

This e-book provides practice pages with cursive models for more than 1600 high frequency words illustrating the unique, Peterson Method control process which enables improvement of fluency and legibility. The pages are designed for word patterning at adult size using the Peterson "directed lesson" strategy explained herein.

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Please Note:

We strongly recommend practice at large size on unlined paper or a chalkboard prior to working on adult size patterning. Improvement of gross patterns first will bring much better success at the fine level.

Item Code bh182342

The Impact of Gross Motor Patterning

The Word Masters sets provide models for practice at a practical size. In the set for grade 3, the lines are separated by half-inch spaces as shown below. Third grade children need to establish control of writing movements that will create a practical size in order to make the transition to using cursive in applied writing. But, our experience shows that presenting the child with production at adult size, will make it very hard for the child to use fluent movement. They quickly revert to drawing. This size is an accommodation that makes it a bit easier to keep the fluent movement goal.



If you try writing at the size shown using one of the grade three worksheets, you will quickly discover that you are forced to move your arm to achieve the size of the tall letters. That is by design and based upon new understanding of the relationship between the gross motor system and the motor system that controls smaller handwriting movements. You will discover that it is easier to count aloud as you write at a larger size than it is at adult size. You may not have very good control of the movement at first, but it is easier to move with rhythm.

We now know that the gross motor system gathers movement control information (patterns) rather easily and readily shares it with other muscle groups. Gross patterns are like super highways passing information in all directions. Fine patterns are like one-way streets. To prove this you need only try to write your name at adult size using your opposite hand. Very few people can do this without a lot of frustrating effort, and then still not achieve any sort of fluency.

The point is quite simple. Your effort to improve fluency and control of adult size writing will be far more successful if you master a target word at a large size prior to attempting to produce fluently at adult, fine motor size. You will find that it is much easier to write the target words while counting aloud at a large size than it is at adult size.

5, 6 7,8 9 10 11 dot, cross

It also helps if you do this large writing on unlined paper or if possible, on a chalkboard. Once you have good control information patterned for the gross system, it will feed that information to the fine level and your effort to improve fine control will become much easier.

So, if you plan to use the Advanced Level Word Masters to improve adult handwriting, or that of an intermediate student, you should follow the large-to-small plan of attack. You can do this word-by-word or letter-by-letter. Based upon our experience and feedback from many clients, a little time invested in gross patterning first, will get much better results in much less time over all.

How large should the gross-motor practice be?

The answer is, large enough to demand arm movement. Judge your need by using your voice and the count technique. If you are not able to count aloud as you produce the strokes to complete a target word at adult size, try again at a larger size. Try "writing giant letters in the air" while counting several times. Then move back to unlined paper to try again at a smaller size.

A simple way to test for mastery of a target word, is to count and write with your eyes closed. If you are satisfied with that outcome, move on to the lined practice page and adult size. Test that outcome the same way. If you are not sure about self-evaluation, use the Letter Tops process to guide your critical thinking.

It should help your confidence to know that only three movements are used to create the four basic-stroke shapes for all 26 lowercase cursive letters. It is also true that only two of those movements, the under curve (rock) and the over curve (roll), control legibility factors. That means it should get easier to master control as you progress through the lists. Mastery of the first word will make it easier to internalize control for the second. At some point you may find that you can get through the gross motor step with just a bit of air writing.

A Tip For Professionals

Every profession has a technical, language. As you work though the common language words on Word Masters pages, it would be a good idea to build another list of words made up of the high frequency words of your profession. Apply the same practice techniques to the words on your professional list. Please also consider the ergonomics of your work situation.

You can practice on these sheets at a desk offering the best ergonomic situation. But, ideal ergonomics may be hard to find in your work environment. Adding notes to a patient chart while standing at the foot of a hospital bed, does not present a very good ergonomic situation for handwriting control. Dashing off notes during testimony at trial may demand more speed than you can control. Control always degrades as execution speed increases. And, control is adversely affected by less desirable ergonomics. Look for ways to improve a poor ergonomic situation and consider practicing your professional high frequency words in the same ergonomic situation you will encounter at work. If your goal is very high speed, recognize that a lot more practice will be needed, and that the high-speed goal becomes harder to reach as less than advantageous position skills are forced by the writing situation.

