



COURS PI

☆ *L'école sur-mesure* ☆

de la maternelle au bac, Établissement d'enseignement privé,
par correspondance, déclaré auprès du Rectorat de Paris

Cahier d'écriture

APPRENTISSAGE ET PERFECTIONNEMENT

ce cahier appartient à

.....

Niveau

Piou-Piou



PRÉSENTATION

Ce cahier d'écriture propose à l'élève un support d'entraînement en écriture cursive.

Les exercices d'écriture de lettres et de chiffres, sur lignes, sont ici réalisés sur Seyès 3mm (2 lignes) : première étape de progression vers la norme classique de l'ensemble des supports d'écriture.

Ce cahier sera celui de l'élève. Il ne tient qu'à vous de vous en emparer, et de l'explorer dans l'ordre qui vous plaira. En effet nous avons choisi de présenter les lettres dans l'ordre alphabétique, mais cela ne vous empêche pas d'imaginer une autre manière de le découvrir, en lien par exemple avec la progression du cours.

Pour chaque lettre nous déploierons une méthodologie progressive :

- > découverte du tracé, des déplacements et des étapes
- > exercice de tracé à l'intérieur de la lettre
- > exercice d'écriture sur ligne

Les lettres et chiffres présentés dans le présent cahier ont été établis sur la base des recommandations de l'Éducation nationale en Maternelle, à savoir l'écriture bâton.

Les exercices proposés ici sont adaptés aux enfants gauchers comme droitiers, puisque nous y avons implémenté un modèle de lettre à gauche (pour les droitiers) et à droite (pour les gauchers).

CONSEILS D'ÉCRITURE

> INTRODUCTION

L'écriture est un moyen de communication qui représente le langage à travers l'inscription de signes sur des supports variés. C'est une technique qui s'appuie sur les mêmes structures que la parole, comme le vocabulaire, la grammaire et la sémantique, mais avec des contraintes additionnelles liées au système de graphies propres à chaque culture.

Dans les sociétés humaines émergentes, le développement de l'écriture est probablement lié à des exigences pragmatiques comme l'échange d'informations, la tenue de comptes financiers, la codification des lois et l'enregistrement de l'histoire.

La première écriture connue à ce jour, appelée cunéiforme, est apparue en Mésopotamie, dans les premières sociétés sédentaires, il y a environ **5300 ans**.

> LES BONNES PRATIQUES

L'écriture est donc un moyen de se faire comprendre, de réunir des connaissances, d'archiver l'histoire et d'exprimer des idées et des sentiments. Elle est incontournable.

Afin de bien s'en emparer, il faut d'abord adopter quelques bonnes pratiques afin de l'aborder dans les meilleures conditions :

> CHOISIR LE BON MATÉRIEL

Plusieurs outils sont disponibles pour écrire, et il convient à chacun de trouver celui qui lui va le mieux. Accompagnez l'élève dans la découverte du matériel, et soyez attentifs au rendu et au confort. N'hésitez pas à faire des essais et à préciser vos choix petit à petit.

> TRAVAILLER SANS TENSION

L'attention et la concentration sont des facteurs importants de pleine acquisition et de réussite.

Abordez l'écriture avec l'élève dans un climat de confiance et un environnement serein.

Encouragez-le toujours dans les étapes de ses apprentissages.

> BIEN SE POSITIONNER

Tout comme l'esprit, le corps doit trouver la bonne posture autour du dispositif d'écriture.

Le support d'écriture (papier, cahier...) doit être posé à plat sur un mobilier adapté, où l'élève pourra venir s'installer dans des conditions confortables pour lui.

Très souvent les élèves inclinent légèrement le support par rapport à la position de leur buste, de manière très naturelle, afin de trouver une approche qui leur convient.

Le coude – posé sur la table – sera le point d'appui des différents mouvements de bras. La main, bien souple, se place souvent dans le prolongement naturel du bras.

> TENIR SON STYLO

Pour un droitier comme pour un gaucher, la position du bras, de la main, et la tenue du stylo sont identiques.

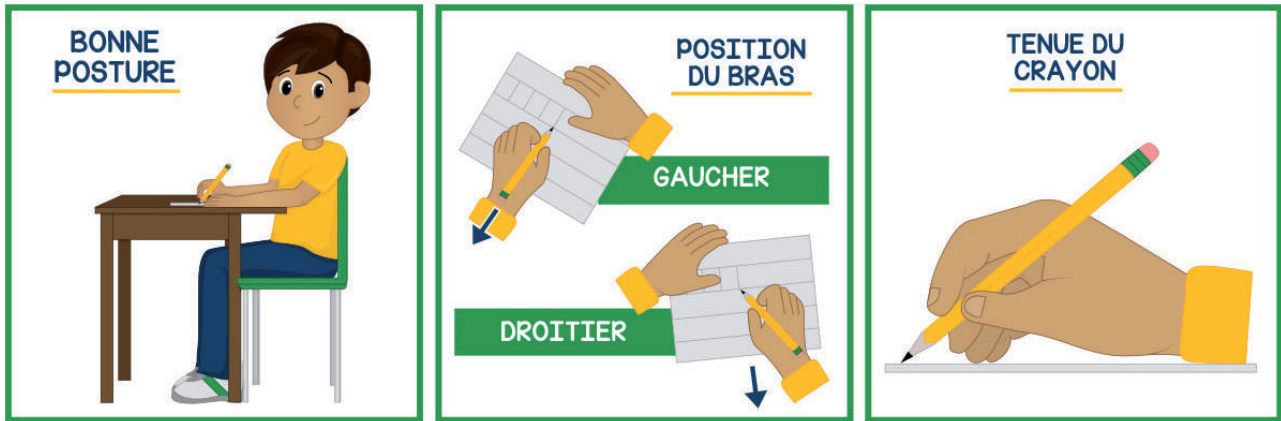
Pour tenir un stylo on utilise les 3 premiers doigts de la main.

- > le pouce et l'index tiennent le stylo
- > le majeur sert d'appui et de guide.



> EN RÉSUMÉ

En résumé retrouvez dans le schéma ci-dessous les bonnes postures de l'écrivain.



> LE SECRET : PATIENCE ET RÉGULARITÉ

C'est par une pratique régulière de l'écriture que l'on acquiert le bon geste.

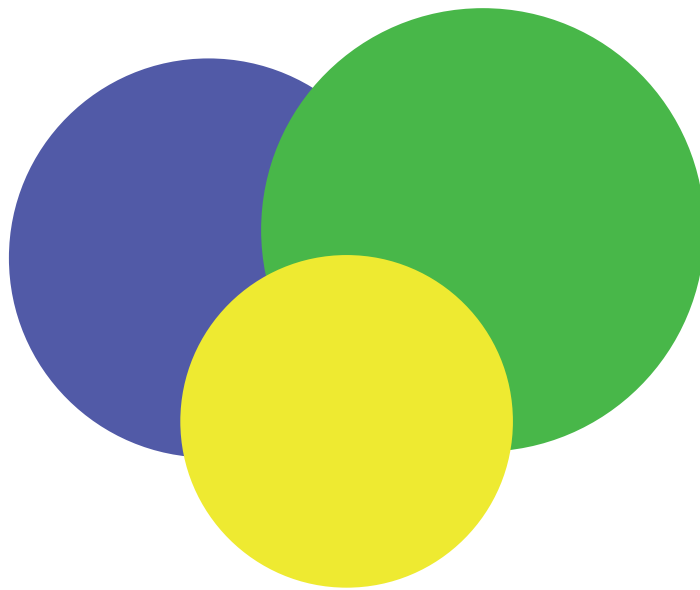
L'élève ne doit pas se décourager, et travailler tranquillement et régulièrement.

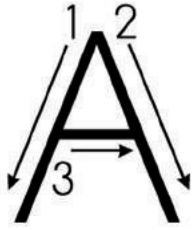
Il faut toutefois être vigilant à son énergie, et veiller à ce qu'il ne se fatigue pas. S'il venait à se lasser, faites une pause et reprenez l'activité à un moment plus opportun.

Vive l'écriture

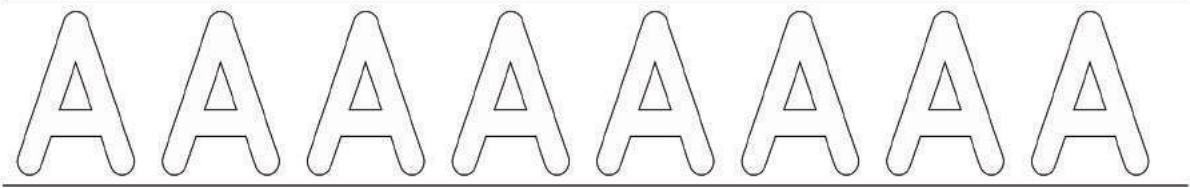
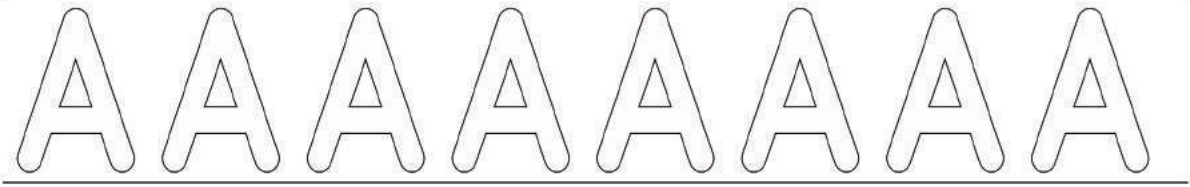
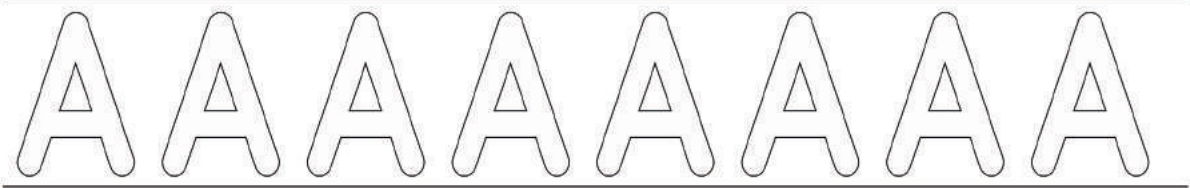
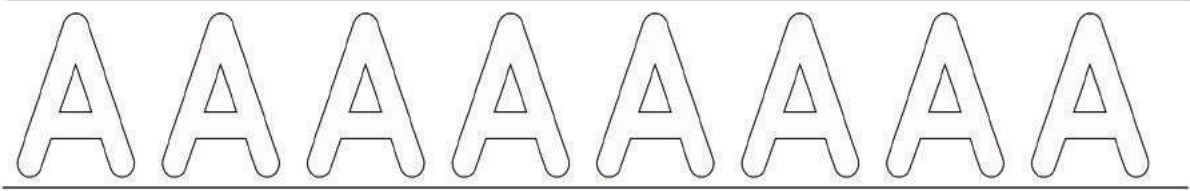
Les lettres

