

# Benchmark Advance Cursive Practice Book Fourth Grade



Student Name \_\_\_\_\_

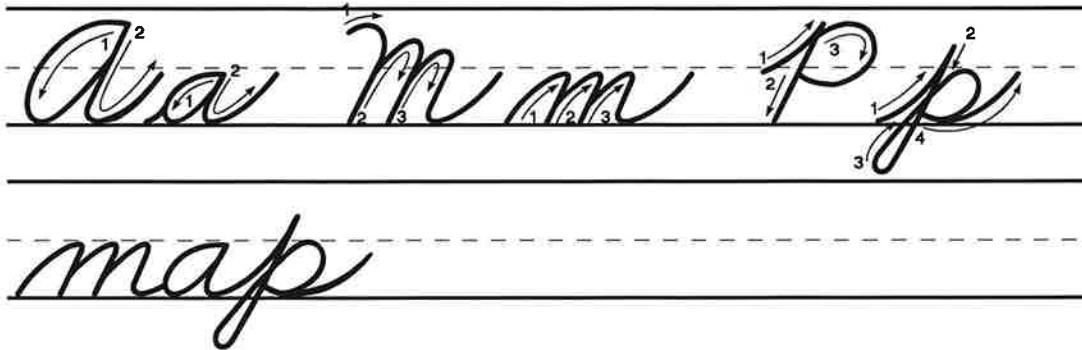
# Cursive Writing Practice

## Letter Formation

In cursive writing, most of the letters within a word are connected. When using handwriting paper, lowercase cursive letters touch the middle line, and uppercase cursive letters as well as lowercase cursive letters with ascenders touch the top line.

There are three distinctive beginning strokes for cursive letters: curve up, curve down, and curve over. The lowercase letters that have beginning strokes that curve up are *b, v, f, h, i, j, k, l, p, r, s, t, u,* and *w*. The letters that have beginning strokes that curve down are *a, c, d, g, o,* and *q*. The letters that have beginning strokes that curve over are *m, n, v, x, y,* and *z*.

Another stroke is the slant stroke, which occurs before or after a curve in letters with multiple strokes. The strokes in between the letters of a word are called connectives.

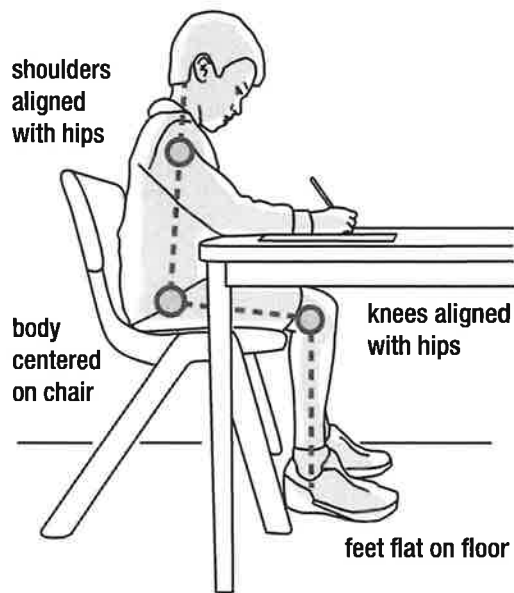


# Proper Cursive Writing Grip and Body Posture



**Tripod Grip**

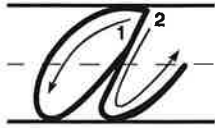
For the tripod grip, hold your pencil with your thumb, index finger, and middle finger.



**Proper Posture**

For good posture while writing, sit with your feet flat on the floor and your bottom in the center of your seat.

