

| Sound | Handwriting Phrases |
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| a | Round the apple and down the leaf (apple) |
| b | Down the laces to the heel, round the toe (Boot) |
| c | Curl around the caterpillar (caterpillar) |
| d | Round his bottom, up his tall neck and down to his feet (dinosaur) |
| e | Lift off the top and scoop out the egg (egg) |
| f | Down the stem and draw the leaves (flower) |
| g | Round her face, down her hair and give her a curl (girl) |
| h | Down the head to the hooves and over his back (horse) |
| i | Down his body, and a dot for his head (insect) |
| j | Down his body, curl and dot (Jack in the box) |
| k | Down the kangaroo's body, tail and leg (kangaroo) |
| l | Down the long leg (leg) |
| m | Down Maisie, over the mountain, over the mountain (Maisie and mountains) |
| n | Down Nobby, over his net (football net) |

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| o | All around the orange (orange) |
| p | Down his plait and around his head (pirate) |
| q | Round her head, up past her earrings and down her hair (queen) |
| r | Down his back, then curl over his arm (robot) |
| s | Slither sown the snake (snake) |
| t | Down the tower across the tower (castle tower) |
| u | Down and under, up to the top and draw the puddle (umbrella) |
| v | Down a wing, up a wing (vulture) |
| w | Down up, down up (worm) |
| x | Down the arm and leg and repeat the other side (exercise) |
| y | Down a horn, up a horn and under his head (yak) |
| z | Zig – zag- zig (zip) |