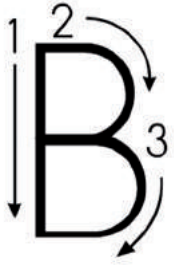
Niveau
Maternelle



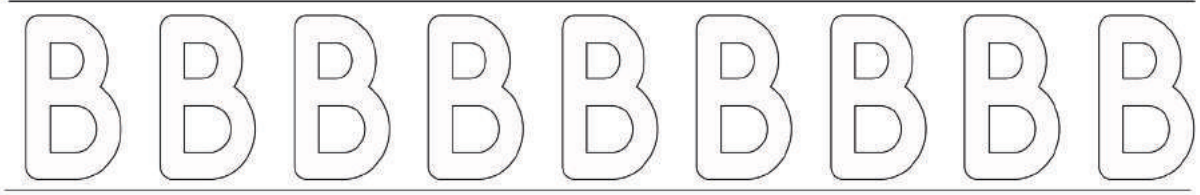
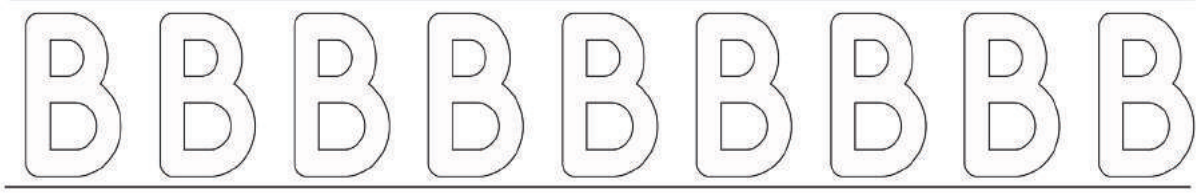
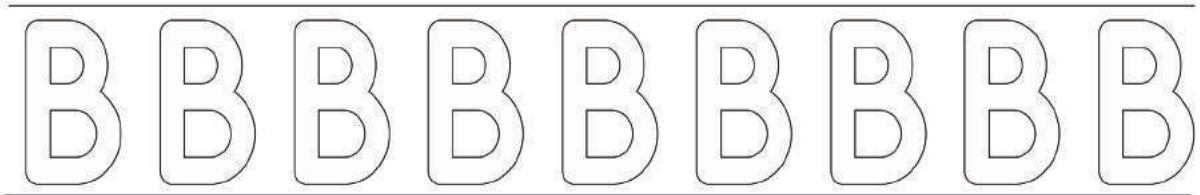
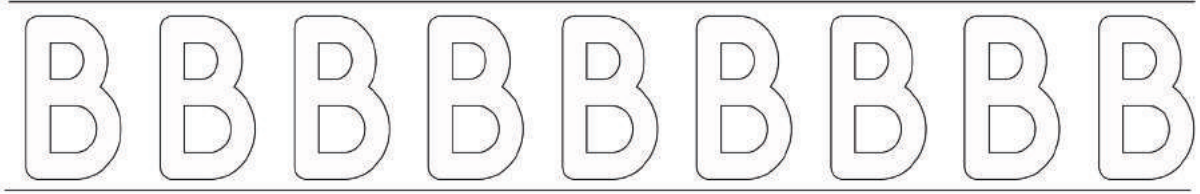


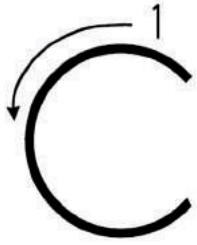
ABEILLE 



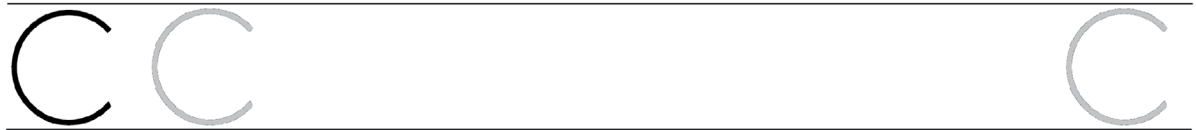
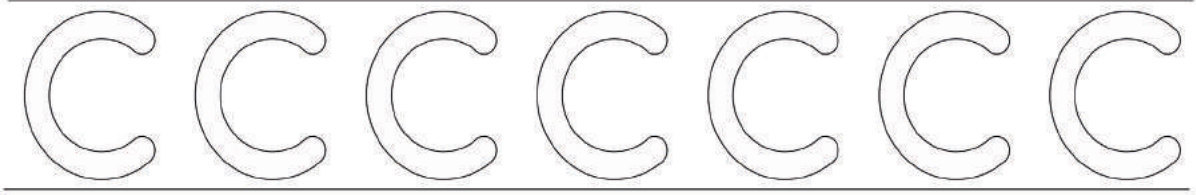
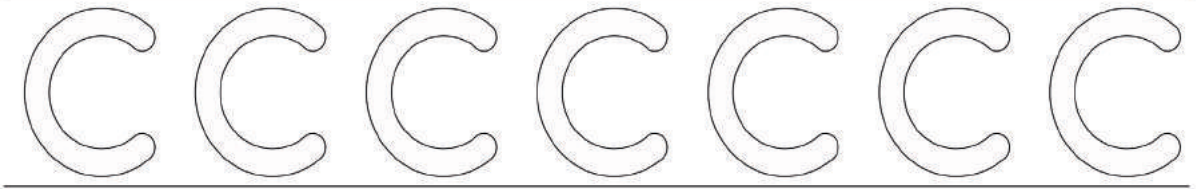
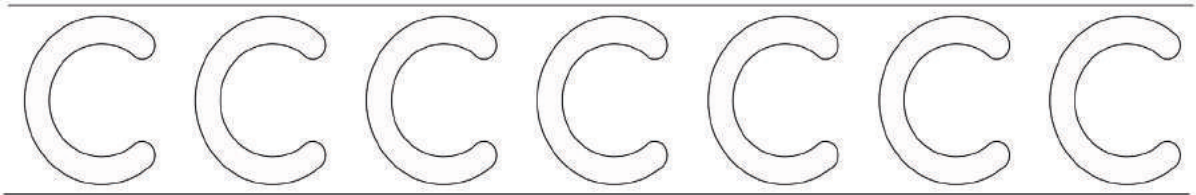
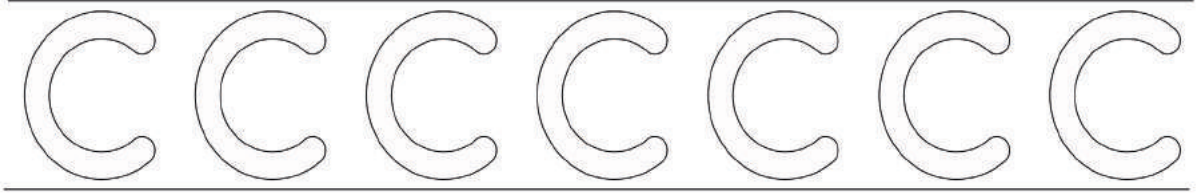


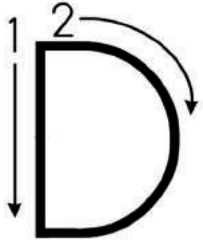
BALEINE



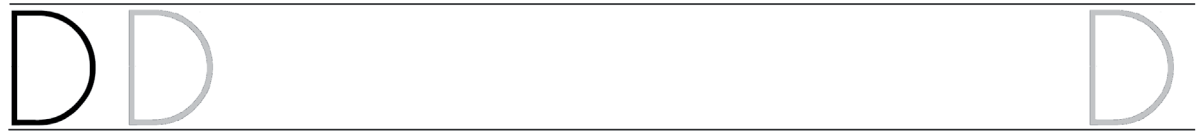
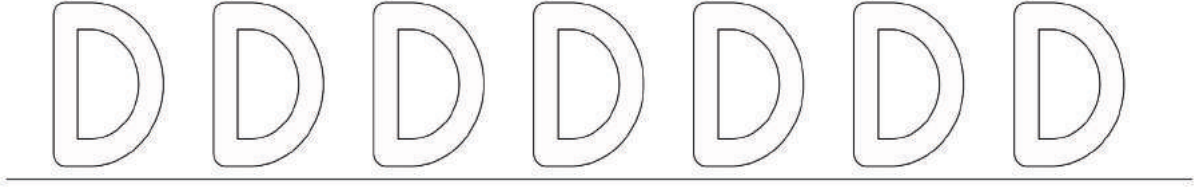
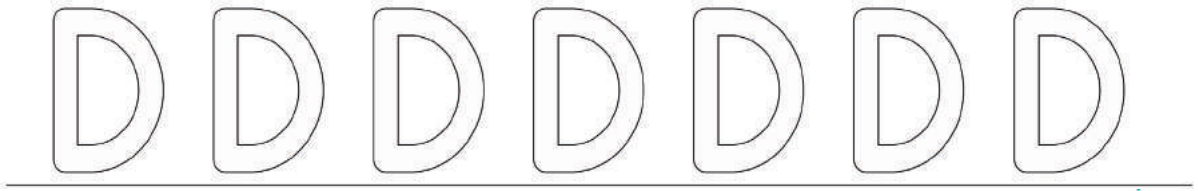
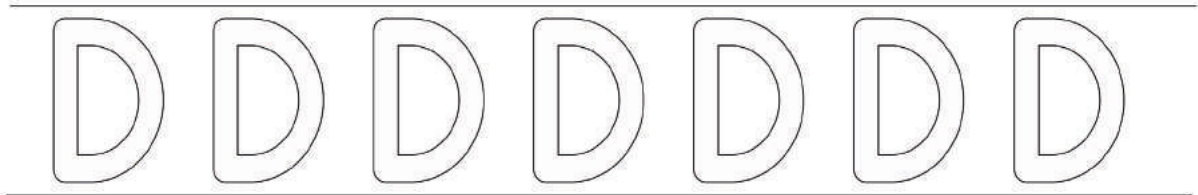
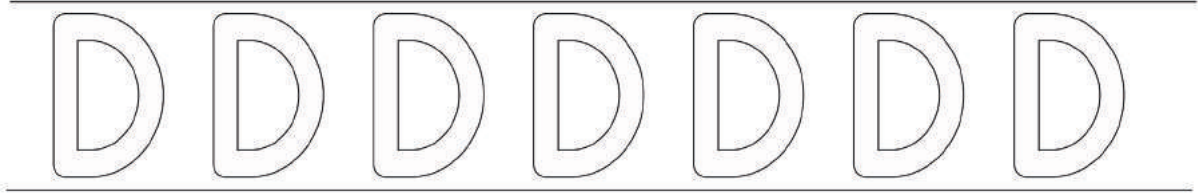
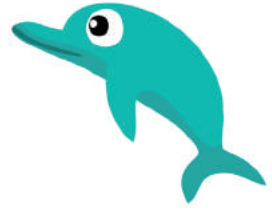


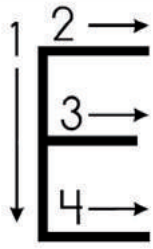
CITRON 



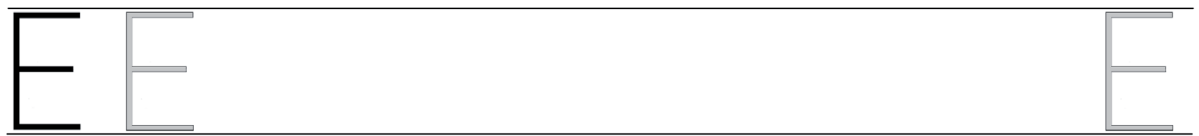
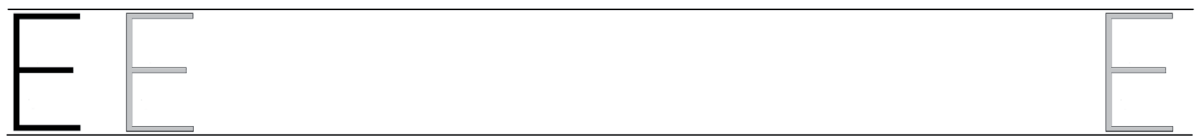
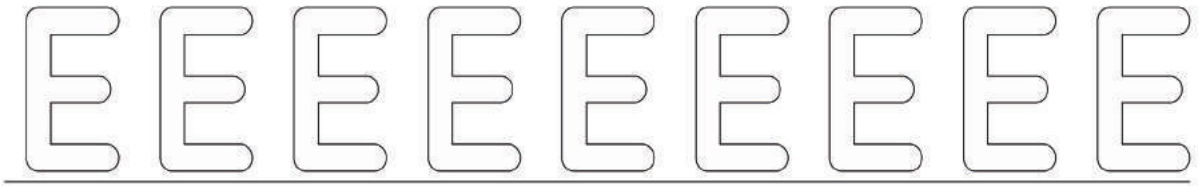
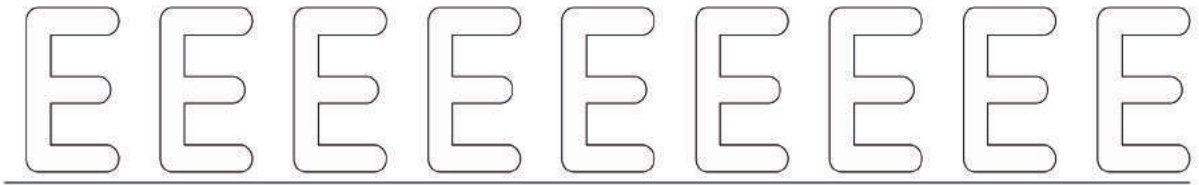
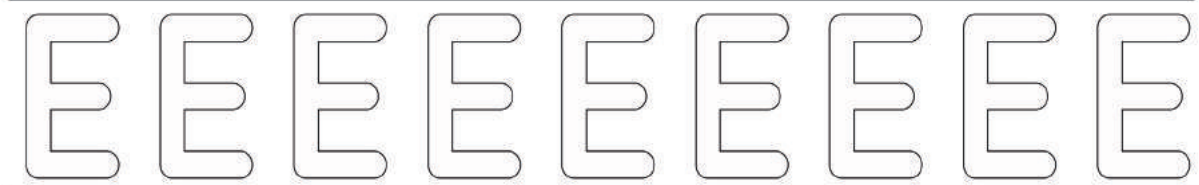
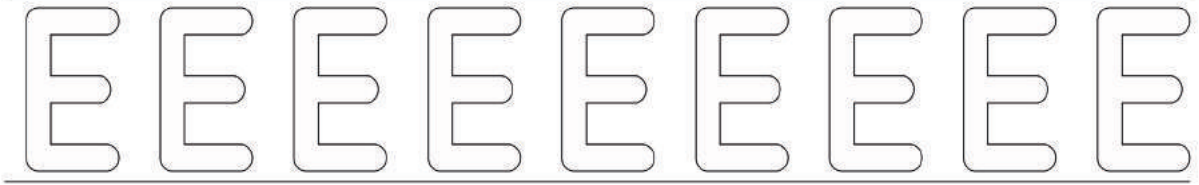
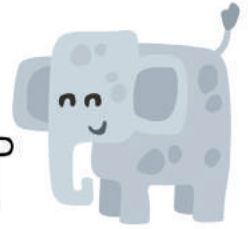


