white marker dot. cursive shape 4. Complete the letter by going along the top of the darker shading with a short horizontal stroke to the right. 1. Start the approach stroke 1. Trace over each letter, on the line curving up to the remembering the four stages. first white marker dot. 2. Three more smaller repeats. 3. Four more smaller repeats. WWW \mathcal{M} \mathcal{M} 4. Trace the outline and repeat two more 5. Four more smaller repeats. 6. Four more smaller repeats. \mathcal{M} $\Lambda \lambda \Gamma$ 7. Trace the outline to join the two letters and repeat one more. 8. Two more smaller repeats. 9. Three more smaller repeats. MM WW 10. Repeat the pattern to the end of the line using 'standard' size cursive writing.

MUMMU MUMMU



ATTTT	ATTT			

iutnmpecoadquirwr

Remember to dot each $\dot{\lambda}$ and cross each \dot{t} after completing the word.

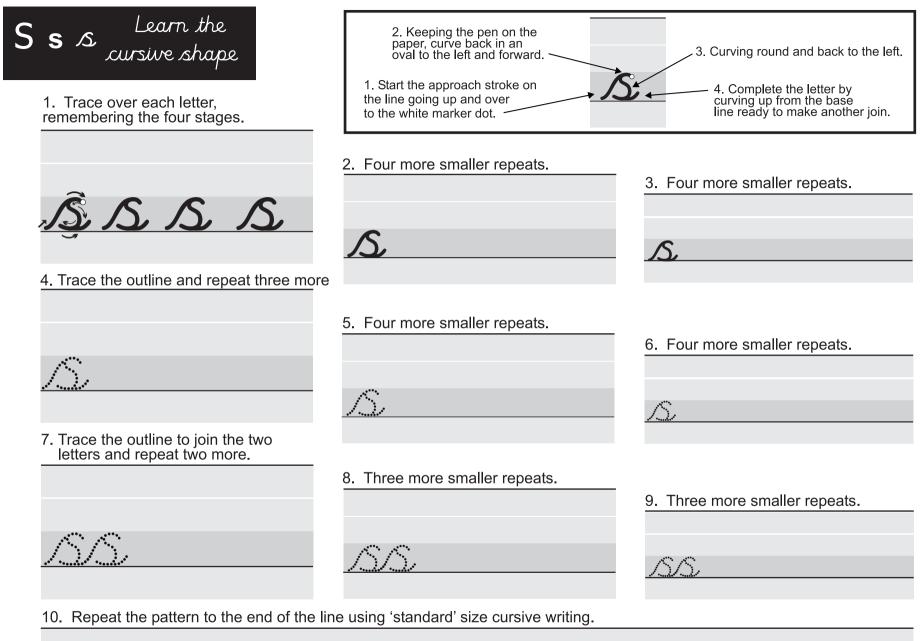
1. Repeat the words on the line below using this 'jumbo' size cursive writing.

write wrap view drive draw

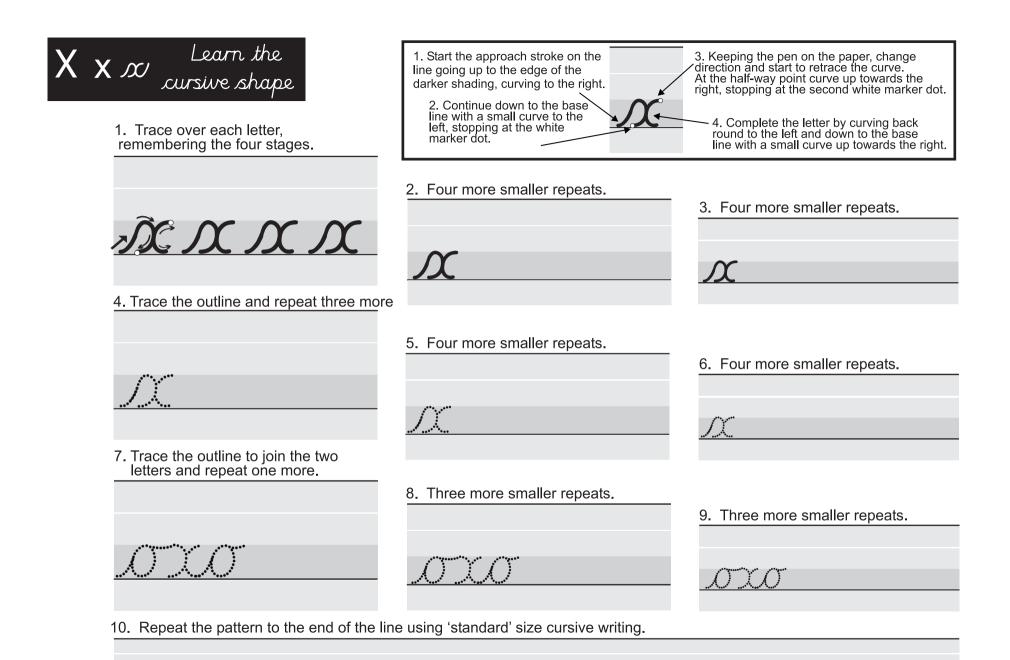
2. Repeat the words on the line below using this 'large' size cursive writing.