# Forming Cursive Letters



Uppercase *A*: curve down, curve up, slant, curve up



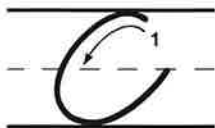
Lowercase *a*: curve down, curve up, slant, curve up



Uppercase *B*: curve up, slant, push up, curve down, loop, curve down, curve right



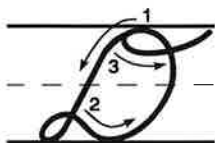
Lowercase *b*: curve up, loop, slant, curve up, curve right



Uppercase *C*: curve down, curve up



Lowercase *c*: curve down, curve up



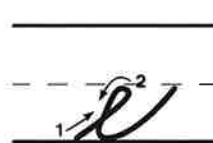
Uppercase *D*: curve down, loop, curve up, loop, curve right



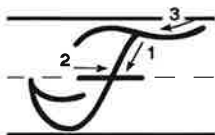
Lowercase *d*: curve down, curve up, slant, curve up



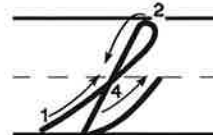
Uppercase *E*: curve down, loop, curve down, curve up



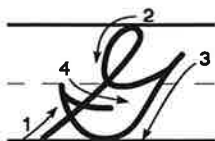
Lowercase *e*: curve up, loop, slant, curve up



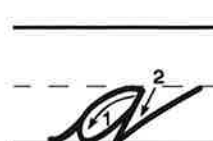
Uppercase *F*: slant, curve up and right, lift, cross in the middle, lift, double curve at top



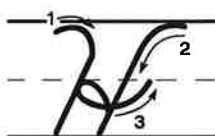
Lowercase *f*: curve up, loop, slant, curve up, curve right



Uppercase *G*: slant up, loop, curve up, curve down and right



Lowercase *g*: curve down, curve up, slant, loop, curve over

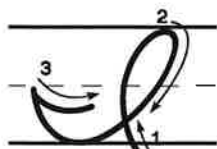


Uppercase *H*: curve down and slant, lift, curve back and slant, loop in the middle, curve right

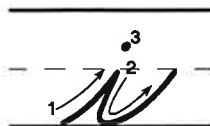


Lowercase *h*: curve up, loop, slant, curve over, curve up

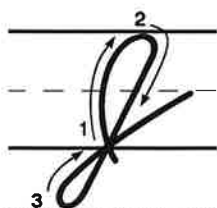
# Forming Cursive Letters (continued)



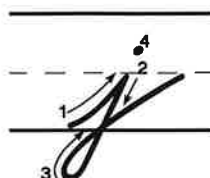
Uppercase *l*: curve over, curve down and up, curve right



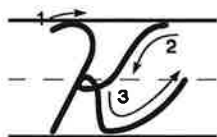
Lowercase *i*: curve up, slant, curve up, lift, dot above the top



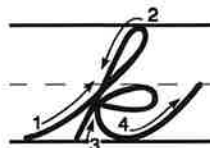
Uppercase *f*: curve over, slant, loop, slant right



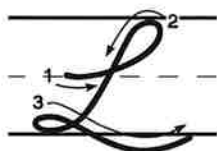
Lowercase *j*: curve up, slant, loop, slant right, lift, dot above the top



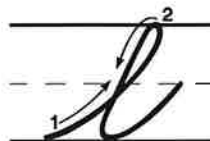
Uppercase *k*: curve down and slant, lift, double curve, loop, curve up



Lowercase *k*: curve up, double loop, slant, curve up



Uppercase *L*: curve up, loop, curve down, loop, curve under



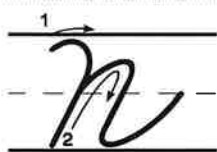
Lowercase *l*: curve up, loop, slant, curve up



Uppercase *m*: curve down and slant, curve over, slant, curve over, slant, curve up



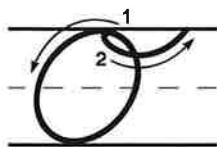
Lowercase *m*: curve over and slant, curve over, slant, curve over, slant, curve up



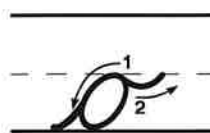
Uppercase *n*: curve down, slant, curve over, slant, curve up