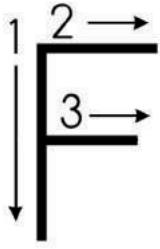
DAUPHIN



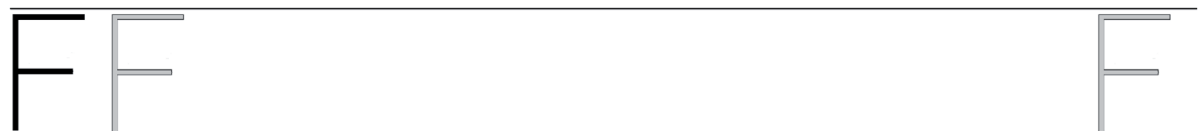
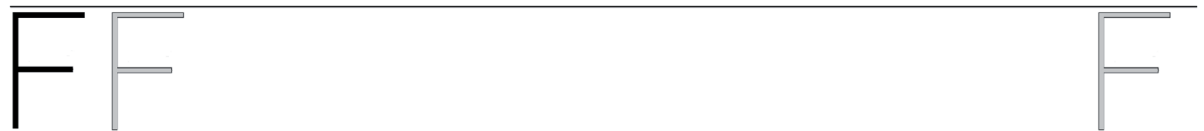
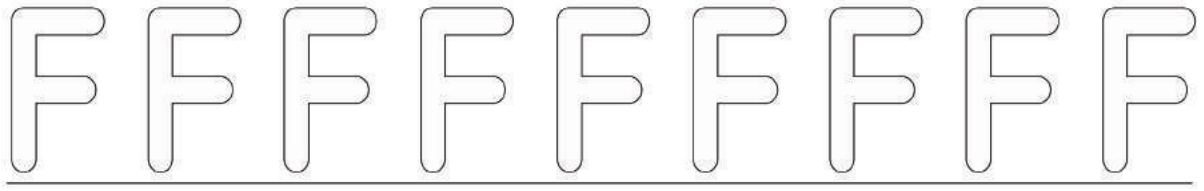
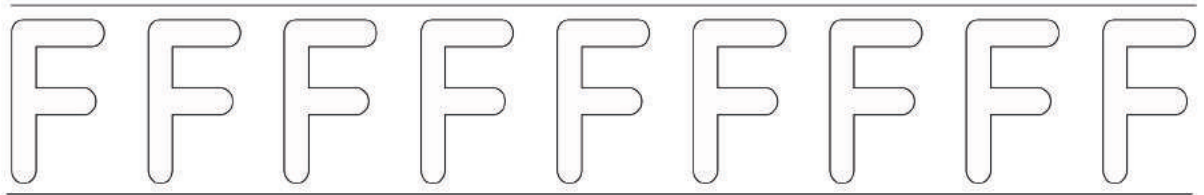
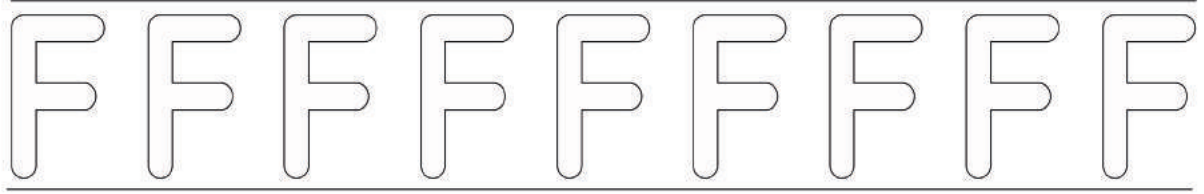


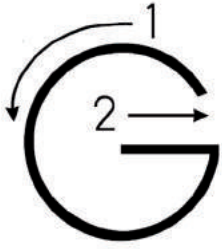
ÉLÉPHANT



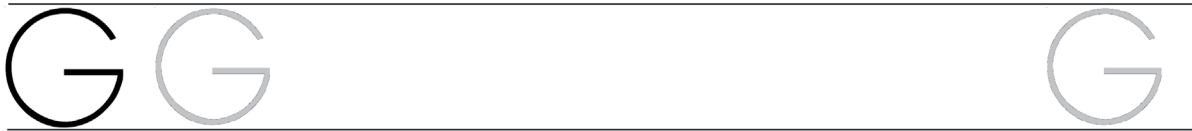
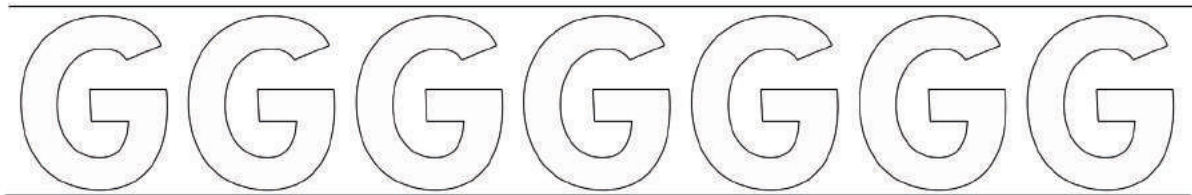
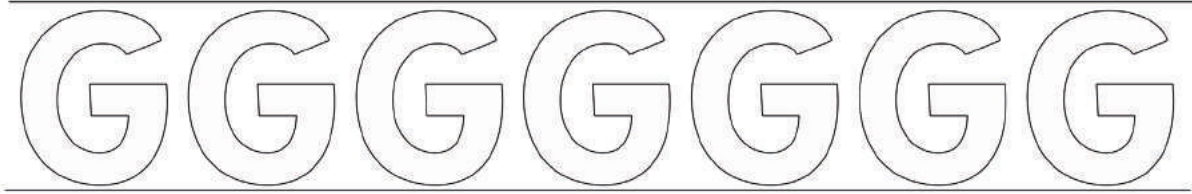


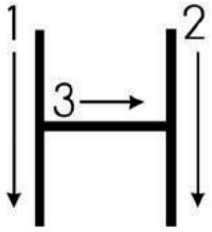
FLEUR



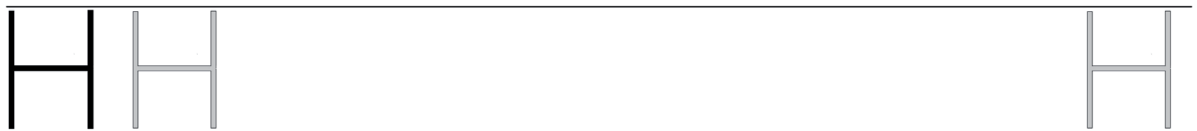
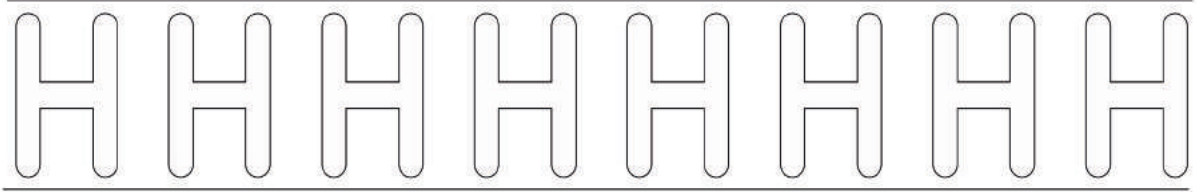
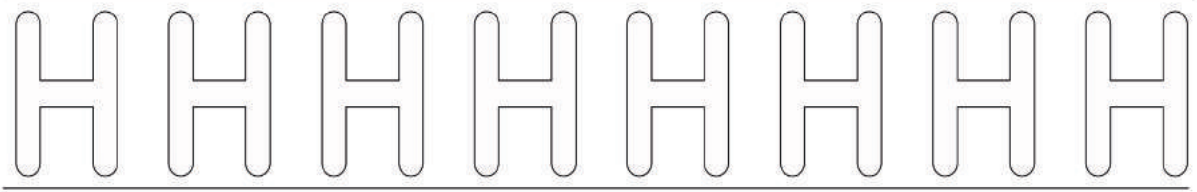
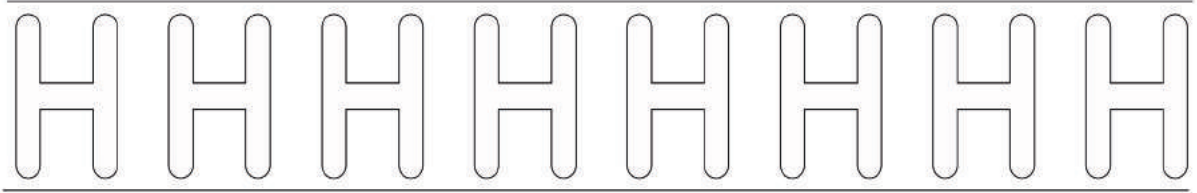
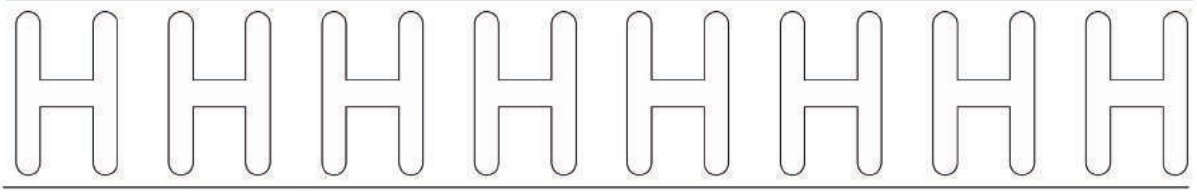
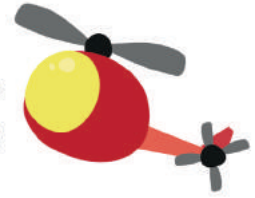