wrap view drive quaver draw write.

write wrap view drive quaver draw wire van wow



SSSS SSSS



in un er or an

iutrmpecoadqurvrsx

Remember to dot each $\dot{\mathcal{L}}$ and cross each \mathcal{L} after completing the word.

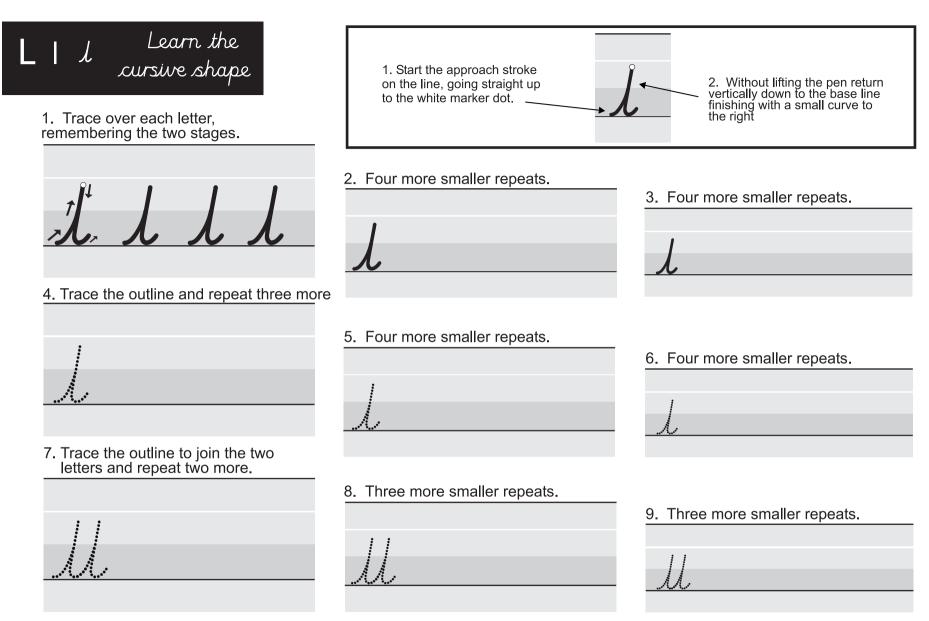
1. Repeat the words on the line below using this 'jumbo' size cursive writing.

