

High frequency words

Name _____

Teaching Notes

This series of worksheets provides reading and writing practice for adults. I have based the sheets on the 100 most frequent words in the Letters and Sounds scheme used in the Primary National Strategy. This is available freely on the National Strategies site (you will need to register).

Letters and Sounds: Principles and Practice of High Quality Phonics. Primary National Strategy.
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The sheets should be used with the appropriate words on cards or slips of paper (see pages 29 or 30). The larger flash cards can be laminated and used to practise reading (or spelling) the words (pages 31-39). Each page contains two worksheets-worth. The colour red / blue colour split is to make it easier for the tutor to sort the cards.

*Margaret Adams***Contents**

Page	Words
2	to he I said in of
3	it was you they on she
4	is for at that but his
5-6	with can we all up are
7-8	had my her what there out
9	had my her what there out (alternative sheet)
10-11	this be have like went some
12-13	then so were not go little
14	as no them mum one do
15	me dad it's down when big
16	see look very looked don't come
17	will into back children from him
18-19	Mr get just came now oh
20-21	about got their people your put
22-23	could house old too by day
24-25	made time I'm help if Mrs
26-27	called here off asked saw make
28	word list (in order of frequency)
29	word cards (in order of frequency) or check list
30	word cards (in alphabetical order) or check list
31-38	large flash cards
39	blank flash cards (add your own key words)

High frequency words

Name _____

1. Copy the six words from the slips of paper onto the lines below:

2. Now circle the words in the sentences below:

I asked him to go to the shop for me.

I asked nicely but he would not go.

I said that if he did not go then I would not cook his tea.

He said that he would eat in town then.

He would eat in the pub.

I said that while he was out, please would he go to the shop.

He said of course he would.



3. Write your own sentences on the lines below. Write each word in a different sentence. Remember to use a capital letter and a full stop. The word you must use is in brackets at the start.

(to) _____

(he) _____

(I) _____

(said) _____

(in) _____

(of) _____

High frequency words

Name _____

1. Copy the six words from the slips of paper onto the lines below:

2. Now circle the words in the sentences below. Be careful – sometimes they may start with a capital letter.

It was a nice day on Tuesday.

She went on the bus to Tunbridge Wells.

She went shopping for shoes.

She found some she liked – they were bright green.

Her boyfriend said they were horrible.

He said they look horrible on you.

She said they would look more horrible on you.



3. Write your own sentences on the lines below. Write each word in a different sentence. Remember to use a capital letter and a full stop. The word you must use is in brackets at the start.

(it) _____

(was) _____

(you) _____

(they) _____

(on) _____

(she) _____

High frequency words

Name _____

1. Copy the six words from the slips of paper onto the lines below:

2. Now circle the words in the sentences below. Be careful – sometimes they may start with a capital letter.

She calls for him every day.

He is living in the same street.

His house is only two doors away.

She loves his big blue eyes and his handsome face.

But he is not taking any notice of her.

She calls at his house one morning looking really good.

She tells him that he is what she is looking for in a man.

He says that he has a boyfriend.

She is very upset.



3. Write your own sentences on the lines below. Write each word in a different sentence. Remember to use a capital letter and a full stop. The word you must use is in brackets at the start.

(is) _____

(for) _____

(at) _____

(that) _____

(but) _____

(his) _____

High frequency words

Name _____

1. Copy the six words from the slips of paper onto the lines below:

_____	_____
_____	_____
_____	_____

2. Now circle the words in the sentences below. Be careful – sometimes they may start with a capital letter.

Jane was so fed up.

She was fed up with her job.

She was fed up with her husband.

She was fed up with everything.

What can she do about it?

She told her friend all about how fed up she was.

Her friend said that we all feel like that sometimes.

Her friend said she can change her job.

Not all jobs are the same.

Her friend said she can change her husband.

Not all husbands are the same.

Jane said she was not that fed up.

“We are happy really,” she said.



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3. Write your own sentences on the lines below. Write each word in a different sentence. Remember to use a capital letter and a full stop. The word you must use is in brackets at the start.

(with) _____

(can) _____

(we) _____

(all) _____

(up) _____

(are) _____

High frequency words

Name _____

1. Copy the six words from the slips of paper onto the lines below:



2. Now circle the words in the sentences below. Be careful – sometimes they may start with a capital letter.

There were once three friends, Pam, Jan and Ann.

They had been friends for a long time, and they spoke every day.

They told each other what they had been doing.

They often went out together, here and there and everywhere.