GIRAFE



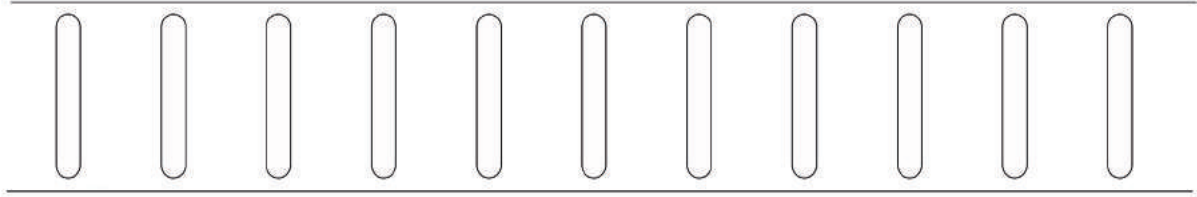
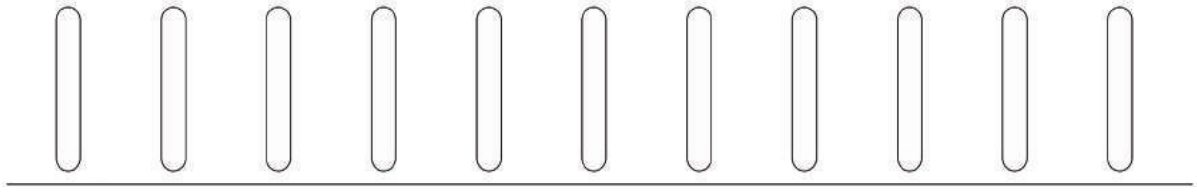
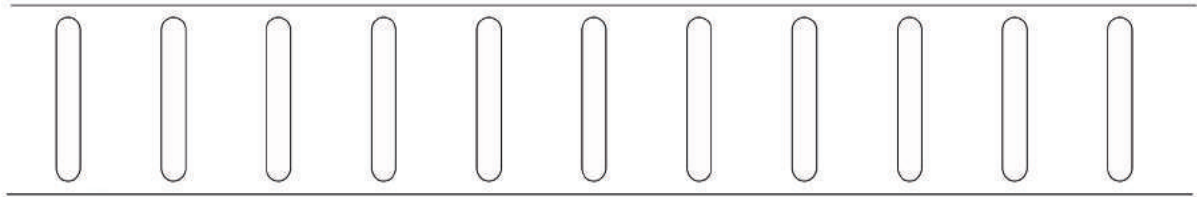
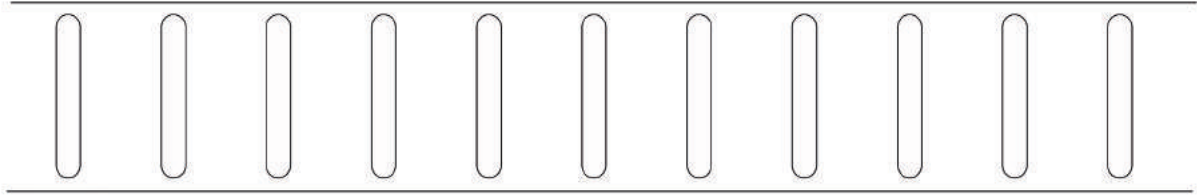


HÉLICOPTÈRE



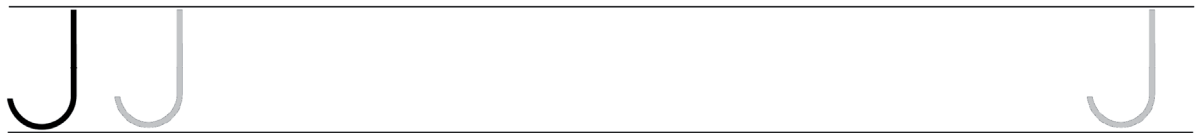
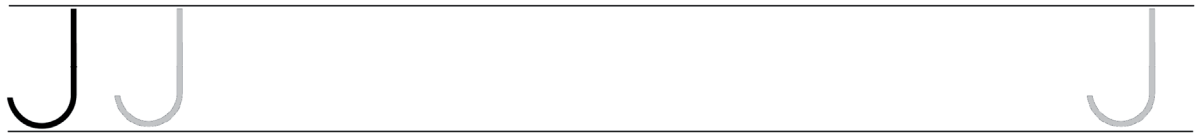
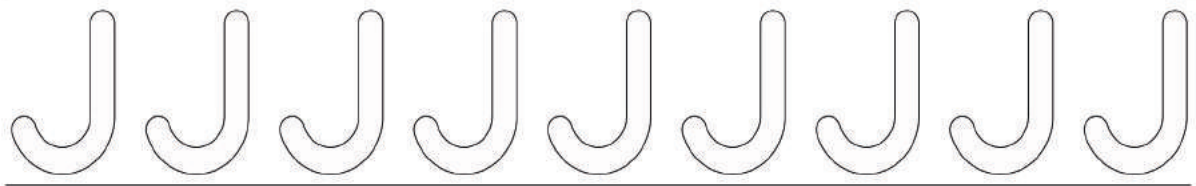
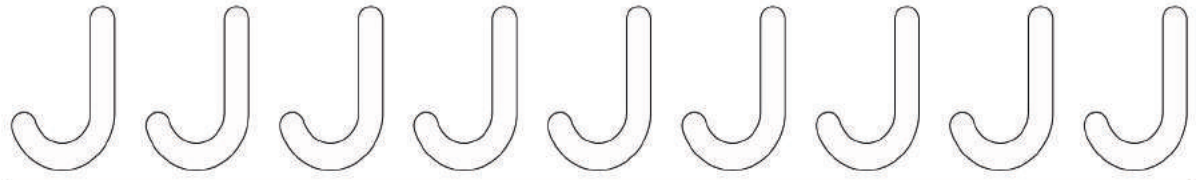
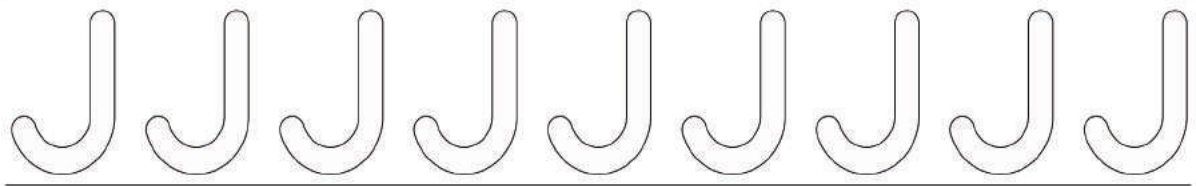
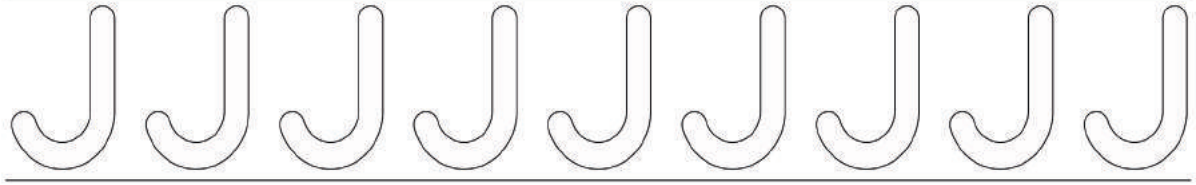


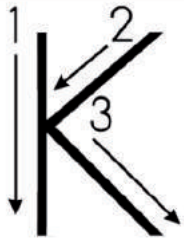
IGLOO



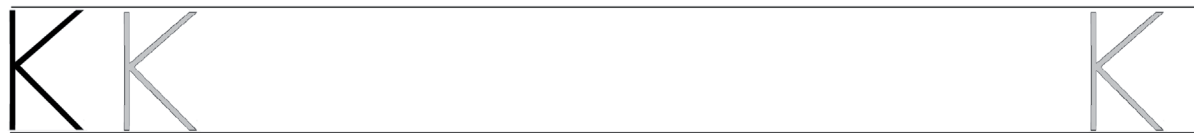
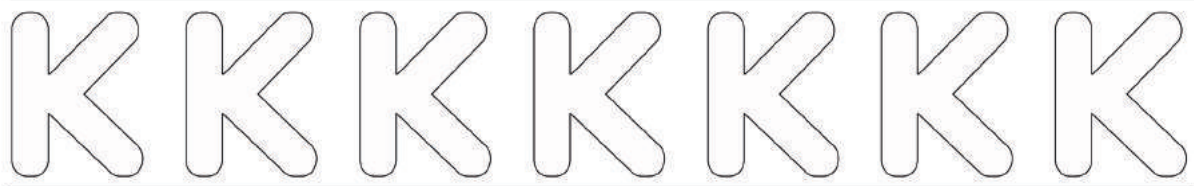
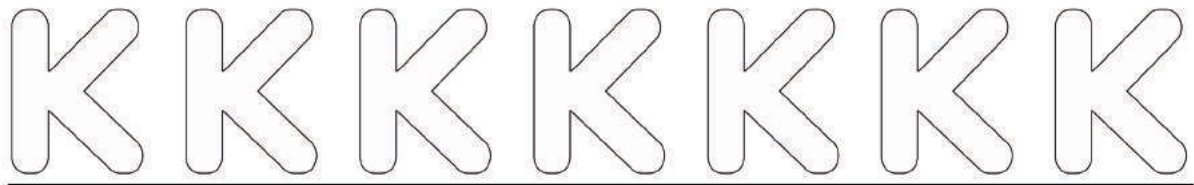
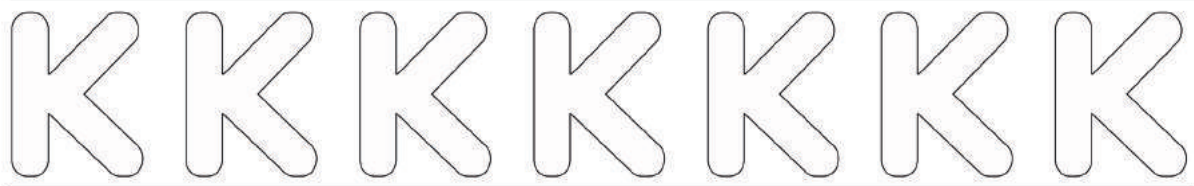
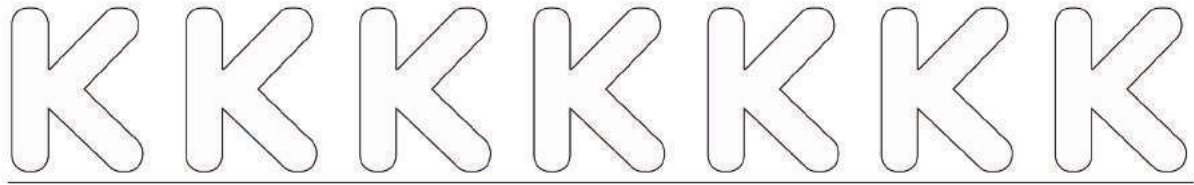
J