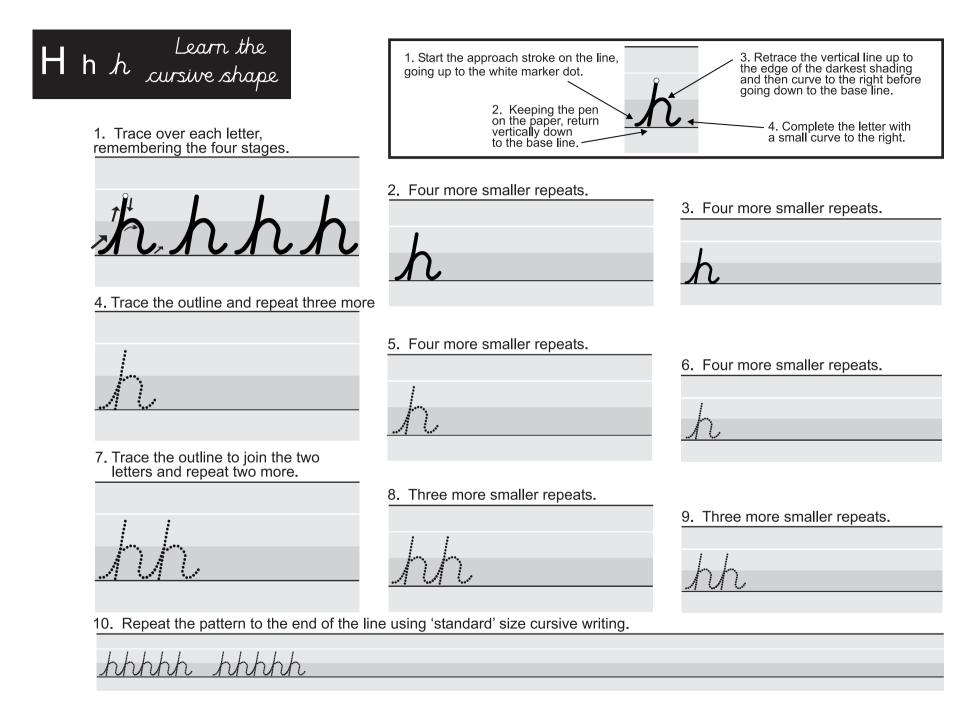


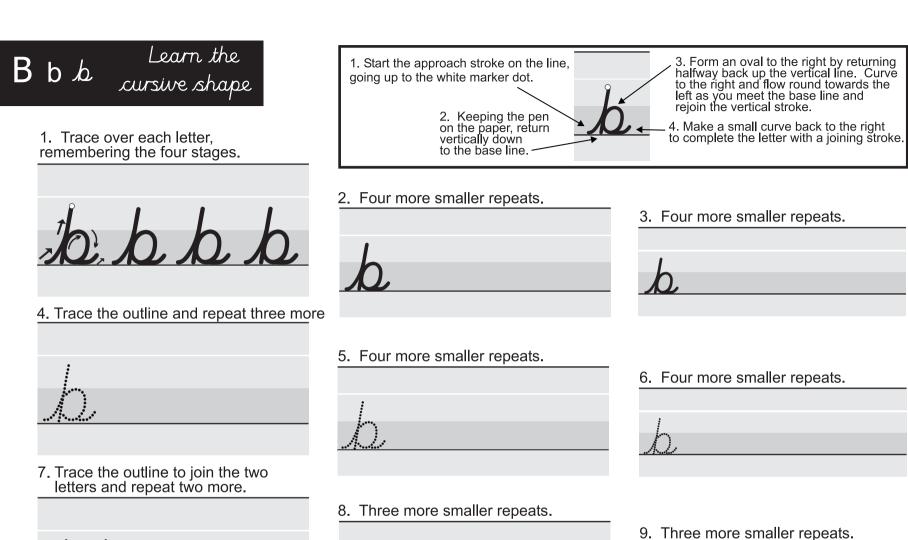
2. Repeat the words on the line below using this 'large' size cursive writing.

six tax express Sussex next context

<u>six tax express Sussex next context exist express</u>







bbbbb bbbbb

iutnmpecoadquvvvrsxlhb

Remember to dot each $\dot{m{\lambda}}$ and cross each $m{t}$ after completing the word.

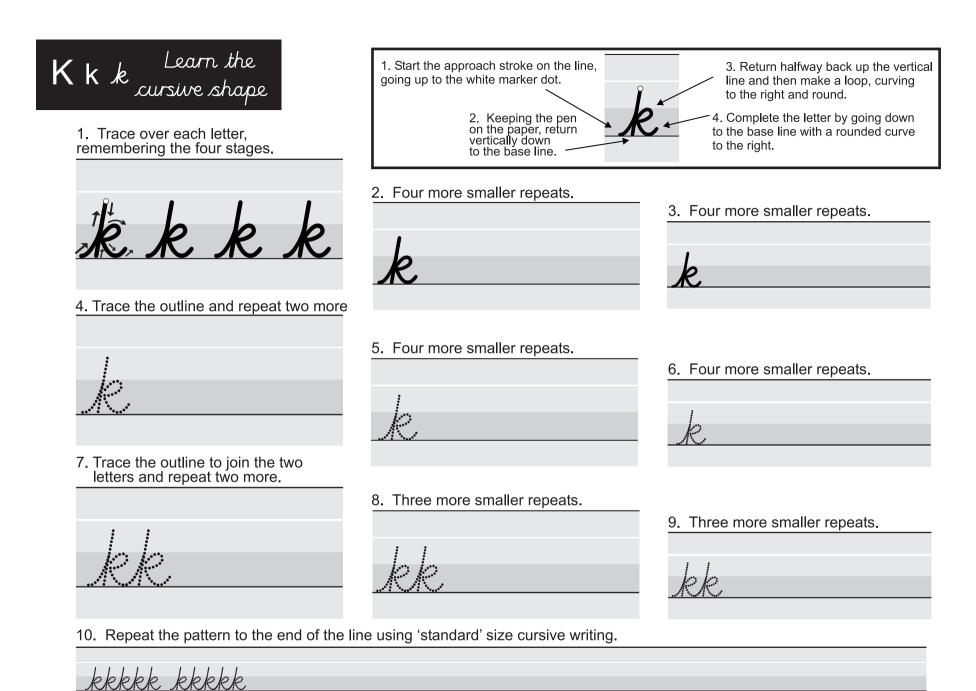
1. Repeat the words on the line below using this 'jumbo' size cursive writing.