One day Pam went out on her own – she said she needed “my time”.

Jan and Ann wondered what she was up to. They wondered if she had a new friend.

She said she had been going to the park. They followed her there to find out.

They found out what she had been up to – “That’s my man she is with,” said Jan.

High frequency words

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3. Write your own sentences on the lines below. Write each word in a different sentence. Remember to use a capital letter and a full stop. The word you must use is in brackets at the start.

(had) _____

(my) _____

(her) _____

(what) _____

(there) _____

(out) _____

High frequency words

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1. Copy the six words from the slips of paper onto the lines below:

2. Now circle the words in the sentences below. Be careful – sometimes they may start with a capital letter.

What had Jane done?
There was no way out of this.
She had stolen her best friend's boyfriend.
He's not my boyfriend, she thought.
He is her boyfriend,
Jane had only gone out with him once.
Maybe no-one had seen them.
What if they had?
There was only one thing she could do.
She had to tell her friend first.

3. Write your own sentences on the lines below. Write each word in a different sentence. Remember to use a capital letter and a full stop. The word you must use is in brackets at the start.

(had) _____

(my) _____

(her) _____

(what) _____

(there) _____

(out) _____

High frequency words

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1. Copy the six words from the slips of paper onto the lines below:

_____	_____
_____	_____
_____	_____



2. Now circle the words in the sentences below. Be careful – sometimes they may start with a capital letter.

I wonder what it would be like if we did not have television.

My grandmother said it would be like it was in the old days.

People would be able to talk to each other more.

She said they would have some more time for each other.

She said this would mean they would have better times together.

She said this would mean that people would enjoy some good times and they would be closer to each other.

She said this and then she went to watch Eastenders.

High frequency words

Name _____

3. Write your own sentences on the lines below. Write each word in a different sentence. Remember to use a capital letter and a full stop. The word you must use is in brackets at the start.

(this) _____

(be) _____

(have) _____

(like) _____

(went) _____

(some) _____

High frequency words

Name _____

1. Copy the six words from the slips of paper onto the lines below:



2. Now circle the words in the sentences below. Be careful – sometimes they may start with a capital letter.

When she was a little girl, she did not go on holiday.

When she was little, she did not have many toys.

Her parents were too poor.

Then she grew up.

She was not little now.

Her house was not little either.

She married for money so she was not poor anymore.

She could have holidays then whenever she wanted.

She did not want toys, but there were lots of things she did want.

So then, now she can have what she wants and go where she wants,

So why is she not happy?

High frequency words

Name _____

3. Write your own sentences on the lines below. Write each word in a different sentence. Remember to use a capital letter and a full stop. The word you must use is in brackets at the start.

(then) _____

(so) _____

(were) _____

(not) _____

(go) _____

(little) _____

High frequency words

Name _____

1. Copy the six words from the slips of paper onto the lines below:



2. Now circle the words in the sentences below:

The old lady did not do much these days.

She sat in her chair and hoped that one of them would come.

She was their mum after all.

She had no visitors most of the time.

But today, as it was her birthday, she hoped one of them would come.

One of them would do.

She was their mum after all.

3. Write your own sentences on the lines below. Write each word in a different sentence. Remember to use a capital letter and a full stop. The word you must use is in brackets at the start.

(as) _____

(no) _____

(them) _____

(mum) _____

(one) _____

(do) _____

High frequency words

Name _____

1. Copy the six words from the slips of paper onto the lines below:



2. Now circle the words in the sentences below:

It gets me down when it's raining.

My dad says it's been like that since I was a little child.

My dad says when other children splashed in puddles, I just cried.

I just sat down with great big tears dripping down my face.

Even now, when I am big, it's a bad day when it's wet!

I think it's called S.A.D.

3. What two words could you write instead of **it's**? _____

4. Write your own sentences on the lines below. Write each word in a different sentence. Remember to use a capital letter and a full stop. The word you must use is in brackets at the start.

(me) _____

(dad) _____

(it's) _____

(down) _____

(when) _____

(big) _____

High frequency words

Name _____

1. Copy the six words from the slips of paper onto the lines below:

2. Now circle the words in the sentences below:



No matter how hard I look, I cannot see it.

It's a very hard problem that I don't know how to do.

I have looked at it for half an hour now.

The answer will not come.

I don't like numbers very much, do you?

I think I will see if someone else will look at for me.

Are you free to come and help?

3. The word **look** is very similar to **looked**. What suffix has been added to **look** to make the new word? What other suffix could you add to **look** to make a new word?