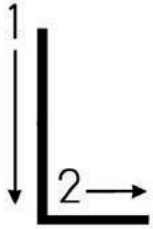
JUPE



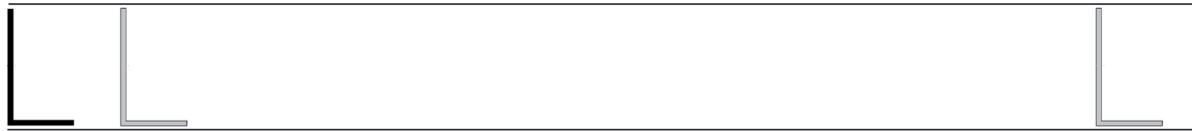
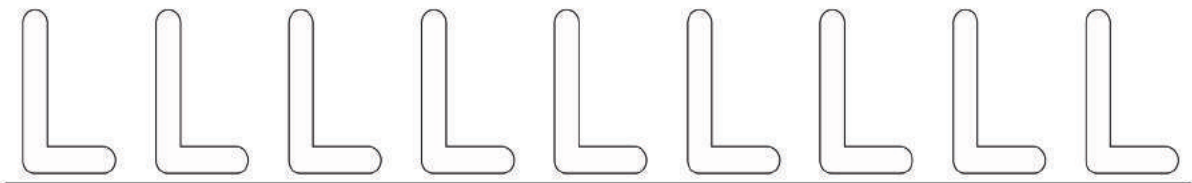
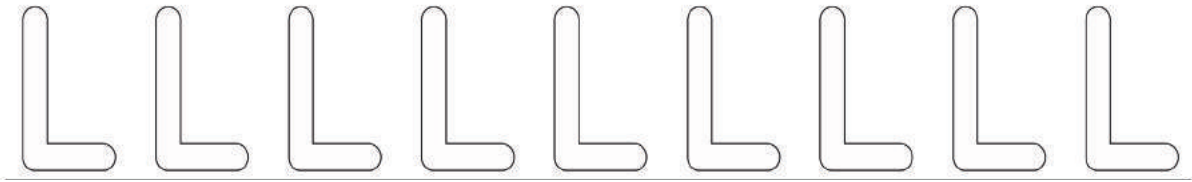
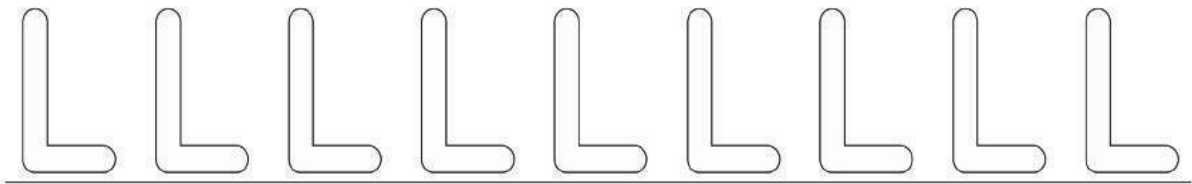
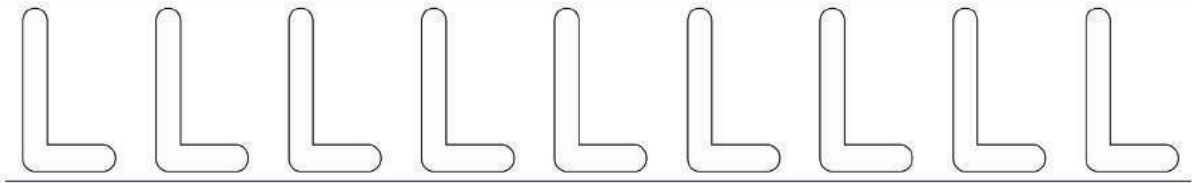


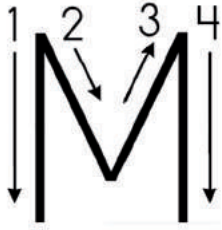
KOALA



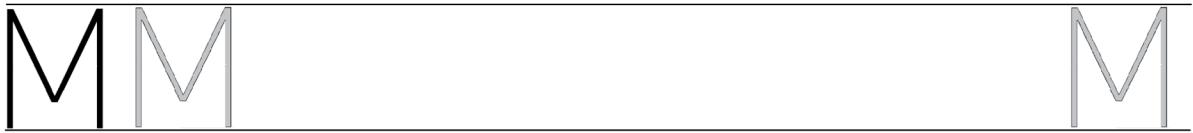
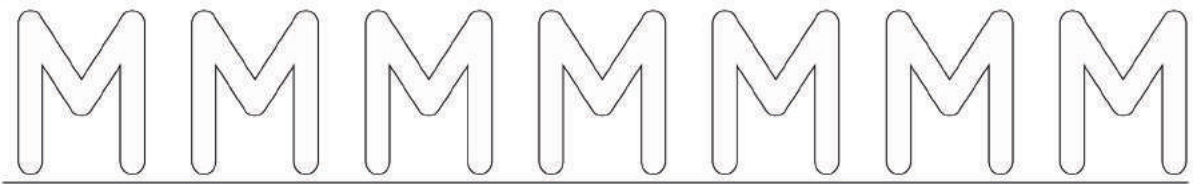
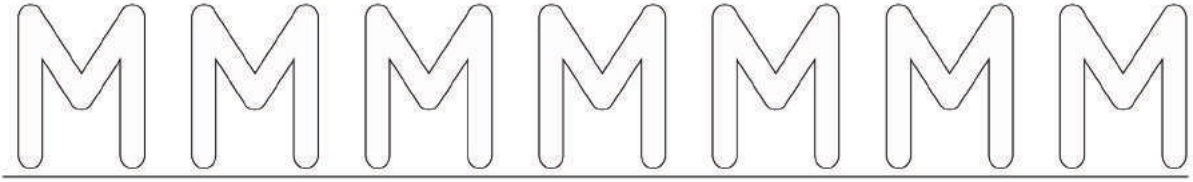
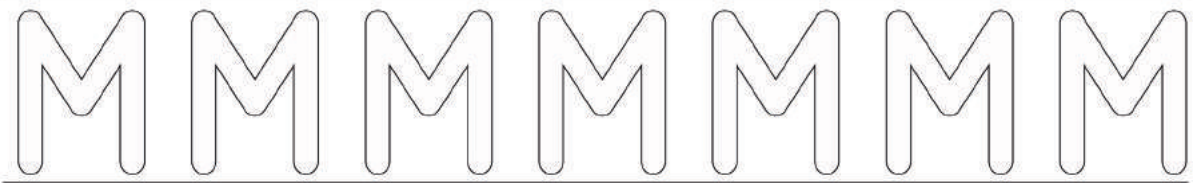
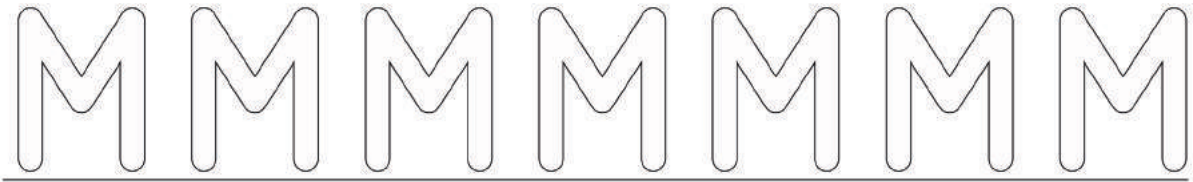


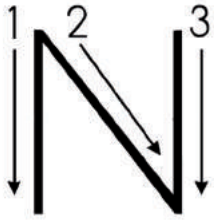
LUNE



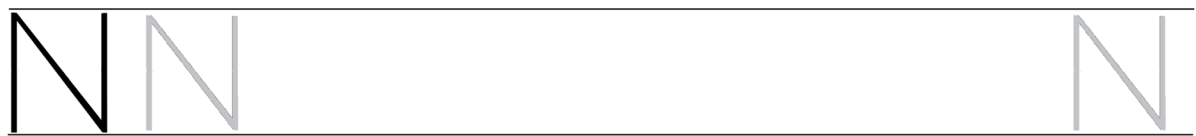
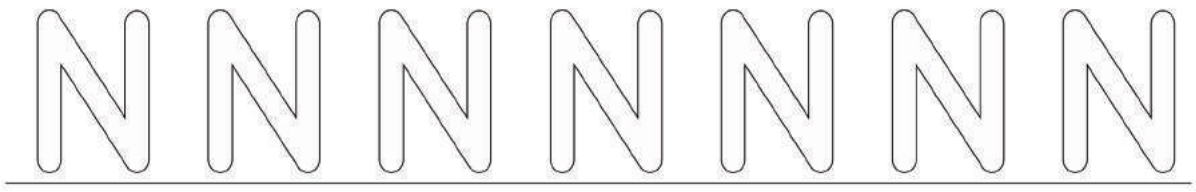
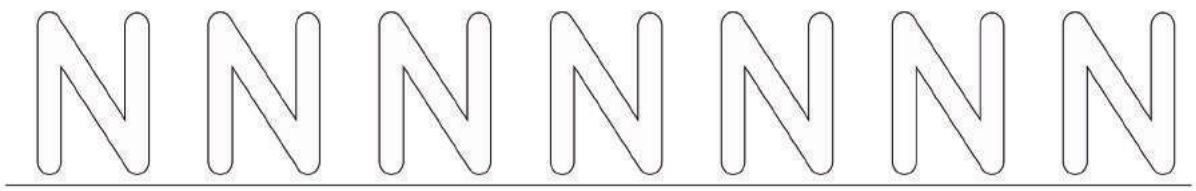
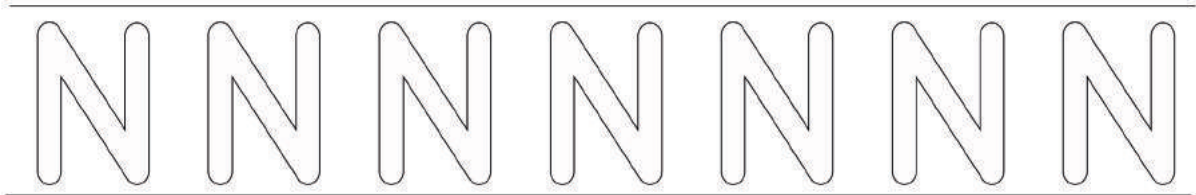
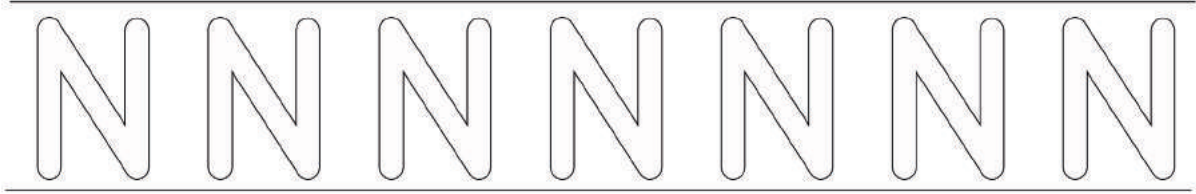


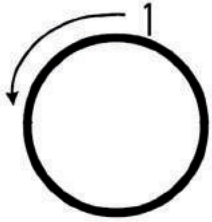
MOUTON



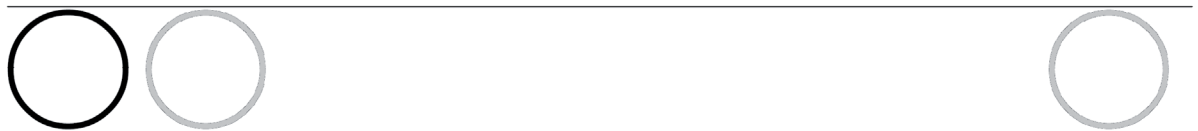
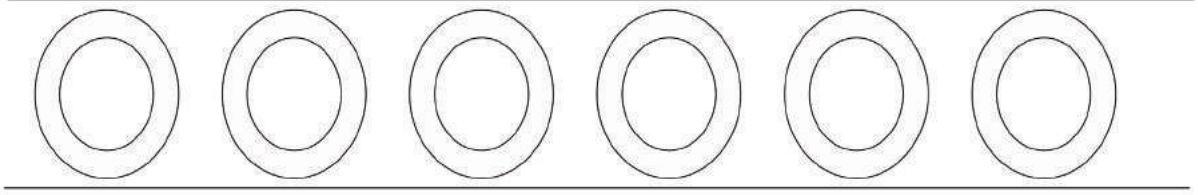
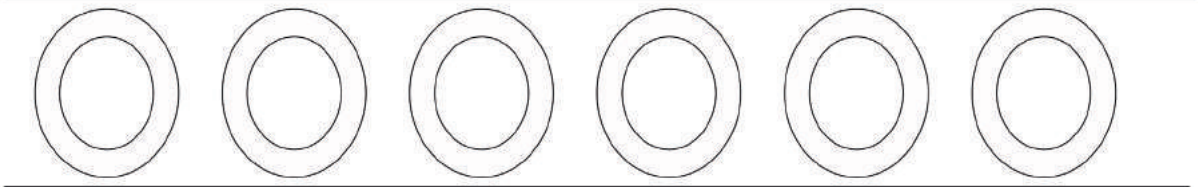
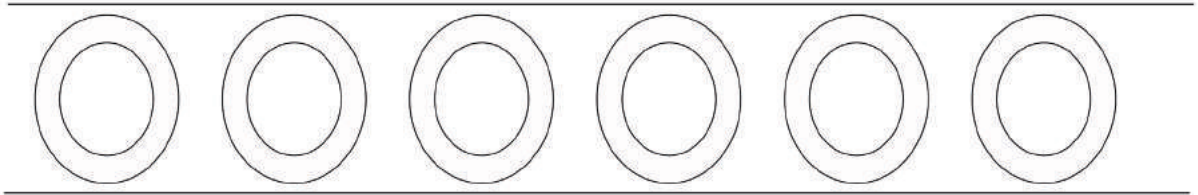
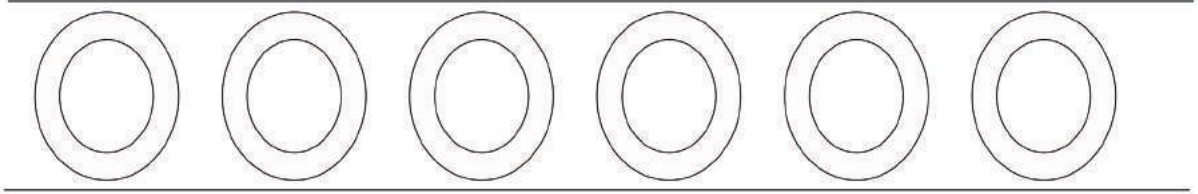