best but bulb hubble

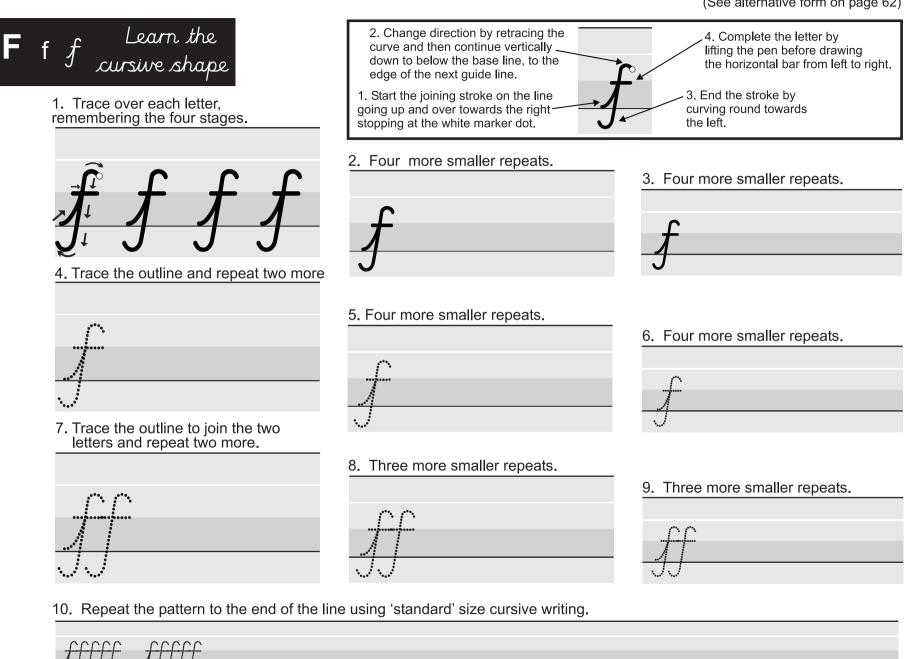
2. Repeat the words on the line below using this 'large' size cursive writing.

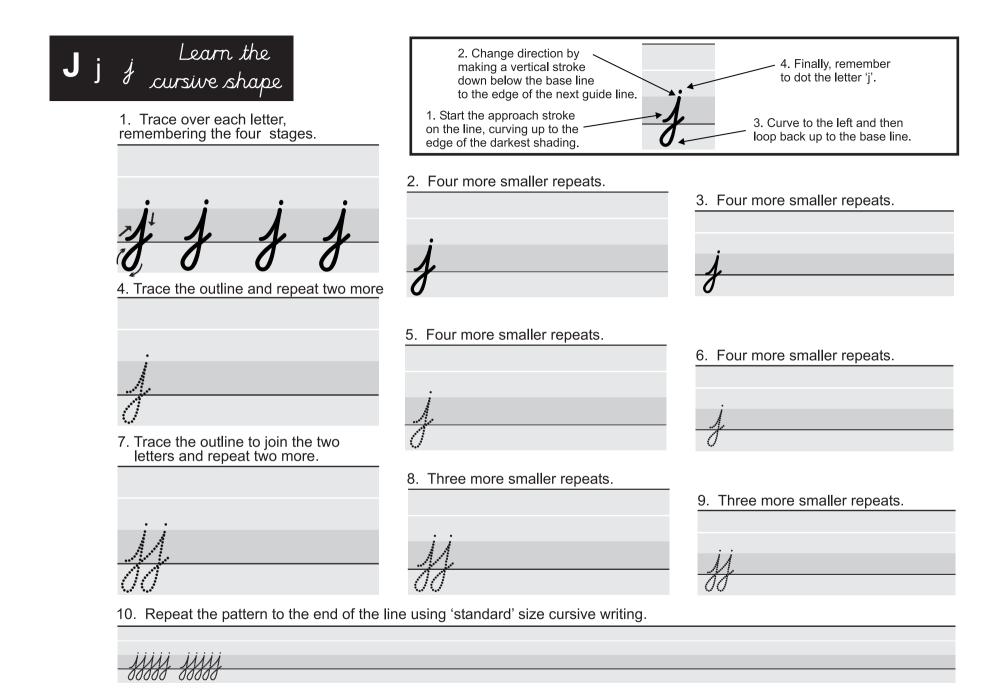
best but bulb hubble. bubble. het.

