High Frequency and Common Exception Words Checklist

First 100 common words in frequency order (by the end of Year 1):

|  |  |  |  |
| --- | --- | --- | --- |
| a | off | she | when |
| an | go | we | about |
| and | I | all | house |
| as | into | my | I’m |
| big | no | was | made |
| but | the | you | make |
| at | to | it’s | old |
| can | down | went | saw |
| dad | for | from | time |
| get | look | help | very |
| got | see | just | came |
| had | that | children | day |
| him | now | have | don’t |
| his | them | like | by |
| if | then | so | here |
| in | this | out | your |
| is | too | there | oh |
| it | will | come | their |
| mum | with | do | people |
| not | are | little | Mr |
| of | be | one | looked |
| on | they | said | called |
| put | her | some | asked |
| up | he | were | could |
| back | me | what | Mrs |

Learn to read, write and spell the words.

Pick 5-6 words at a time to practise at a time. Once a word is familiar, swap for an unknown word.

* Practise the Look, Say, Cover, Write, Check then Write Again method.
* Try ‘Rainbow-write’ – re-write the words in lots of different colours.
* Work on 6 words at a time in and out of order and context.
* Make flash cards and play snap or memory recall games.
* Make a board game using the words – roll, move and read.
* Write and read silly sentences using the words.
* Count how many times you see the words in your books or when you are out & about.

Also common exception words for Year 1:

|  |  |  |
| --- | --- | --- |
| the | a | do |
| to | today | of |
| said | says | are |
| were | was | is |
| his | has | I |
| you | your | they |
| be | he | me |
| she | we | ask |
| go | so | no |
| by | my | here |
| there | where | friend |
| love | come | some |
| one | once | school |
| put | push |  |
| pull | full |  |
| house | our |  |

*(Some of these words will also be on the First 100 list)*