NUAGE



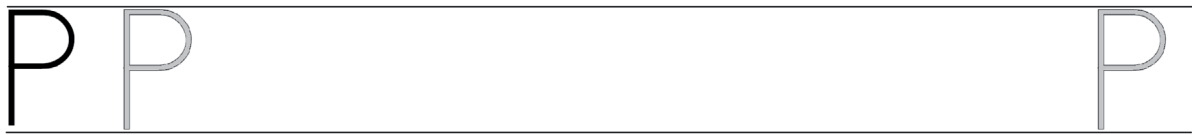
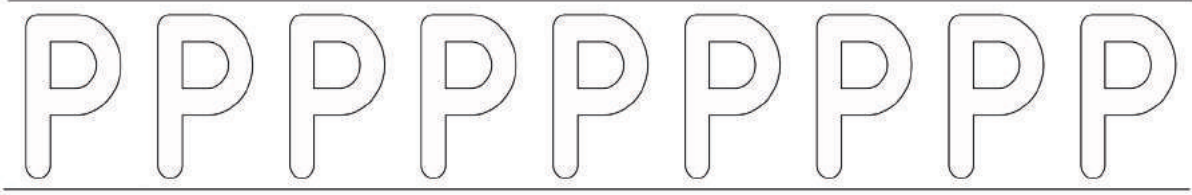
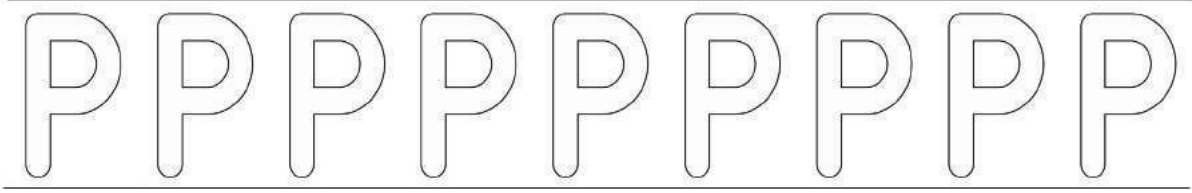
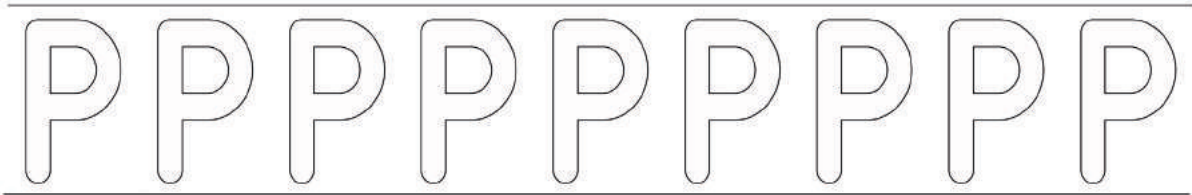
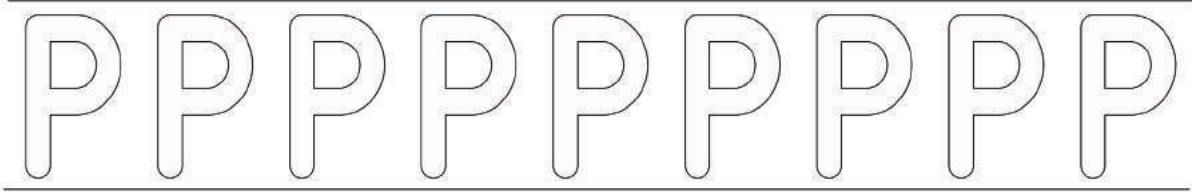


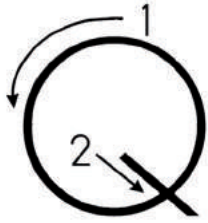
ORANGE 



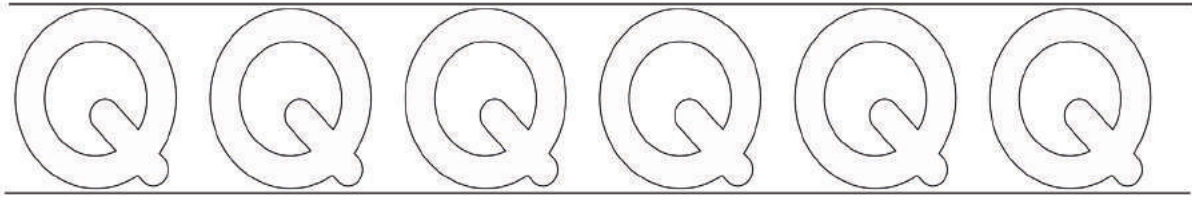
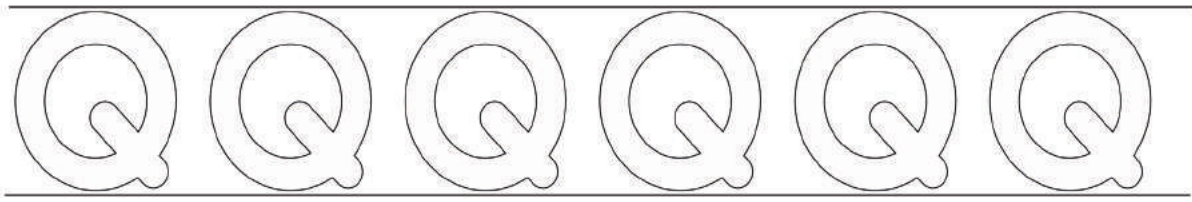
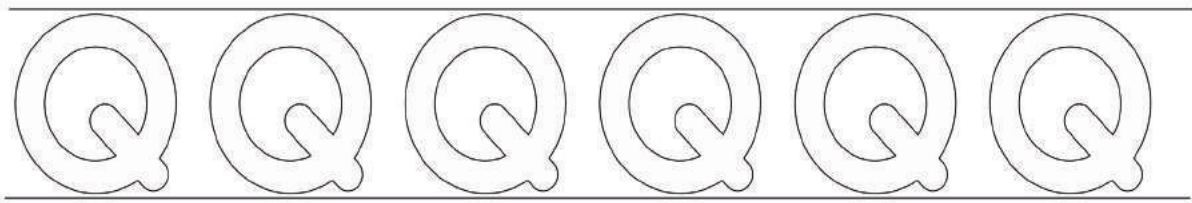
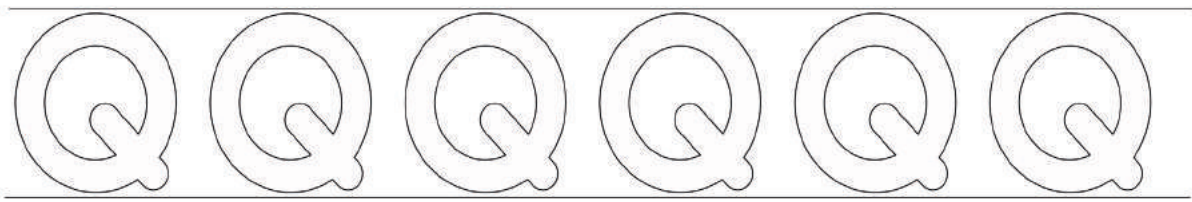


PANDA





QUATRE





RENARD



RRRRRRRRRRRRRRRR

RRRRRRRRRRRRRRRR

RRRRRRRRRRRRRRRR

RRRRRRRRRRRRRRRR

RR R

RR R

RR R

RR R

S

SOLEIL



S S S S S S S S

S S S S S S S S

S S S S S S S S

S S S S S S S S

S S S

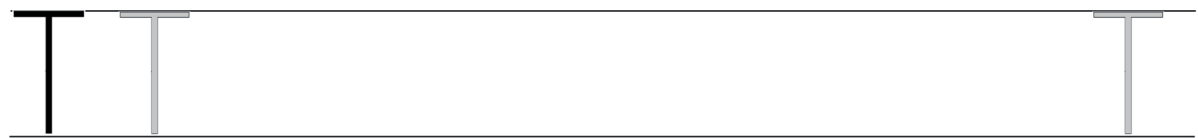
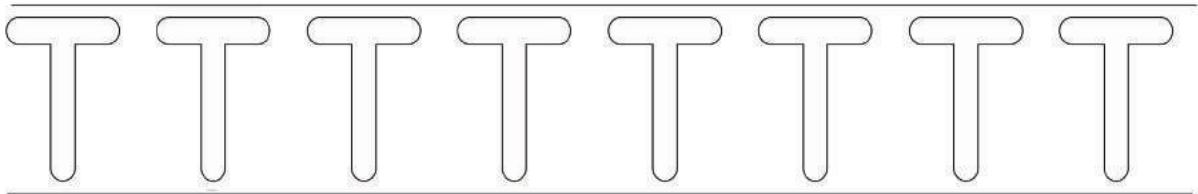
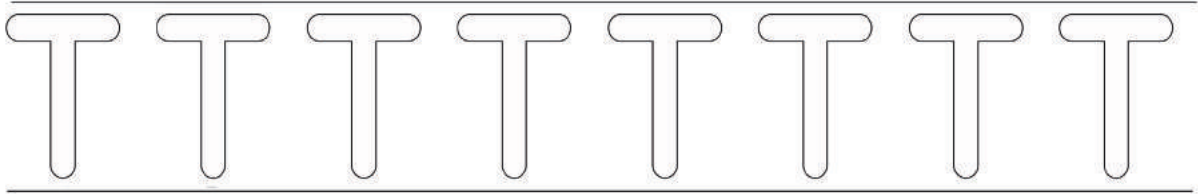
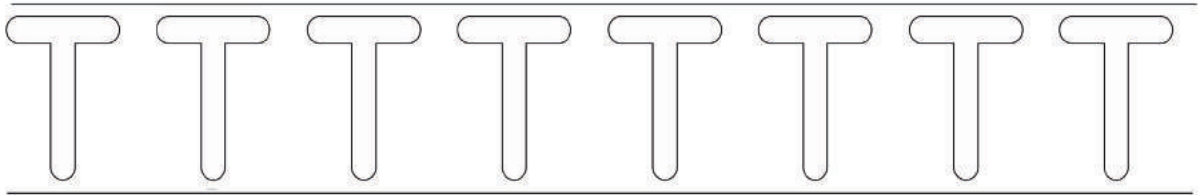
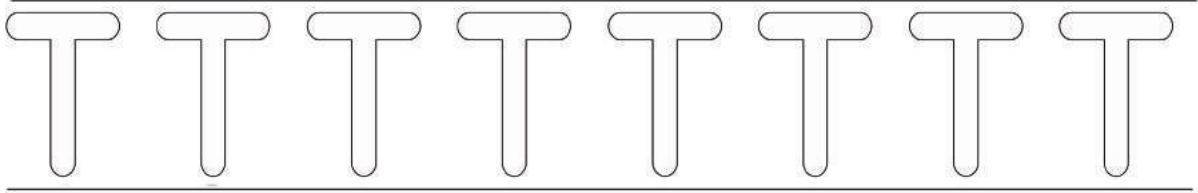
S S S