bet best but bulb hubble bubble bump limbo lamb



(See alternative form on page 62)





iutnmpecoadquvvrsxlhbkfij

Remember to dot each $\dot{\lambda}$ and \dot{j} and cross each t after completing the word.

1. Repeat the words on the line below using this 'jumbo' size cursive writing.

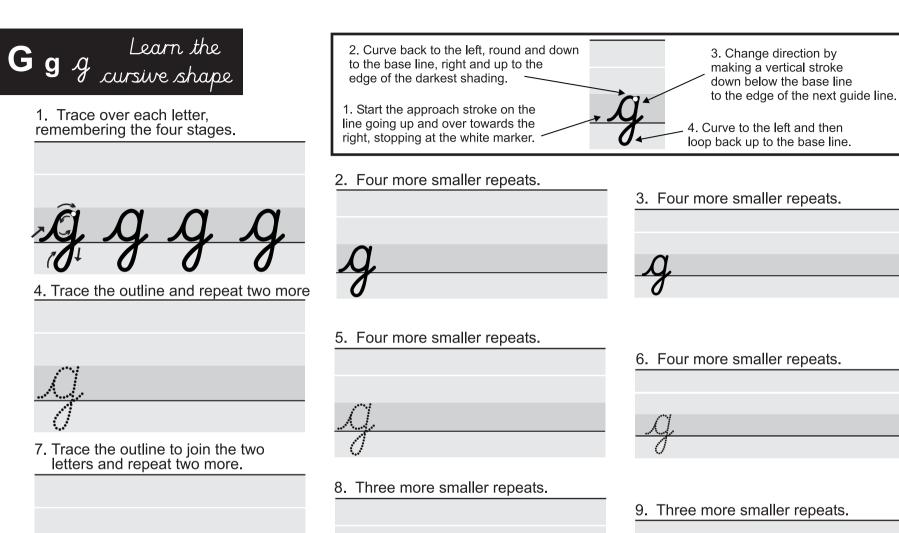
jacket lame aw

2. Repeat the words on the line below using this 'large' size cursive writing.

icket ian re

3. Repeat the words on the line below using 'standard' size cursive writing.

flame brick before soft isk jaw jacket object mn



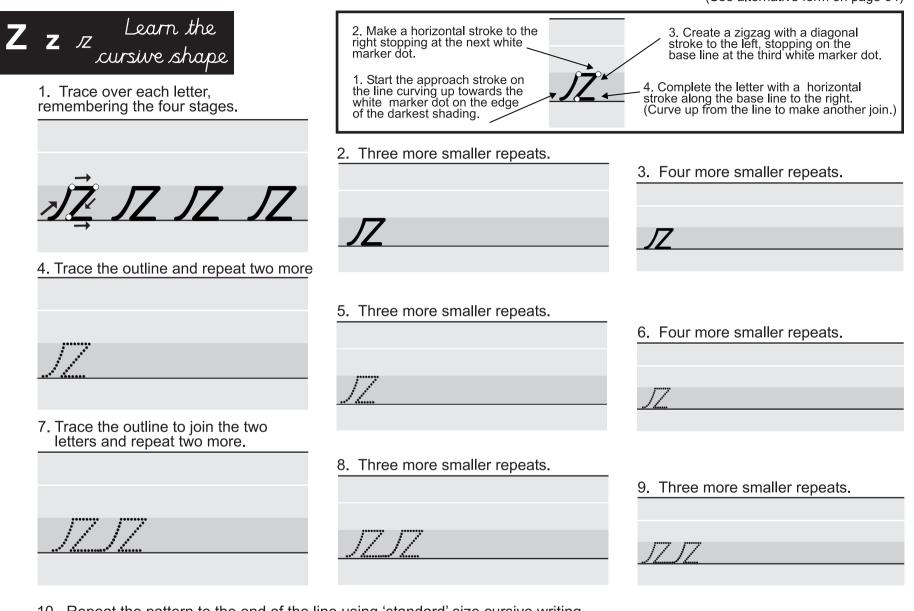
<u>.q.q</u>

10. Repeat the pattern to the end of the line using 'standard' size cursive writing.

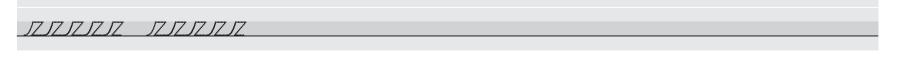
37

Learn the 2. Change direction with a vertical stroke 3. At second marker dot make down to the base line, curving to the right уy a vertical stroke down below cursive shape at the line, and then flowing up to the the base line to the edge of the second white marker dot. next guide line. 1. Start the joining stroke 1. Trace over each letter, 4. Curve to the left and then on the line going up and remembering the four stages. loop back up to the base line. stopping at the white marker dot. 2. Three more smaller repeats. 3. Four more smaller repeats. 4. Trace the outline and repeat two more 5. Three more smaller repeats. 6. Four more smaller repeats. 7. Trace the outline to join the two letters and repeat two more. 8. Three more smaller repeats. 9. Three more smaller repeats. 10. Repeat the pattern to the end of the line using 'standard' size cursive writing.

(See alternative form on page 64)



10. Repeat the pattern to the end of the line using 'standard' size cursive writing.



iutrmpecoadquvvrsxlhbkfijgyz

Link the letters

Remember to dot each $\dot{\lambda}$ and \dot{j} and cross each t after completing the word.

1. Repeat the words on the line below using this 'jumbo' size cursive writing.

busi

2. Repeat the words on the line below using this 'large' size cursive writing.

3. Repeat the words on the line below using 'true' size cursive writing.

rohra strona aaonu

insist
spoon
ggle
disco

sk skull basket sky skin sketch desk ask mask nk ink pink sink stink tank sank rank bunk link ck back pack sack stack deck neck chick stick stuck ck cricket packet ticket quickly wicked beckon bucket