Lowercase *n*: curve over, slant, curve over, slant, curve up



Uppercase *o*: circle around, curve right



Lowercase *o*: circle around, curve right

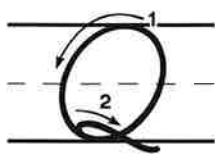


Uppercase *p*: curve up, slant, push up, curve around

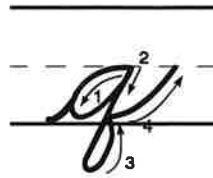


Lowercase *p*: curve up, slant, loop, curve over, curve up

# Forming Cursive Letters (continued)



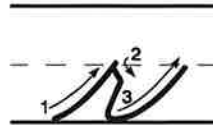
Uppercase Q: circle around, lift, double curve at bottom



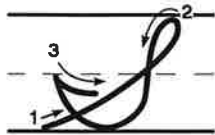
Lowercase q: curve down, curve up, slant, loop, curve up



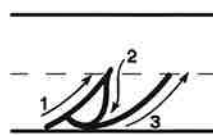
Uppercase R: curve up, slant, push up, curve around, loop, curve up



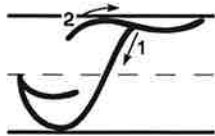
Lowercase r: curve up, slant, curve up



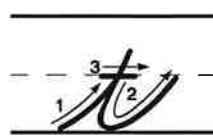
Uppercase S: slant, loop, double curve, curve right



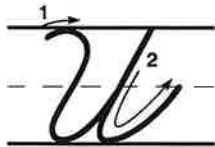
Lowercase s: curve up, curve down, curve up



Uppercase T: slant, curve up and right, lift, double curve at top



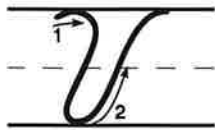
Lowercase t: curve up, slant, curve up, lift, cross in the middle



Uppercase U: double curve down, slant, curve up



Lowercase u: curve up, curve down, curve up and down, curve up



Uppercase V: double curve down, double curve up



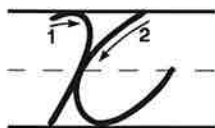
Lowercase v: curve over, slant, curve up, curve right



Uppercase W: double curve down, slant, double curve up



Lowercase w: curve up, curve down, curve up and down, curve up, curve right



Uppercase X: curve down and slant, curve up, lift, slant



Lowercase x: curve over, slant, curve up, lift, slant

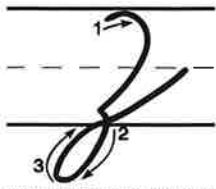
# Forming Cursive Letters (continued)



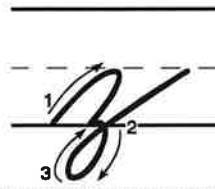
Uppercase *Y*: double curve down, slant, loop, curve over



Lowercase *y*: curve over, slant, curve up, slant, loop, curve over



Uppercase *Z*: curve down, slant, loop, curve over



Lowercase *z*: curve over, slant, loop, curve over

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Cursive Writing Practice: Alphabet