Use this blank page for eyes-closed practice.

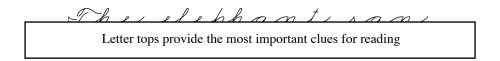
ADVANCED WORD MASTERS from Peterson Directed Handwriting

This e-book contains pages for special patterning practice with high frequency words. The words are not presented according to frequency of use. They are presented according to the type of joining strokes needed to write the words for accuracy and fluency. These practice pages have proven to be highly effective in all cursive handwriting practice situations, including remedial work for hard to motivate middle school and high school students. Directed practice will bring improvement much faster than independent work.

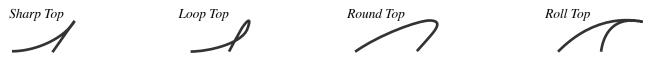
While the science is complex, the Word Masters strategy is simple and easy to understand. We have followed Vince Lombardi's famous dictum -- "Simple strategies, well executed, produce dramatic results."

THE STUDENT NEEDS TO UNDERSTAND THE GOALS FOR THE PRACTICE EXERCISE

You will note that the words are divided into families using two factors: the shape of the letter tops and the control factors related to joining strokes.



GOAL 1. LETTER SHAPES - The lowercase cursive alphabet is based on four (4) basic shapes (basic strokes). Each of these basic strokes can be formed with rhythmic movements (out-right, back-left). The goal is to produce legible shapes while using rhythmic movement.



The names of these basic strokes can be used as "action words" to direct practice sessions. Chanting action words aloud as shapes are written creates a rhythmic template for movement. Verbalization is key to the exercise since it indicates the use of the internal model in the writing process. If the voice won't work your student is unable to produce at the same rate and falls behind all of those who can keep the voice going. It is a very basic goal involving a direct challenge for the brain. The student who cannot produce the word with rhythmic movement needs to solve the problem if he or she ever hopes to write legibly at a fluent pace.

Word writing involves a motor process that operates a bit like a computer. When you open a document that is stored on your hard drive, it is moved from storage to the active RAM. When the brain calls up a word, it is moved into an active motor system for application. However, the first interruption of rhythmic flow (dysfluency) in the sequence shuts down the motor pattern forcing the brain to use only the visual feedback system in order to continue. Fluent production stops because the visual system cannot execute rhythmic, goal-oriented movement. This practice is designed to allow the brain to encounter and correct dysfluencies in the word sequences so that fluent production can be maintained.

Goal 2. JOINING CONTROL - The letters of the lowercase cursive alphabet can be grouped by joining control characteristics. There are three distinct groups of letters that have a common control mechanism - the rhythmic end point. Dysfluency is most frequently shown, in thousands of digital samples, to be related to confusion about the end point of a cursive letter. Remember that the fluent type of movement is goal oriented. The goal of cursive print is to exaggerate the end point of each letter in the word to address any confusion that might exist.

<u>ardefhiklmnþqrstuæ</u> Baseline Joining Group (18 letters end on the baseline. Two Baseline Joiners Required)

tisuelfrephk

_____mmaradq

Sharp and Loop Top Beginning Strokes

Round and Roll Top Beginning Strokes

Above-line Joining Group (Four letters end above the baseline. Two Tarzan Joiners Required

boww bubble van over

Below-line Joining Group (Four letters end below the baseline. Two Submarine Joiners Required

jet go giggle tough

WORD MASTERS helps students develop and improve control because the words are presented for practice in sensorimotor families. If the student practices each word <u>thoughtfully</u>, he or she will develop better muscle patterns that should lead to observable improvement in applied cursive work.

Hundreds of teachers tell us that many students ask to print for applied work. This common situation is a call for help. The student is experiencing the need to concentrate on what needs to be said in the writing task. To focus on text generation the brain needs to call on the automatic guidance system for control of the pencil. The pupil is not confused about end points for manuscript letters and can therefore, handle text generation tasks more easily.