tr								
	trade	trap tre	end tria	al tric	k trip	trot ti	unk p	etrol
		1			I		1	
pr								
1		1			1	1		
	pram	prank	prawn	print	preten	d prur	re ap	ron
dr								
	drama	dragon	draw	dress	drink	drive	drop	dry
								0
л								
	cram	cramp	creat a	rent	crimo	crisp	cron	cross.
				<u>, pr.</u>	N VI C			

br							
	brain	brake k	irand b	reed br	ew brid	e brisk	brother
str							
	strap	strand	stretch	stress	strict	strong	struck
spr							
		anmud		op po a d		onrinkla	oprint
	spran	sprawl	spray.	spread	sprung	Sprukie	spruu
scr							
	scram	scrap	scratch	screec	h scrit	able scr	ipture
		1					1

sm smart smash smell smile smooth small smuaale mp lump bump stump limp lamp pump skimp iump дr arin. arid arunt arand arit progress arab ng sting ring bana runa sa

ing holding hopping standing jumping ocking going ing amazing improving snoring daring joking caring Ш hill bill mill doll tell bell yell hello pull sell \mathcal{N} hook look shook book good spoon shampoo

SS	
	pass grass stress bliss miss cross glass across
all	
	all ball hall calling gall small stall tall wall
tw	
	two twenty twelve twice twin twist twinkle
	0
SW	
	swan swap swallow sweet swell swin swing

war towards reward award warn ward warp warm re live love above dove valve have give alove ex exact exit example extent exam expect express дµ <u>quack quest quick conquest queen</u> request

sh she shall shed shell ship shop shy wish splash shr shrew shrill shrimp shrink shrub shred shrug th thank thing think bath width thumb them sixth thr three thrill thrush throng thread thrash throat

ch						
	chat	check che	ss chip i	chin cho	rose benc	h lunch
			1			
tch						
	watch	catch sn	utch pitch	stitch .	hitch hui	tch clutch
			I			
ed						
	asked	ticked	stamped	tinned	opened	warmed
			1		1	
ed						
	tinted.	sanded	dusted.	mended.	reminded.	objected.
						n ngroood

Useful Links to Practise

wh whip whim whan whisk whisky whisper whisker ST born corner story transport sort sport port ay <u>day stay way holiday runway always</u> Sau. pau le ramble middle bangle tickle simple <u>little puzzle</u>

51

age stage wage average bandage cottage manage page dge badge lodge edge bridge Idae tridge smudge ou out shout about amount sound nou SOT ow low glow snow grow narrow tomorrow how now