A a

B b

C c

D d

E e

F f

G g

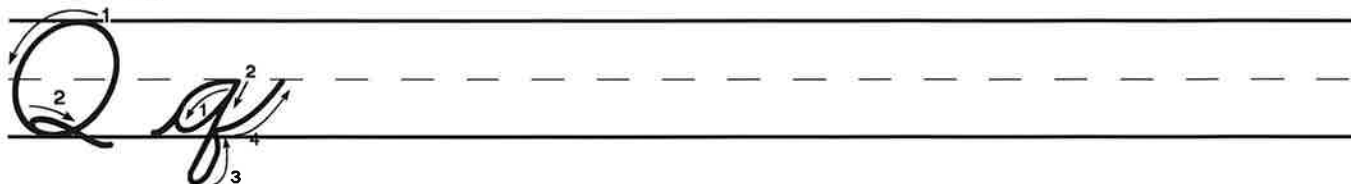
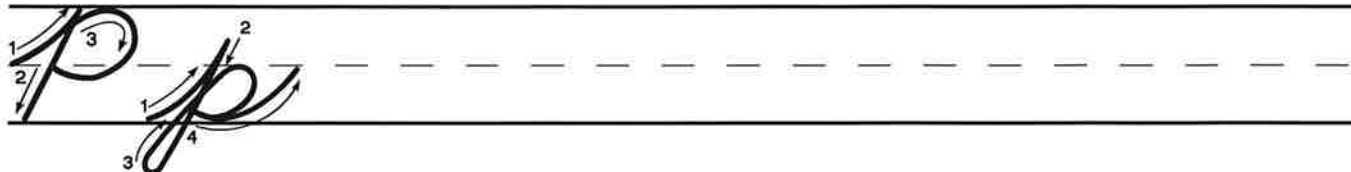
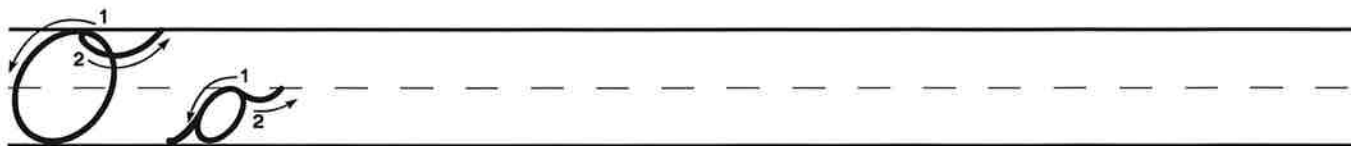
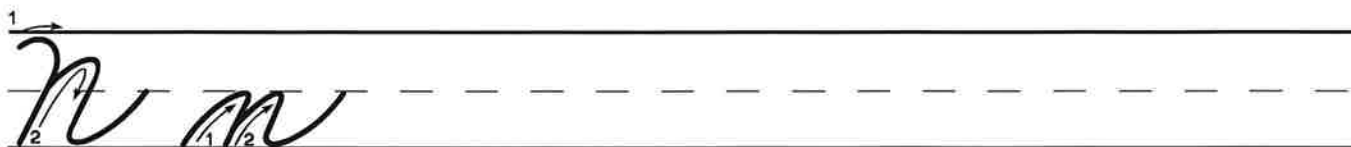
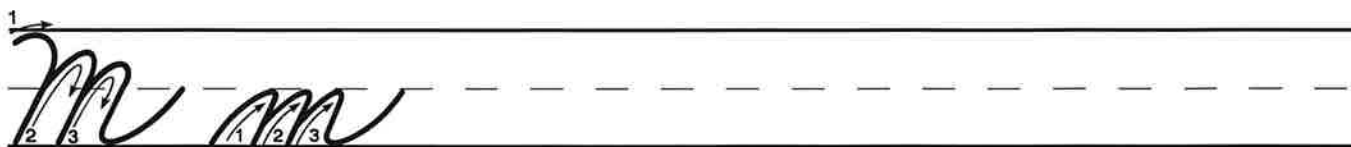
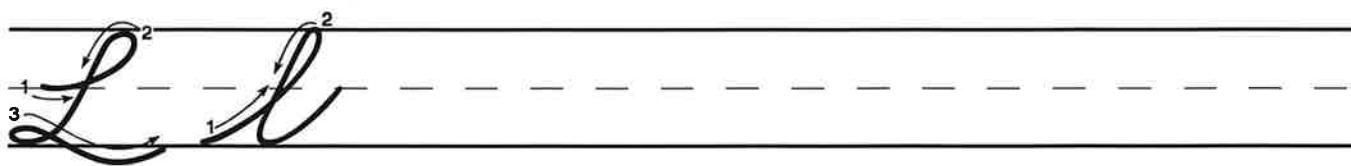
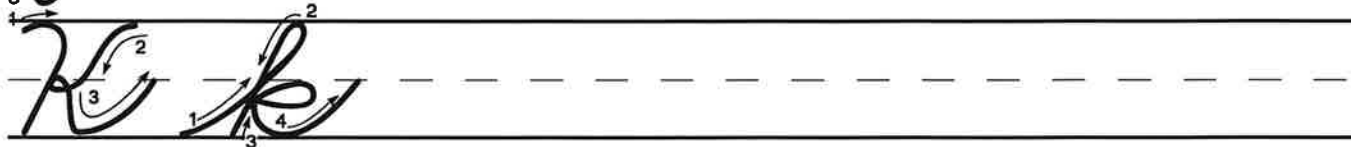
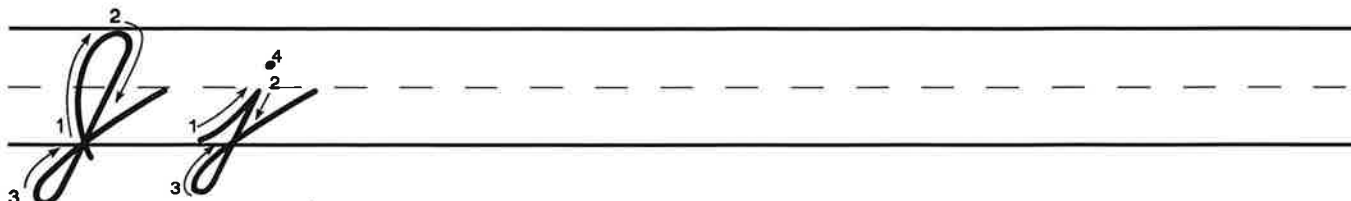
H h

