A core of known high frequency words is a valuable resource as students build their reading and writing processes. High frequency words (HFW) are quite simply those words which occur most frequently in spoken and written language. For example, 'and', 'the', 'as', and 'it'. HFW often have little meaning on their own, but they do contribute a great deal to the meaning of a sentence.


Did you know that many of the high frequency words that we teach students to memorize actually follow regular phonetic patterns? Some examples include the words 'can', 'he', 'came', 'no', and 'play'. Typically, these high-frequency words are taught as "sight words" and are not included in phonics lessons but they could be! Supporting students in their use of letter/sound correspondences, syllable types, and spelling rules gives them opportunities to integrate and practice these skills while reducing rote memorization of each word's visual letter string.

Keep in mind, high frequency words are high utility words early readers can use strategically while problem solving other words. As a result, these words give our readers an opportunity to learn how to use known letters, words, spelling patterns, word structures, and word meanings to learn and/or solve new words; and use them as resources to read and write other words. The value of these words to readers and writers goes beyond just reading them with automaticity. So, the goal is not for students to memorize these words or get too hung up on the number of words students can recite from memory. Instead, it is important to teach students to become word solvers.

By becoming conscious word solvers, young readers notice words that appear frequently in the simple texts they read and eventually their recognition of these words becomes automatic. In this way, their reading becomes efficient, enabling them to decode words using phonics as well as attend to comprehension. Readers can use high frequency words to check on the accuracy of their reading and as resources for solving other words. For example, the word 'this' starts like 'the' or the word 'am' is within 'stamp'. In general, readers learning simpler words earlier leads to developing an efficient system for acquiring new words in their language repertoire. This increases their own sight word database by continuously adding to the core of words they know. Lessons on high frequency words helps our readers to look carefully at words and develop efficient systems for word recognition.

Pinnell, G. S., Fountas, I.C. (2017). When Readers Struggle: Teaching That Works. Chicago: Heinemann.

| ELAR TEKS Reading Strand Vertical Alignment |  |  |
| :--- | :--- | :---: |
| Reading/Beginning Reading Skills/Phonics. <br> (Grades K, 3) Students use the relationships between letters and sounds, spelling patterns, and morphological <br> analysis to decode written English. Students are expected to: <br> (Grades 1, 2) Students use the relationships between letters and sounds, spelling patterns, and morphological <br> analysis to decode written English. Students will continue to apply earlier standards with greater depth in <br> increasingly more complex texts. Students are expected to: |  |  |
| Kindergarten |  |  |$\quad$| First Grade | Second Grade |
| :--- | :--- |
| K.3D identify and read at least 25 <br> high-frequency words from a <br> commonly used list | 1.3H identify and read at least 100 <br> high-frequency words from a <br> commonly used list | | 2.2G identify and read at least 300 |
| :--- |
| high-frequency words from a |
| commonly used list |


#### Abstract

High Frequency Words Irregular (Heart) Words

Words that do not follow phonics patterns. The spellings of about three-fourths of our most frequently occurring words are regular, or pattern-based, while only about one-fourth are truly irregular. Words such as the, is, to and are, do not follow commonly taught phonics rules and cannot be sounded out. These words typically have to be memorized in order to become sight words. Irregular words are indicated by an asterisks (*) on our high frequency word lists.


## Sight Words

Sight words are any word recognized and read with automaticity (without having to sound them out). Keep in mind, any word becomes a sight word once it is read and written with automaticity.

Words for our high frequency word lists were adapted from:

- Pinnell, G.S., Fountas, I.C., \& Giacobbe, M.E. (1998). Word matters: teaching phonic s and spelling in the reading/writing classroom. Chicago: Heinemann.
- Fry's Complete 1,000 Word List retrieved from http://bjh.dadeschools.net/assets/fry_complete_1000.pdf


## KINDERGARIEN

## High Frequency Words

| a* | am | an | a nd | at | can | do* | go | he |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| l | in | is* | it | like | me | my | no | see |
| so | the* | said* | to* | up | we | you* |  |  |

## Kindergarten Extension List 1

| zero | one* | two* | three | four* | five | six | seven | eight |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| nine | ten | all | but | could* | down | has | her | him |
| how | make | of* $^{\text {cow }}$ | they* | this | was* $^{\text {hath }}$ | went | your* |  |

Kindergarten Extension List 2

| are | because* | came | day | eat | friend* | from* | give* | have* |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| his* $^{\text {into* }}$ | know* | more | not | new | nice | our | over |  |
| saw | people* | that | under | want* | were* | when | which | why |

## *Words that do not fit into spelling pattems (Imegular 'Heart' Words)

Note: 25 high-frequency words is the minimum number established by the Texas Essential Knowledge and Skills (TEKS). Kindergarten students will gain far more than 25 highfrequency words during their kindergarten school year. The extension list is intended as challenge words for students who can read and write the kindergarten high frequency words with automaticity.