σi coin join boil soil spoil point choice noise avoid лy annoy enjoy destroy employ loyaltu bou au laundry author automatic haunt sauce pause aw law paw saw straw lawn yawn awkward

ea	
	tea eat seat speak meal dream team please
ea	
	bread spread ready steady head wealth heather
ear	
	earn learn early heard earth search rehearse
	0
ear	
	<u>ear hear dear near year weary appear beard</u>

sa oats boat roam moan soap <u>coat</u> toast road aoa je tie believe relieve thieve piece field lie pie priest igh night right <u>thigh</u> sigh might high sig igh delight midnight tonight

ai									
	aid	paid	nail	sail	aim	main	chain	prai	se daily
								1	
air									
	air	chair	hair	pair	- stai	rs rep	air air	port	despair
-	_	_	_		_				
jr-									
-	sir	stir	bird	third	girl	thirs	t birth	rday_	circle
лг									
	hurt	nurs	e urg	ent i	burger	chur	ch pi	urse	surprise

ew	
	new steward newspaper brew blew chew grew
ure	
-	cure secure endure conjure injure failure figure
ture	
	picture structure capture mixture nature future
sure	
-	measure pleasure treasure closure exposure pressure

rade	cake	sale	game	crane	date)	shave	blaze
			0				
ide	like t	ime w	ipe c	live)	size ir	wite j	provide
			1				
code	globe	joke	stone	hope	close	. vote	. store
	0	0		1			
ube	rule	plume	ture	cute	brute	e exc	lude
		1					
	ide	ide like t ode globe	ide like time w ode globe joke	ide like time wipe c code globe joke stone	ide like time wipe dive stone hope	ide like time wipe dive size if ode globe joke stone hope close	ade cake sale game crane date shave ide like time wipe dive size invite f vode globe joke stone hope close vote ube rule plume tune cute brute exc

ph phone photograph trophy physics dolphin rephew our glamour labour harbour humour rumour hour ous famous nervous dangerous ridiculous obvious serious ough through bought enouah plough douah couch

tion					
action	collection	section m	ention que	stion station	
			V		
tion					
	. 1			1.1.	
educal	tion relaxai	tion invitat	ion situatio	on competition	
sion					
vision	, revision.	division t	elevrision or	casion tensior	٦.
cian					
_opticia	n musicia	n magici	an politic	an electrician	,

APPENDIX

Alternative Letter Formations

with

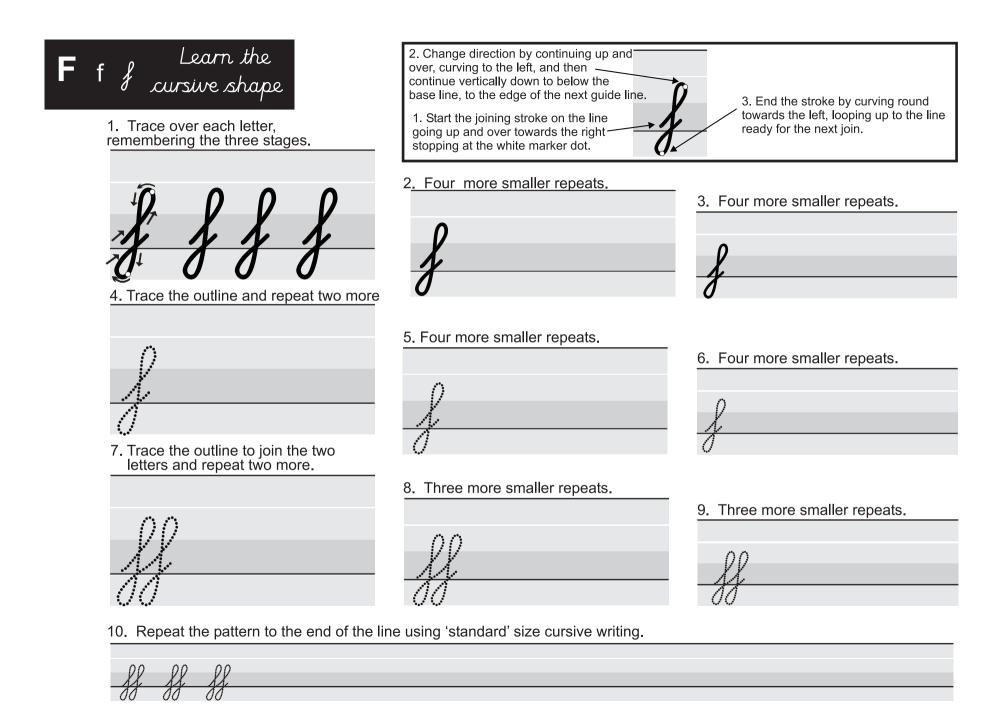
Letter Links

and

Useful Spelling Links To Practise

f and J

(Pages 62 - 71)



iutnmpecoadquvvvrsxlhbkfij

Link the letters

Remember to dot each $\dot{\lambda}$ and \dot{j} and cross each t after completing the word.