I i



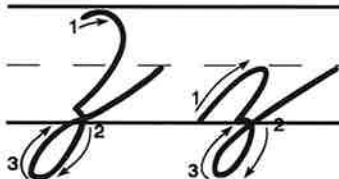
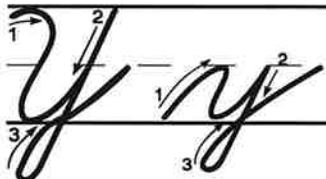
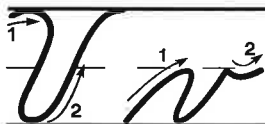
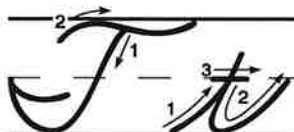
Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Cursive Writing Practice: Alphabet (continued)



Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Cursive Writing Practice: Alphabet (continued)



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Cursive Writing Practice: Numerals

0

1

2

3

4

5

6


7

8

9

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the words and sentence.

 *w w w w w w w w*

 *e e e e e e e e e e e*

*we we we*

*We went to a town meeting.*

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the words and sentence.

*i i i i i i i i i*

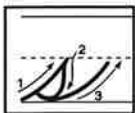
*t t t t t t t t t*

*it wit tie*

*It is important to vote.*

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the words and sentence.



*s s s s s s s s s s*



*u u u u u u u u*

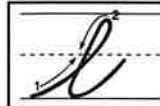
*suit use issue*

*Our courts solve problems.*

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the words and sentence.

 p p p p p p p p p

 l l l l l l l l l

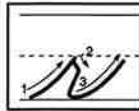
plus split tulip

Happy was a jolly fellow.

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the words and sentence.

 b b b b b b b b

 n n n n n n n n

rubber tribe bruise


A brave character is bold.



Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the words and sentence.

 h h h h h h h h

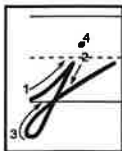
 k k k k k k k k

hike husk shriek

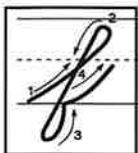
A kind character has luck.

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the words and sentence.



*j j j j j j j j j j*



*f f f f f f f f f*

*jiff jetful jiffies*

*In fall, I jump for joy!*

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the words and sentence.

a a a a a a a a a a

d d d d d d d d d d

address drab trade

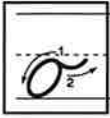
One day, a deer darted by.

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the words and sentence.



*g g g g g g g g g g*



*o o o o o o o o o o*

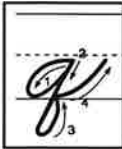
*group gobble globe*

*I grow roses in my garden.*

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the words and sentence.

 c c c c c c c c c c c

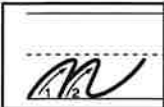
 q q q q q q q q q q

acquire acquit quick

Mac's quick and I'm quiet.