S S S

S S S



TORTUE



1 U

ULYSSE



U U U U U U U

U U U U U U U

U U U U U U U

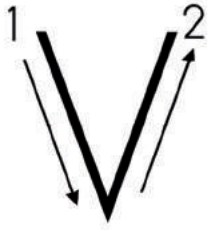
U U U U U U U

U U U U U

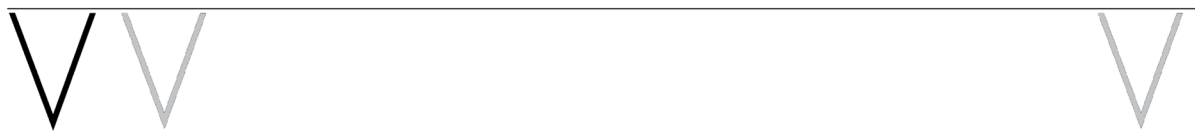
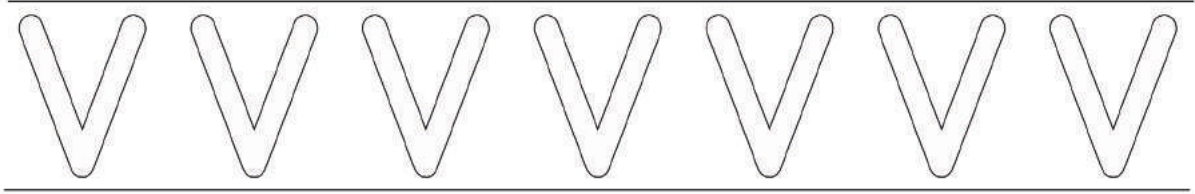
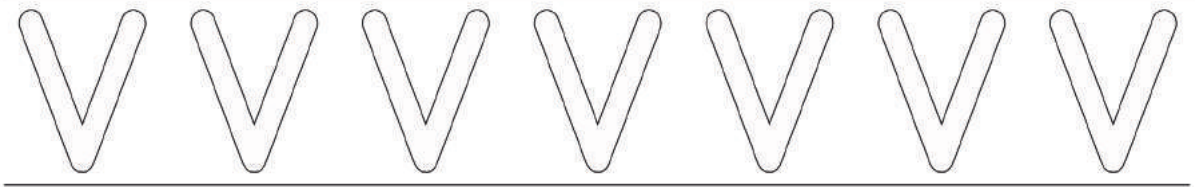
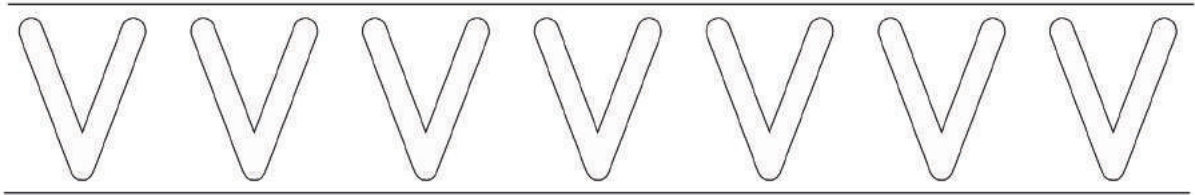
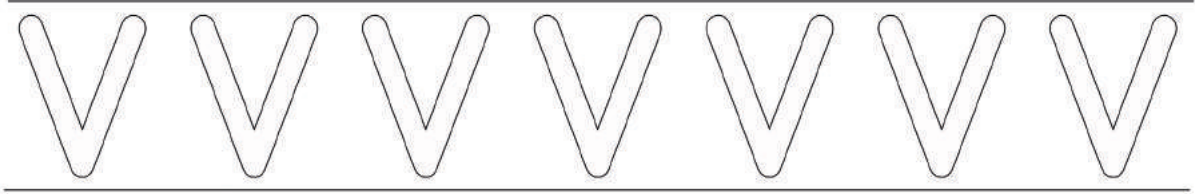
U U U U U

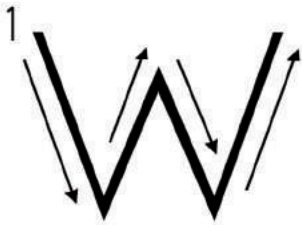
U U U U U

U U U U U

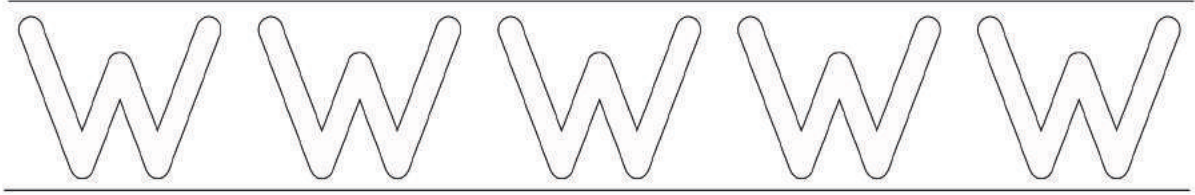
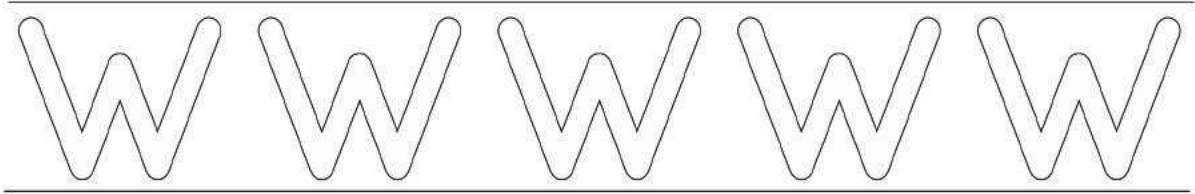
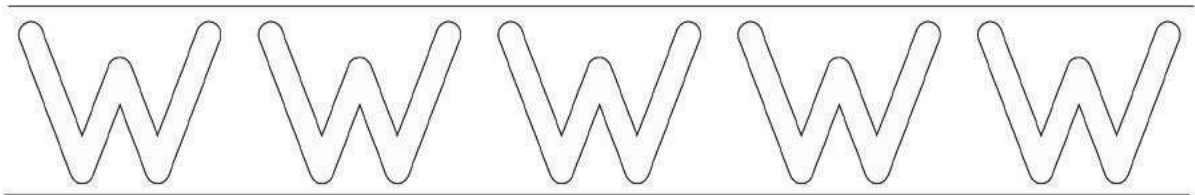
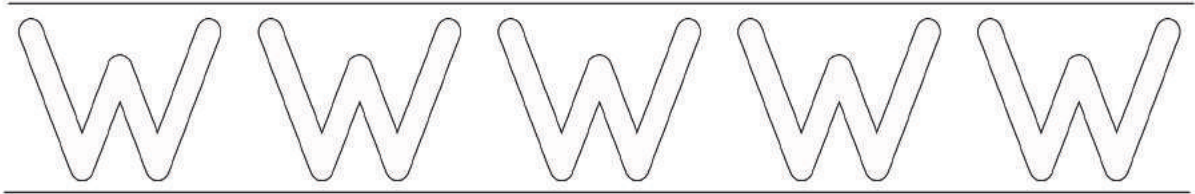


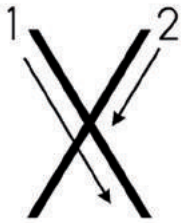
VACHE



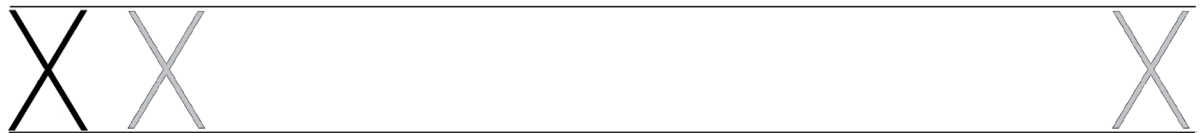
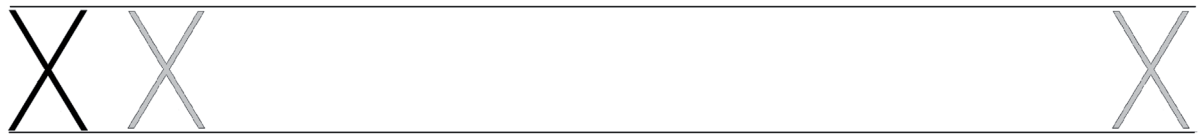
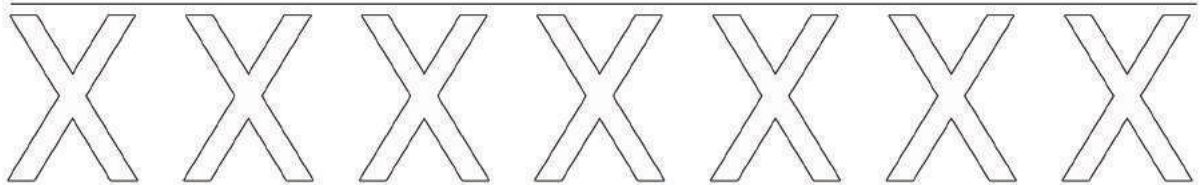
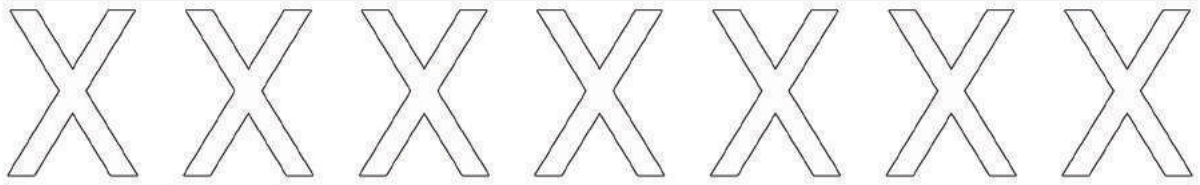
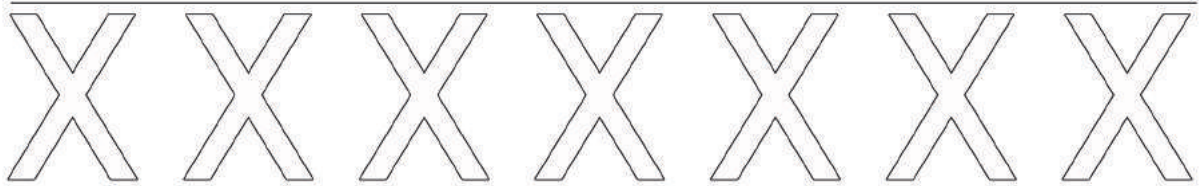
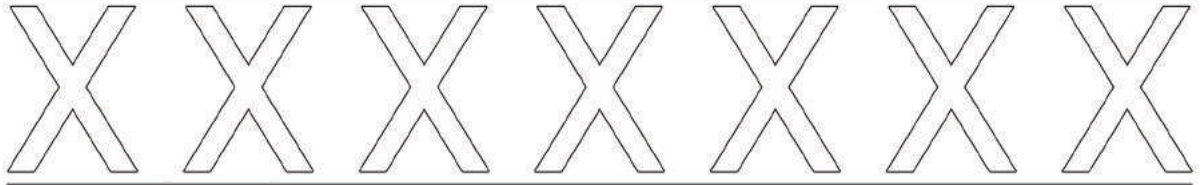