1. Repeat the words on the line below using this 'jumbo' size cursive writing.

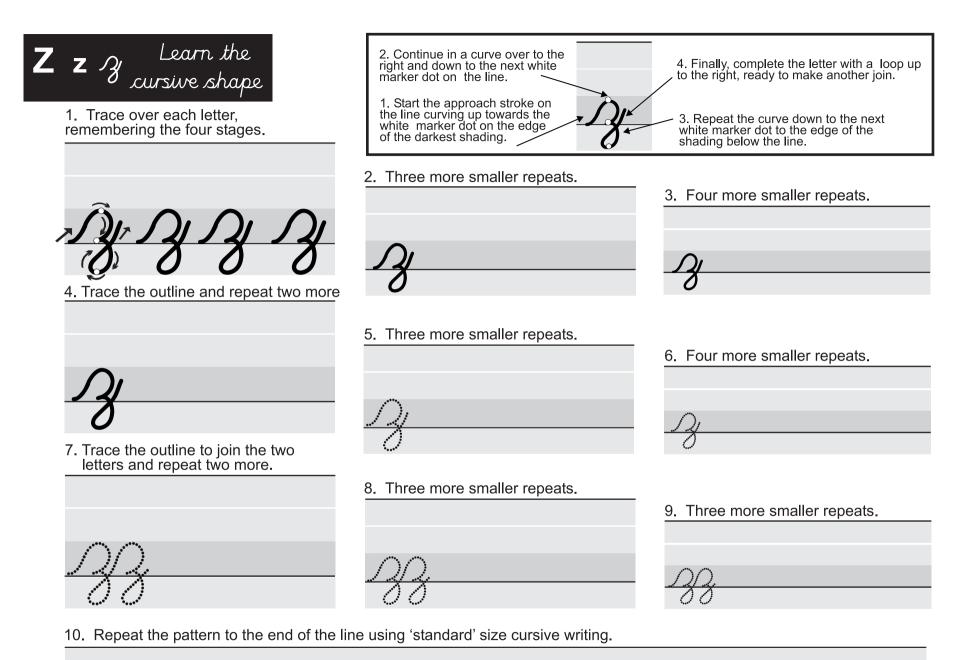
acket

2. Repeat the words on the line below using this 'large' size cursive writing.

brick. <u>before jaw jacket o</u> ame

3. Repeat the words on the line below using 'standard' size cursive writing.

flame brick before soft frisk jaw jacket jump just



iutnmpecoadquvvrsxlhbkfijgyz

Link the letters

Remember to dot each $\dot{\lambda}$ and \dot{j} and cross each t after completing the word.

1. Repeat the words on the line below using this 'jumbo' size cursive writing.

2. Repeat the words on the line below using this 'large' size cursive writing.

DUSI

3. Repeat the words on the line below using 'true' size cursive writing.

ing standing holding hopping rcking going jumpina ing blazing filling amazing fishing Ш bill mill doll hello tell σo SNOOL shampoo 200m D1

wh whim whilf whick which whicky whisper whisker DT for fork sport platform forbid story transform razor ay fray ways <u>stay</u> way holiday runway sau le frazzle fizzle fumble little middle

sa	
	road goal foal moan soap oats boat coat toast
je	
	lie pie tie believe relieve thieve piece priest field
igh	r
	<u>sigh high night right sight light might tight fight</u>
	$\frac{120g}{6} = \frac{100g}{6} = \frac{100g}{60} = $
. 1	
Ign	
	flight tonight midnight delight daylight upright
igh	

ew new few flew newspaper brew blew chew grew ure <u>cure secure endure conjure injure failure figure azure</u> ture mixture structure <u>picture</u> capture nature luture sure pleasure treasure closure measure exposure pressure

a-e made cake sale fame crane date shave blaze i-e wipe hide like time dive <u>size invite provide</u> D-D joke stone code globe close vote store hope N-L tube rule plume flute tune cute useful exclude

ph phone photograph trophy physics dolphin nephew our labour rumour humour glamour harbour hour ous famous nervous dangerous ridiculous obvious serious ough through enough couch douah

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