

By the end of Year 1, you should be able to read and
write all of these words. Practice every week 😊

High Frequency Words - Checklist

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

By the end of Year 1, you should know all of these
sounds. Practice every week or as soon as you learn a
new sound 😊

Complex Speed Sounds

Consonant sounds

f	l	m	n	r	s	v	z	sh	th	ng
ff	ll	mm	nn	rr	ss	ve	zz	ti		nk
ph	le	mb	kn	wr	se		s	ci		
					c		se			
					ce					

b	c	d	g	h	j	p	qu	t	w	x	y	ch
bb	k	dd	gg		g	pp		tt	wh			tch
	ck				ge							
	ch				dge							

Vowel sounds

a	e	i	o	u	ay	ee	igh	ow
	ea				ā-e	y	ī-e	ō-e
					ai	ea	ie	oa
						e	i	o
							y	

oo	oo	ar	or	air	ir	ou	oy	ire	ear	ure
ū-e			oor	are	ur	ow	oi			
ue			ore		er					
ew			aw							
			au							