

The first 100 high-frequency words For Reading and Spelling

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