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the words and sentence.

 n n n n n n n n

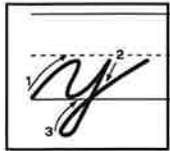
 m m m m m m m

number remain demand

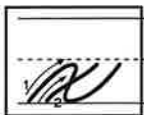
Jan may not agree with me.

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the words and sentence.



y y y y y y y y




x x x x x x x x x

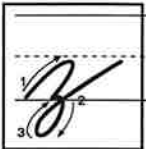
oxygen galaxy xylophone

Max says yes, Rex says no.

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the words and sentence.

 n n n n n n n n n

 z z z z z z z z z

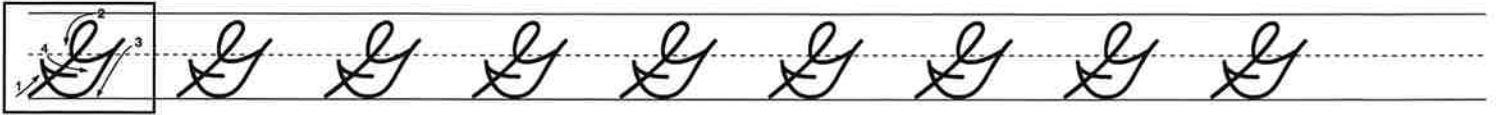
civilized vizor vocalize

Lizzy loves her Tesla van.



Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the sentences.

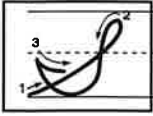


*Green is the way to go!*

*Let's care for our planet.*

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the sentences.



S S S S S S S S S



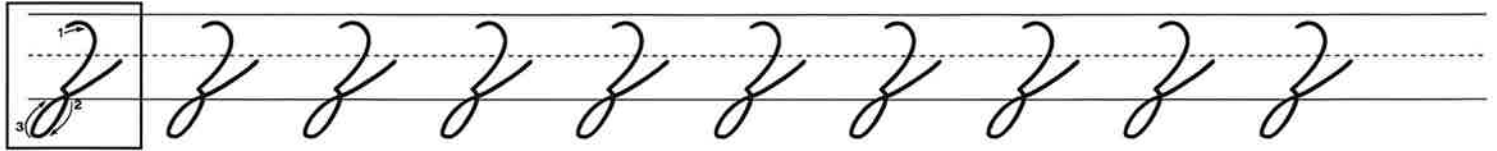
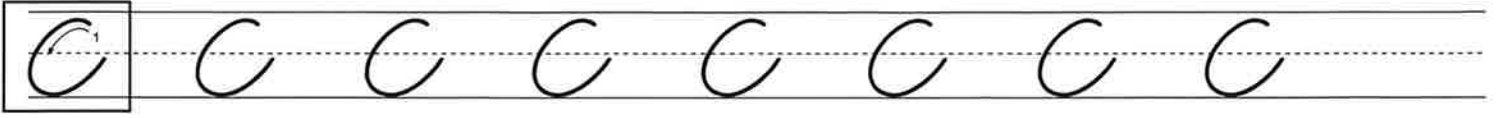
E E E E E E E E E E

Solar energy uses the Sun.

Electric cars are cleaner.

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the sentences.

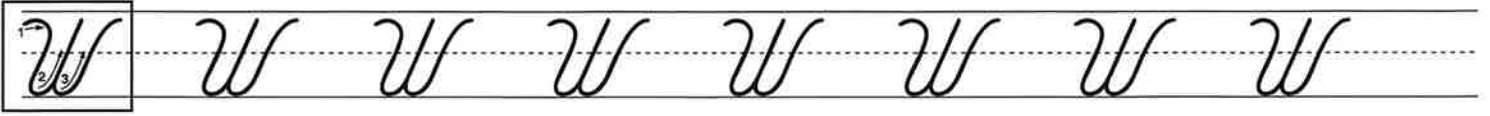


Can a hero be frightened?

Zeus was a mythical hero.

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the sentences.



*When is courage important?*

*You can face challenges!*

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the sentences.

m m m m m m m m

U U U U U U U U U

Ulysses was a heroic king.

