

Parent Handout

High Frequency Words (HFW)

High frequency words are words which occur frequently. These are different from Tricky words. Tricky words are words that you cannot sound out. Some High frequency words can be sounded out for example 'it's' and some are also Tricky words. The meaning of the High frequency words is often difficult to explain to a child as they usually have an abstract meaning. It is easy to understand 'cat' for example but not so easy to understand 'the'.


Researchers believe that learning just 13 of the high frequency words will enable children to read 25% of any text. Therefore learning 100 high frequency words gives children access to 50% of any text.

When you add this to the phonics learning children's reading can really take off.

How to teach High frequency words?

- Play 'beat the detective' child to run and find the word before the other person has written it!
- Splat the words with fly squatters.
- Place a HFW in the corner of the room and run to the word called out.
- Lucky dip!
- Play snap!
- Write them in chalk onto a hopscotch grid. Read them as you throw the stone onto them.
- Play bingo with them.
- Put them into a sentence, ensuring children understand the context
- Point them out when reading a bedtime story.
- Put a few at a time onto a wall using post its or bricks/flowers and practise them each evening in a fun way hiding one and asking which one is missing.
- Play treasure hunt with HFW word flowers.
- Building with HFW.
- Write the words on lolly sticks and practise 1 a day from the pot.
- Write the words on the back of toy eggs and flip them over with a spatula to reveal the word!

First 100 High Frequency Words



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