First Grade High Frequency Words

| Unit 00 <br> Kinderlist | Unit 01 | Unit 02/03 | Unit 03/04 | Unit 05 |
| :---: | :---: | :---: | :---: | :---: |
| a* | all | any* | back | after |
| am | are* | ask | been* | because* |
| an | as | boy | came | car |
| and | be | but | can't | could* |
| at | big | come* | going | down |
| can | by | eat | have* | friend* |
| do* | day | girl | here | from* |
| go | did | give* | house | her |
| he | for | good | jump | more |
| I | fun | help | know* | rain |
| in | get | his* | look | other* |
| is | had | how | made | our |
| it | has | into* | make | over |
| like | him | just | much | school* |
| me | if | little | nice | teacher |
| my | not | new | night | too |
| no | of* | off* | people* | thing |
| see | on | old* | quit | under |
| so | put* | play | nde | very* |
| the* | saw | that | there* | were* |
| said* | she | them | they* | where* |
| to* | tell | then | this | which |
| up | us | went | walk* | who* |
| we | was* | what* | want* | why |
| you* | will | when | with | your* |
| you |  |  |  |  |

## First Grade Extension List 1

| above* | before | better | don't <br> laugh* <br> leam* <br> paper | every <br> picture | favonte <br> please | going <br> should* | held <br> name <br> soon | house <br> once* <br> thank |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| own |  |  |  |  |  |  |  |  |
| think | open |  |  |  |  |  |  |  |
| work* | own |  |  |  |  |  |  |  |
| write |  |  |  |  |  |  |  |  |

## First Grade Extension List 2

| hide story | across home think | almost* most* those | become* only* though* | behind* place today* | both* room week | $\begin{aligned} & \text { city } \\ & \text { sleep } \\ & \text { would* } \end{aligned}$ | $\begin{gathered} \text { door } \\ \text { some* } \\ \text { write } \end{gathered}$ | fast <br> stay <br> year |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |

## *Words that do not fit into spelling pattems (Imegular 'Heart' Words)

Note: 100 high-frequency words is the minimum number established by the Texas Essential Knowledge and Skills (TEKS). However, $1^{\text {st }}$ grade students will gain far more than 100 highfrequency words during their $1^{\text {t }}$ grade year school year. The extension list is intended as challenge words for students who can read and write the $1^{\text {t }}$ grade high frequency words with a utomaticity.

## Second Grade High Frequency Words

| able | clean | grew | once* | street |
| :---: | :---: | :---: | :---: | :---: |
| about | close | grow | only* | study |
| above* | could* | hand | open | such |
| across | dark | happy | order | sure* |
| air along | dear deep | held hide | own page | take talk |
| almost* | different* | home | paper | thank |
| also | didn't | inside | part | their* |
| always | done* | kind* | party | think |
| among | don't | knew | pick | third |
| answer* | door | land | picture | these |
| anything | during | ${ }_{\text {laugh* }}$ | place please | those |
| around | each | last | point | today* |
| away | early* | leam* | right | together* |
| ate become* | enough* | leave | room same | tomorrow |
| before | every | light | second | until |
| begin | fast | line | seen | teach |
| behind* | father* | live* | sentence |  |
| best better | favorite feel | long main | should* show | wait watch* |
| between | find* | mean |  | week |
| book | first | might |  | while |
| both* break | follow food | ${ }_{\text {most* }}^{\text {mother* }}$ |  | wish winter |
| bring | found | move* | some* | work* |
| build* | funny | much | something* | world* |
| ${ }_{\text {buy }}$ | game | must | soon | would* |
| catch | gave | named | sound | wite |
| caught | going | near | start | wrong |
| change | gone | never | stay | wrote |
| child ren city | ${ }_{\text {great* }}^{\text {grade }}$ | next | still story | year yesterday |

## *Words that do not fit into spelling pattems (Imegular 'Heart' Words)

Note: As stated in the TEKS, $2^{\text {nd }}$ grade students are required to identify a nd read at least 300 high-frequency words. This 175 high frequency word list, along with the 125 words on the Kinder and $1^{\text {st }}$ grade lists, make up the list of 300 high frequency words.

## Third Grade High Frequency Words

| add | example | left | state |
| :---: | :---: | :---: | :---: |
| across | except | list | sudden |
| anyone* | exciting | mind* | song |
| asked | fact | mile | taught |
| began | fair | miss | ternible |
| being | family | money* | their* |
| below | finally | moming | they're* |
| best | fire | mountains | thought* |
| body | friends* | myself | threw |
| care | general | often* | through* |
| caught | grant | person | trouble |
| check | grade | plan | united |
| class | group* | possible | upon |
| clean | hard | prettier | vacation |
| clothes | heard* | probably | view |
| community | hidden | problem | wasn't* |
| couldn't* | high | question | wear |
| country* | hole | ready* | we're |
| decided | hopeless | real | whether |
| discover | idea | recycle | whole |
| does* | important | responsibilities | winner |
| either* | independent | river | without |
| especially | joumal | seem | wouldn't* |
| everybody* | keep | shouldn't* | you're |
| everything* | laughed | sometimes* | young* |

*Words that do not fit into spelling pattems (Imegular 'Heart' Words)

Fourth Grade High Frequency Words

|  | getting ground half* happened having* heart* high himself hold* horse hour* however hundred hurt inches instead* kids king listen lived lives looking low making mark | mean <br> measure minutes music north notice nothing numeral passed pattem piece* products pulled quickly reached remember road several short shown since sing slowly south space | stand stars step strong table teacher throw told* <br> toward* town travel true* trying tumed usually unit verb voice vowel wanted* warm* waves wind wood yourself* |
| :---: | :---: | :---: | :---: |

[^0]
[^0]:    *Words that do not fit into spelling pattems (Irregular 'Heart' Words)