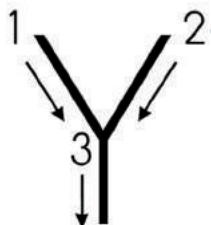
WAGON



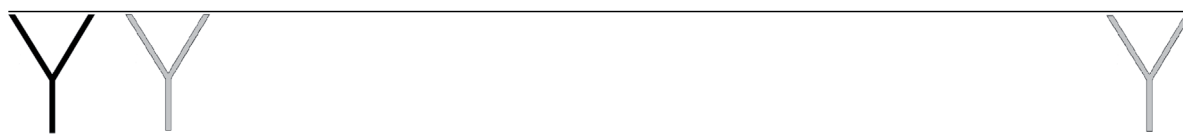
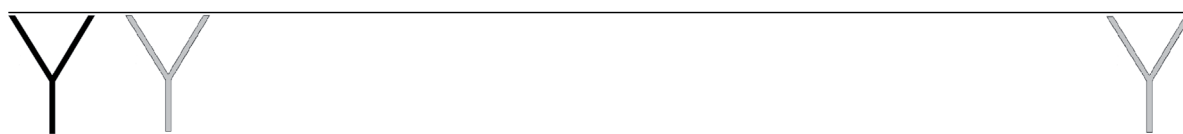
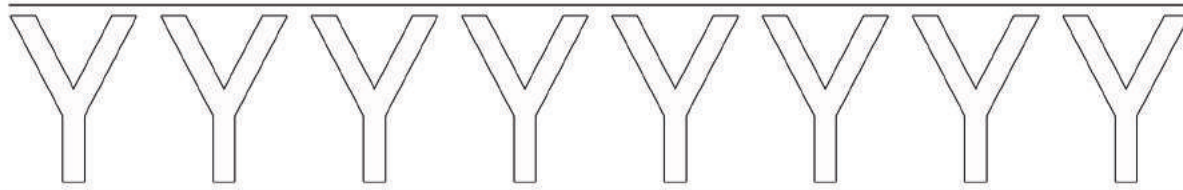
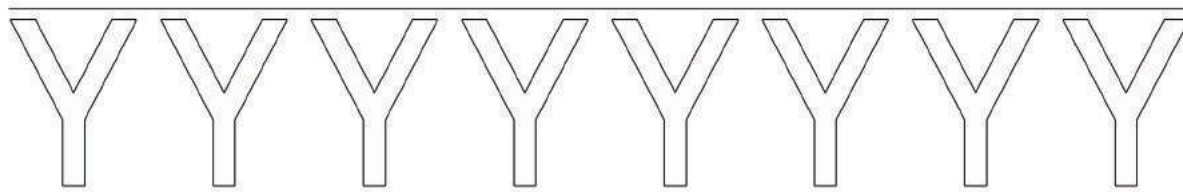
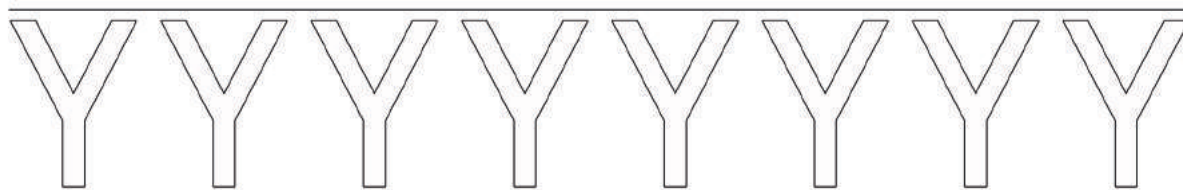
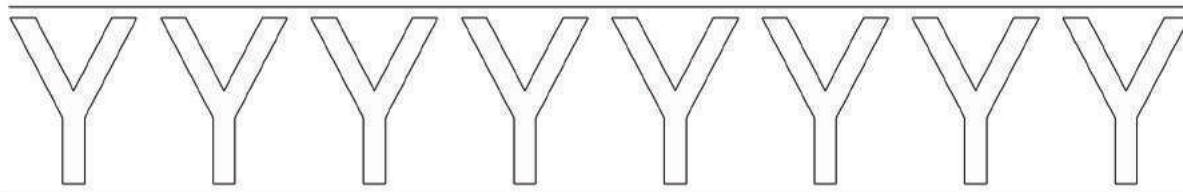


XYLOPHONE



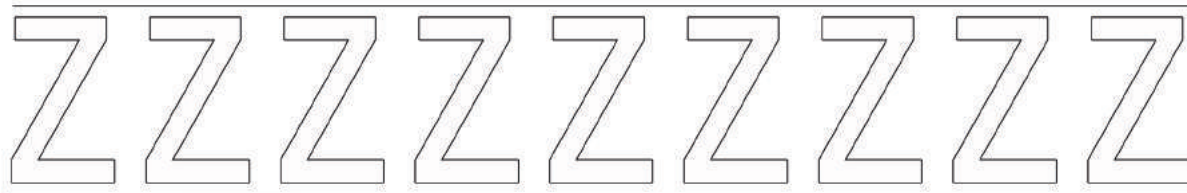
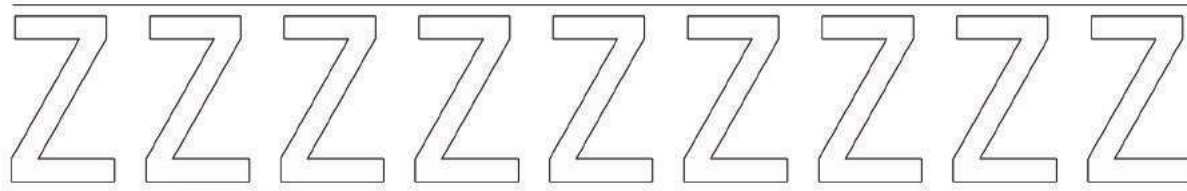
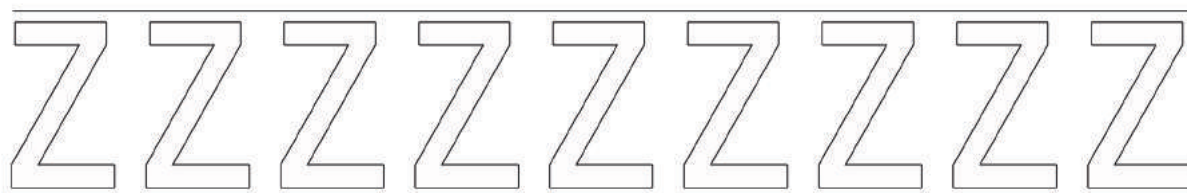
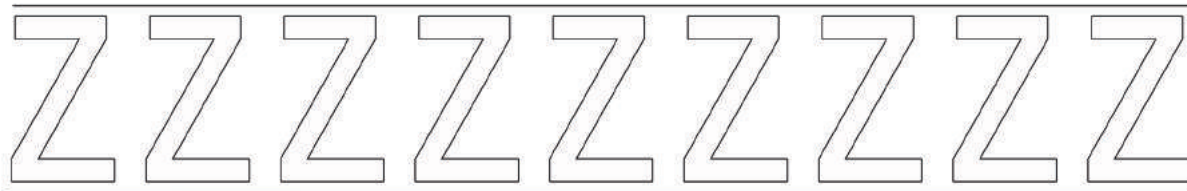


YAOURT



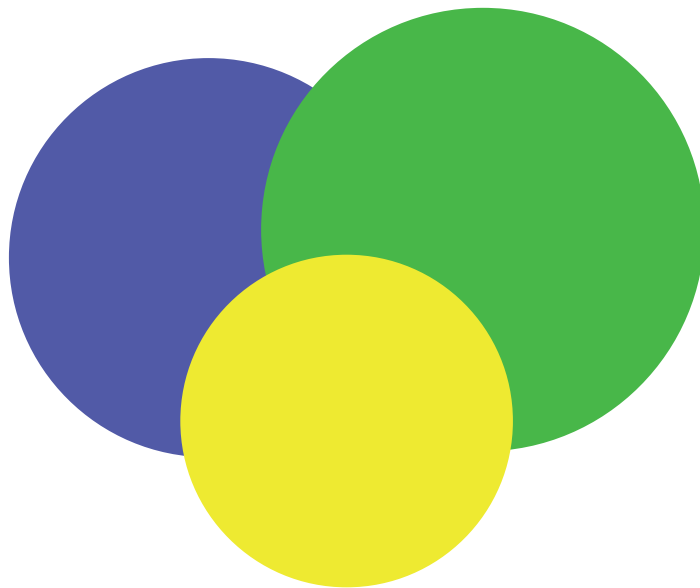


ZÈBRE 

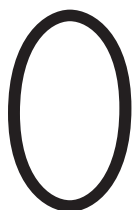


Les chiffres

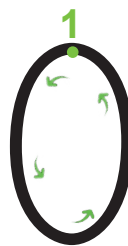
Niveau
Maternelle



J'apprends à tracer



zéro



Le chiffre 0 se trace en 1 fois sans lever la main.

0 0 0 0 0

0 0 0 0 0

0 0 0 0 0

0 0 0 0 0

0 0 0 0 0

0 0 0 0 0

0 0 0 0 0

0 0 0 0 0

0 0 0 0 0

0 0 0 0 0

0 0 0 0 0

J'apprends à tracer

1

un



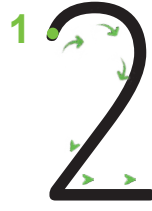
Le chiffre 1 se trace en 1 fois sans lever la main.

Tracing practice lines for the number 1. Each line consists of four horizontal lines. The first line of each row contains four solid black '1's followed by a dot on the middle line. The second line of each row contains four dashed '1's followed by a dot on the middle line. The third line of each row contains four solid black '1's followed by a dot on the middle line. The fourth line of each row contains four solid black '1's followed by a dot on the middle line.

J'apprends à tracer

2

deux



Le chiffre 2 se trace en 1 fois sans lever la main.

2 2 2 2 2

2 2 2 2 2

2 2 2 2 2

2 2 2 2 2

2 2 2 2 2

2 2 2 2 2

2 2 2 2 2

2 2 2 2 2

2 2 2 2 2

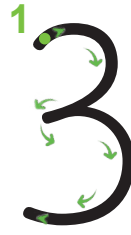
2 2 2 2 2

2 2 2 2 2

J'apprends à tracer

3

trois



Le chiffre 3 se trace en 1 fois sans lever la main.

3 3 3 3 3

3 3 3 3 3

3 3 3 3 3

3 3 3 3 3

3 3 3 3 3

3 3 3 3 3

3 3 3 3 3

3 3 3 3 3

3 3 3 3 3

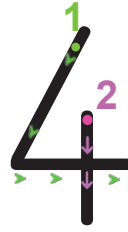
3 3 3 3 3

3 3 3 3 3

J'apprends à tracer

4

quatre



Le chiffre 4 se trace en 2 fois. Il faut lever la main 1 fois.

4 4 4 4 4

4 4 4 4 4

4 4 4 4 4

4 4 4 4 4

4 4 4 4 4

4 4 4 4 4

4 4 4 4 4

4 4 4 4 4

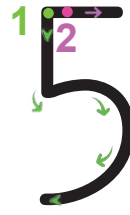
4 4 4 4 4

4 4 4 4 4

J'apprends à tracer

5

cinq



Le chiffre 5 se trace en 2 fois. Il faut lever la main 1 fois.

5 5 5 5 5

5 5 5 5 5

5 5 5 5 5

5 5 5 5 5

5 5 5 5 5

5 5 5 5 5

5 5 5 5 5

5 5 5 5 5

5 5 5 5 5

5 5 5 5 5

5 5 5 5 5

J'apprends à tracer

6

six



Le chiffre 6 se trace en 1 fois sans lever la main.

6 6 6 6 6

6 6 6 6 6

6 6 6 6 6

6 6 6 6 6

6 6 6 6 6

6 6 6 6 6

6 6 6 6 6

6 6 6 6 6

6 6 6 6 6

6 6 6 6 6

6 6 6 6 6

J'apprends à tracer

7

sept



Le chiffre 7 se trace en 2 fois. Il faut lever la main 1 fois.

Tracing practice lines for the number 7. Each line consists of a top line, a middle line, and a bottom line. The first four numbers on each line are in a light grey font for tracing, and the last number is in a bold black font. There are ten such lines on the page.

J'apprends à tracer



huit



Le chiffre 8 se trace en 1 fois sans lever la main.

Tracing practice lines for the number 8. Each line consists of two horizontal lines with a dotted midline. The first four digits are solid black, the next four are light gray, and the last one is solid black. There are 11 such rows.

J'apprends à tracer

9

neuf



Le chiffre 9 se trace en 1 fois sans lever la main.

Tracing practice lines for the number 9. Each line consists of four horizontal lines. The first line of each row contains four solid black 9s, followed by a series of dots on the middle line for tracing. The last line of each row contains a single solid black 9.



COURS PI
☆ *L'école sur-mesure* ☆

www.cours-pi.com