Most heroes are modest.

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the sentences.

n n n n n n n n n

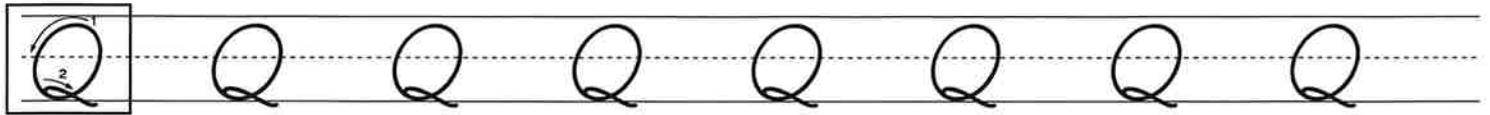
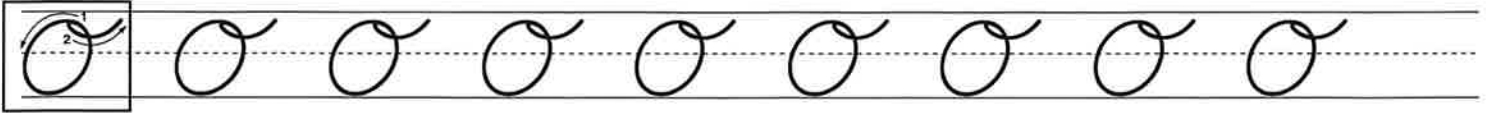
v v v v v v v v v

New highways are needed.

Viaducts are unique roads.

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the sentences.



*Oregon had good farmland.*

*Quinn migrated to Oregon.*

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the sentences.

*a a a a a a a a*

*x x x x x x x x*

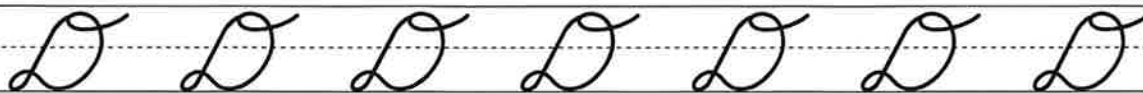
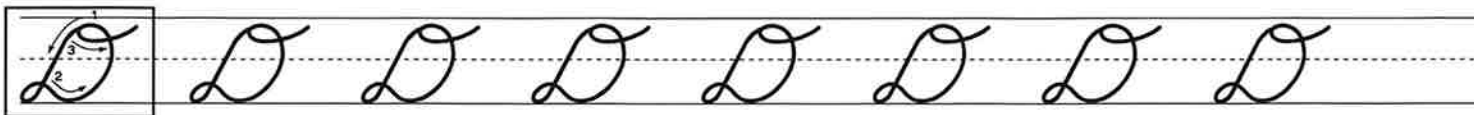
*A railroad connects towns.*

*Xavier travels by train.*



Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the sentences.



Do earthquakes occur here?

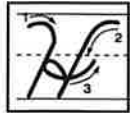
Big earthquakes are scary!

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the sentences.



R R R R R R R R R



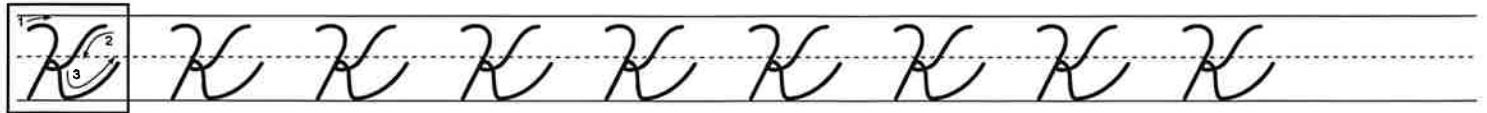
H H H H H H H H H

Rita researches volcanos.

How do volcanos erupt?

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the sentences.