When they ask, the answer could be, "Yes, but print the cursive letters." This technique allows students to use rhythmic movement for words - one letter at a time. As cursive dysfluencies are eliminated and words are integrated students will "forget" to lift and adult flow will begin to show in applied work as the brain focuses upon text generation and reaches for the automatic type of movement. The initial pages include words that use baseline joiners only and in a sequence that correlates with the We Write To Read lesson plans for skill development.

DIRECTION OF RHYTHMIC PRACTICE WITH COUNT

The motor research is clear. Rhythm is a key to integration of control for improved legibility as demands for more speed are realized. Teach students how to count aloud as they write. While action words are effective for emphasizing the shape we need to make, count is a much easier way to direct word integration practice. The color rhythm alphabet provided by Peterson in the We Write To Read materials makes it easy for students to figure out the count. In reality, we count for the rocks and rolls - not for the downstrokes. While count is provided for each letter in the student text, Color Rhythm shows the count on wall cards as well. When a letter is one color (i, t, s, e, l) only one count is needed in word production. Two-color letters need two counts, three-color letters need three counts. Count also for the ending stroke that spaces words in a sentence. Count for capital letters is great for pattern integration but we seldom use it in words. Instead we say the name of the capital letter as we write it, then count for the lowercase forms. Add dots, crosses, and punctuation like the apostrophe after the word is written.

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The "Rock & Roll Reading Puzzle" below shows only the rock and roll strokes for which we count.

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You will find a number of "Reading Puzzle" pages as you work through the lists. As movement patterns are internalized the dynamic information in the motor patterns will make it easy for your students to "see" the letters and solve the puzzles. We believe it is a great illustration of the powerful contribution handwriting lessons offer for improvement of reading fluency.

You can create your own reading puzzles using the PM Cursive Rock and Roll font that is included in the Peterson Method font family.



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within without witness. Join ter whitin Cursive Print Join Up to this point you have worked to master the swing Tarzan joiner. Now it's time to master sway joiners. First you will notice a number of words require joining letter o to the c. The hook of the c is very important to those reading your work. It takes a little extra practice to master this joining stroke. You will also need to combine a rock and roll for the sway joiner that creates a round top and roll top shapes for letters like n and a. You will find Rock & Roll Reading Puzzles scattered through the lists. By now the reading puzzles should be easy to solve because your muscle memory can help. **Cursive** Print Join Cursive Print Join bro rd) Cursive Print Join



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Well, we just cannot think of anymore words that use Tarzan letters. It must be time to start working on the most difficult joiners you need to use. The Submarine family of letters; g, j, y, and z are tricky letters to join because you must slide so far to the next letter. There are not as many words that require us to join submarine letters. That may be one of the reasons some people have trouble. You don't get to use these joiners as often as all of the others. We could only come up with 204 words for you to practice these new joining strokes.

Joiner #5 rolls then rocks to form sharp top and loop top letters. Joiner #6 rolls to form round top and roll top letters.

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Joining strokes control the size of the letters. One of your goals has been to control joinings so that vowel size letters are only one third the size of tall letters. We have tried to arrange the words on each line to create a size challenge. If you have trouble getting the words on one line like the models are arranged, check the size of your vowel size letter parts. Using adult proportion allows many more letters on each line of writing.



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Use this page to practice problem letters and words as you discover them. Find the letter in your book. Fingertrace the movements with action words and count. Use the "eyes closed" box to test your muscle memory by joining sets of three or four. Move to the lines and write with eyes open. Make sure you can keep your voice working. Finally, practice the trouble word with the count to make sure that you have corrected the problem letter.

Eyes Closed Box - Test your muscle memory. Join the trouble letter in sets of 3 or 4 as you chant action words and count.

Make sure you can keep your voice working when your eyes are open to use the lines. Practice sets of the trouble letter until it is easy to chant and count. Work for consistent shape, size, and spacing. Then practice the word with count. You may want to use this page with spelling and vocabulary words too.