4. Write your own sentences on the lines below. Write each word in a different sentence. Remember to use a capital letter and a full stop. The word you must use is in brackets at the start.

(see) _____

(look) _____

(very) _____

(looked) _____

(don't) _____

(come) _____

High frequency words

Name _____

1. Copy the six words from the slips of paper onto the lines below:

2. Now circle the words in the sentences below:

Jane's children have been taken into care.
She is not sure whether she will get them back.
It wasn't because of her – it was him.
He comes home from the pub drunk.
He walks into the house in a temper.
He hit her last time – all over her face, her arms, her back.
She could not get away from him.
She dare not hit him back.
She hid the children from him.
She hopes that she will get them back.



3. Write your own sentences on the lines below. Write each word in a different sentence. Remember to use a capital letter and a full stop. The word you must use is in brackets at the start.

(will) _____

(into) _____

(back) _____

(children) _____

(from) _____

(him) _____

High frequency words

Name _____

1. Copy the six words from the slips of paper onto the lines below:

2. Now circle the words in the sentences below:

If ever you need a hand, Mr Smith is your man.

Mr Smith moved to the flats last year.

He lives just opposite my Nan's flat now.

Mr Smith must be the best neighbour in the world.

He goes to get her newspaper every morning.

He will get her shopping if she asks him.

Last week, he came round to her flat with some flowers.

When he saw she was ill, Mr Smith said, "Oh dear me. Now don't you worry."

Then he went out to get her some lunch.

He came back with bread, cheese, eggs – oh, just a list of things!

It is just the kind of man he is.

Or maybe he was hoping to get Nan to marry him!

Now they are engaged.



High frequency words

Name _____

3. Write your own sentences on the lines below. Write each word in a different sentence. Remember to use a capital letter and a full stop. The word you must use is in brackets at the start.

(Mr) _____

(get) _____

(just) _____

(came) _____

(now) _____

(oh) _____

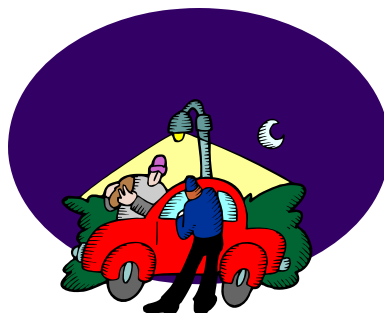
High frequency words

Name _____

1. Copy the six words from the slips of paper onto the lines below:

2. Now circle the words in the sentences below:

There is a story in the paper about the people next door.
They got their Christmas presents nicked out of their car.
They had been walking about for ages – shopping for their family and friends.
They had put them on the back seat.
Then they went back to the shops and got a cup of tea.
There were loads of people about.
I think they should have known better – you know what some people are like.
If you put your things where everyone can see them, there are bound to be some people who will nick them.
Still, I hope they don't spot their presents in my shed!



High frequency words

Name _____

3. Write your own sentences on the lines below. Write each word in a different sentence. Remember to use a capital letter and a full stop. The word you must use is in brackets at the start.

(about) _____

(got) _____

(their) _____

(people) _____

(your) _____

(put) _____



High frequency words

Name _____

1. Copy the six words from the slips of paper onto the lines below:

_____	_____	_____
_____	_____	_____

2. Now circle the words in the sentences below:

Kirstie and Phil showed them a very old house.

It was by a stream.

They said it was too old.

They said the stream was too wet!

They said, "Could you find us something more modern?"

The next day, Kirstie and Phil showed them a new house.

It was by a field.

They said it was too new. They said the field was too green!

They said, "We would like to see an old house now – could you show us one?"

The next day, Phil and Kirstie got a better job.



High frequency words

Name _____

3. Write your own sentences on the lines below. Write each word in a different sentence. Remember to use a capital letter and a full stop. The word you must use is in brackets at the start.

(could) _____

(house) _____

(old) _____

(too) _____

(by) _____

(day) _____



High frequency words

Name _____

1. Copy the six words from the slips of paper onto the lines below:

2. Now circle the words in the sentences below:

I'm not sure if I want to help Mrs Smith now.

She has lived next door for a very long time.

When I was a child, she made me clean the church hall.

I did not do it to help – I did it because she made me.

Other children had made the mess but she thought I had done it.

I said, "I'm not the one who did it, Mrs Smith."

Mrs Smith said, "Even if they did, you were there."

Mrs Smith made me tidy up and sweep the floor.

