

Grade 1: The First 100 "Instant" Sight Words

These are the most often used words in reading and writing. The first 100 words are listed in order of frequency in Columns 1 through 4. Make sure your students know most of these before teaching the second 100. Teach only a few at a time to keep the success rate high. Some are phonetically regular or decodable (e.g. can, for, on) in which case it is helpful to prompt students to sound the words out, others are irregular or have phonic patterns not typically taught in first grade (e.g., was, you,now), in which case use "spell & read" to teach them. In either case the goal is to have all 100 be instant or automatic words students don't have to stop and labor over. Use these words for flash cards, games, spelling lessons, or just read down the column for quick 1 min. timed drills, etc. These high frequency words are also called "sight words" because they must be recognized instantly, on sight, to support reading fluency.

Column 1 Words 1-25

the
of
and
a
to
in
is
you
that
it
he
was
for
on
are
as
with
his
they
I
at
be
this
Have
from

Column 2 Words 26-50

or
one
had
by
words
but
not
what
all
were
we
when
your
can
said
there
use
an
each
which
she
do
how
their
if

Column 3 Words 51-75

will
up
other
about
out
many
then
them
these
so
some
her
would
make
like
him
into
time
has
look
two
more
write
go
see

Column 4 Words 76-100

number
no
way
could
people
my
than
first
water
been
called
who
oil
sit
now
find
long
down
day
did
get
come
made
may
part