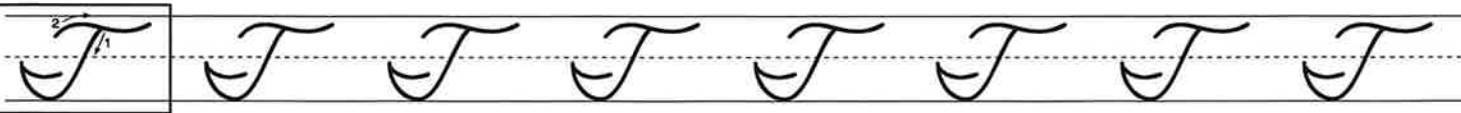
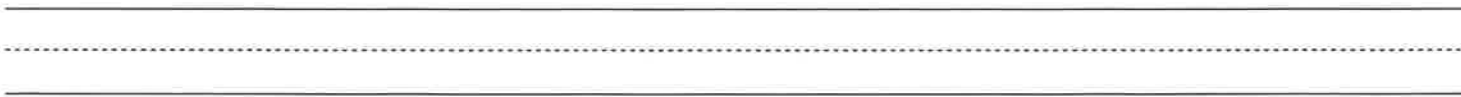
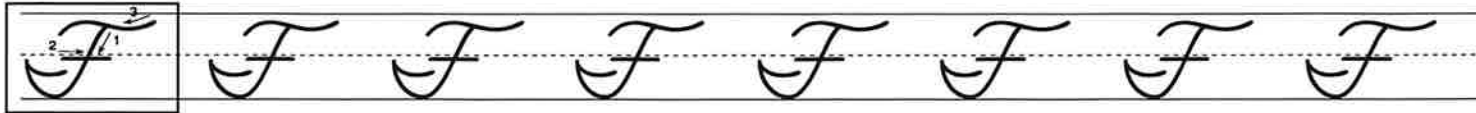


*Will Pompeii erupt again?*

*Kilauea Volcano is active.*

Name: \_\_\_\_\_ Date \_\_\_\_\_

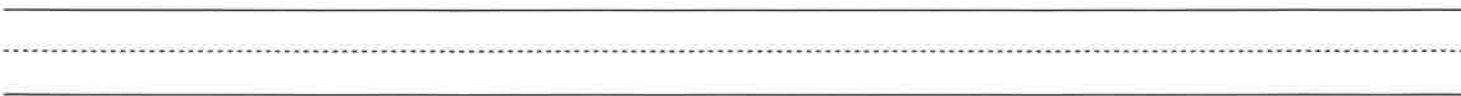
**Directions:** Trace and write the letters. Then write the sentences.



*Finding work isn't easy.*



*The farmers need rain.*



Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the letters. Then write the sentences.



e e e e e e e e e e



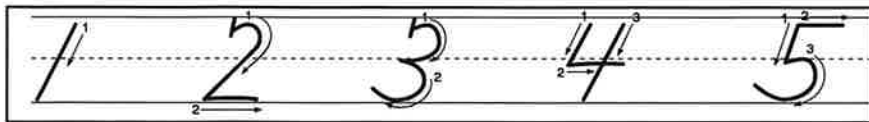
f f f f f f f f

I studied the Dust Bowl.

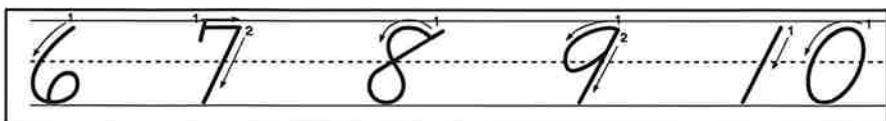
Job ads are posted online.

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the numerals and words.



one two three four five



six seven eight nine ten

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the punctuation marks. Then write the sentences adding the correct punctuation.

/ / / ? ? ? , , , « » « » « »

*When did the blackout occur?*

*"In 1965," Granddad said.*

*That was a real blackout!*

Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the sentences. The last two sentences do not have a middle line.

Hoover dam is 726 feet high.

Construction began in 1930.

It took 5 years to build.

It provides electricity.



Name: \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Trace and write the sentences on the lines.

Nikola Tesla was an  
inventor.

He was devoted to science.

He invented AC transmission.

Tesla was born in Croatia.

