

Finger Trainer:

This exercise teaches correct finger placement on the keys of the keyboard. First, select **Keyboard Finger Trainer** from the menu. When the fluency program opens, choose “practice.” Students should place their fingers on the Home Keys (Left hand on **asdf**... Right hand on **jkl;**). Have a parent or coach read the typing poem while they hunt for the keys (it’s OK to look while practicing!).

Typing Poem

Left Hand:

Pinky A!

Stretch index down for the B,

All with your middle finger C, D, E.

Now index finger F and G.

Right Hand:

Stretch index H,

Middle up for the I,

Three in a row J, K, L,

Index down for M and N,

Ring finger up for the O,

And pinky P.

Left Hand:

Pinky Q,

Index up for the R,

Ring finger S

Index stretch up to T.

Switch hands! Index up to U,

Switch hands! Index down to V,

Left ring up for W and dive for X,

Right index big stretch up for Y,

And left pinky down for Z.

Right Hand:

Pinky home semi-colon,

Three in a row from middle finger, down to comma, period, slash.

Practice until the student is comfortable with finger placement. Then they are ready for the timed fluency. Now select **Time Me**, and type the letter that is highlighted. They should then type as quickly as they can while the timer counts down from one minute. When the timer goes off, the program will calculate the number of correct keystrokes and the number of errors. As they get faster and more accurate, they improve their “ranking” and earn tokens, redeemable for playing various games built into the program. They can chart their progress on the main menu. They will need to earn at least two tokens before they will have access to play games. An internet connection is required to play all games in the arcade.