Mrs Smith said, "If you have time, you can wash the floor too."

Then she said, "If you do a good job, I'm not going to tell your mum."

But Mrs Smith is old now and needs help to do all sorts of things.

I'm too busy though - unless I just made the time.

What do you think? Should I help?



High frequency words

Name _____

3. Write your own sentences on the lines below. Write each word in a different sentence. Remember to use a capital letter and a full stop. The word you must use is in brackets at the start.

(made) _____

(time) _____

(I'm) _____

(help) _____

(if) _____

(Mrs) _____



High frequency words

Name _____

1. Copy the six words from the slips of paper onto the lines below:

2. Now circle the words in the sentences below:

She's called off the wedding.

She's supposed to be here at the church.

I'm standing here now – our friends and family are here too.

But she's called it off.

She watched her mother make her dress.

She watched me make the cake!

She asked me to marry her! Not the other way round!

When I saw her yesterday, I asked her was she sure.

She asked me was I sure?

She said she saw me with another woman.

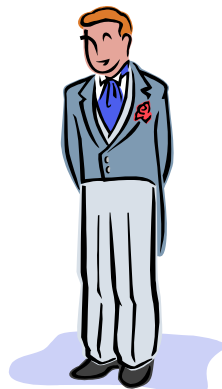
She said she saw me kiss another woman.

Maybe the other woman wouldn't have called it off.

Maybe she wouldn't make me look a fool.

I should have asked her.

I wonder if I called her now, if she'd get here on time?



High frequency words

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3. Write your own sentences on the lines below. Write each word in a different sentence. Remember to use a capital letter and a full stop. The word you must use is in brackets at the start.

(called) _____

(here) _____

(off) _____

(asked) _____

(saw) _____

(make) _____



High frequency words

Name _____

Source: Letters and Sounds appendix 1

<http://nationalstrategies.standards.dcsf.gov.uk/node/83127>

100 high frequency words

- | | | | |
|----------|------------|--------------|------------|
| 1. the | 26. are | 51. do | 76. about |
| 2. and | 27. up | 52. me | 77. got |
| 3. a | 28. had | 53. down | 78. their |
| 4. to | 29. my | 54. dad | 79. people |
| 5. said | 30. her | 55. big | 80. your |
| 6. in | 31. what | 56. when | 81. put |
| 7. he | 32. there | 57. it's | 82. could |
| 8. I | 33. out | 58. see | 83. house |
| 9. of | 34. this | 59. looked | 84. old |
| 10. it | 35. have | 60. very | 85. too |
| 11. was | 36. went | 61. look | 86. by |
| 12. you | 37. be | 62. don't | 87. day |
| 13. they | 38. like | 63. come | 88. made |
| 14. on | 39. some | 64. will | 89. time |
| 15. she | 40. so | 65. into | 90. I'm |
| 16. is | 41. not | 66. back | 91. if |
| 17. for | 42. then | 67. from | 92. help |
| 18. at | 43. were | 68. children | 93. Mrs |
| 19. his | 44. go | 69. him | 94. called |
| 20. but | 45. little | 70. Mr | 95. here |
| 21. that | 46. as | 71. get | 96. off |
| 22. with | 47. no | 72. just | 97. asked |
| 23. all | 48. mum | 73. now | 98. saw |
| 24. we | 49. one | 74. came | 99. make |
| 25. can | 50. them | 75. oh | 100. an |

High frequency words

Name _____

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

High frequency words

Name _____

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

High frequency words – flash cards

to	he	it	they
I	said	was	on
in	of	you	she

For use with p2

For use with p3

High frequency words – flash cards

is	that	with	all
for	but	can	up
at	his	we	are

For use with p4

For use with p5-6

High frequency words – flash cards

had	what	this	like
my	there	be	went
her	out	have	some

For use with p7-8 or p9

For use with p10-11

High frequency words – flash cards

then	not	as	mum
so	little	no	one
were	go	them	do

For use with p12-13

For use with p14

High frequency words – flash cards

me	down	see	looked
dad	when	look	don't
it's	big	very	come

For use with p15

For use with p16

High frequency words – flash cards

will	children	Mr	came
back	from	get	now
into	him	just	oh

For use with p17

For use with p18-19

High frequency words – flash cards

about	people	could	by
got	your	house	too
their	put	old	day

For use with p20-21

For use with p22-23

High frequency words – flash cards

made	help	called	asked
time	if	here	saw
I'm	Mrs	off	make

For use with p24-25

For use with p26-27

High frequency words – flash cards
