

Fry First 300 Practice Pack

30 small sets / read, write and revisit / no daily schedule required

What is included

Three reference lists and 30 two-page practice sets.

Who it is for

Adults supporting a learner who is working on Fry words.

How to start

Use your teacher's group, then choose a few words that need practice.

What you need

A pencil and an adult who can model the words aloud.

Printing

Print only the current set. Use Actual size or Fit to printable area.

A note about reading

Connect letters to sounds. Explain unfamiliar spellings explicitly.

Use and sharing

For one household or one classroom. Do not resell or post the PDF.

Source

Word groups: sightwords.com/sight-words/fry/ (September 2026).

A simple practice routine

Use a few words at a time. The sets are not a race or a grade-level test.

1. Read together

Say the word. Connect the letters to the sounds the learner knows.
Point out any unusual spelling; do not ask the learner to guess.

2. Write and say

Trace the light word once, then write it on the line.
Say a short sentence using the word.

3. Check gently

Ask the learner to read without help. Mark READ or HELP.
A check describes this attempt, not permanent mastery.

4. Revisit

Return to words marked HELP on another day.
Move to a new set when the learner is ready.

Teacher note

These sets are alphabetical within each published group of 100.
Reorder the words to fit your phonics teaching sequence.

First 100 Words / Set 1

Say the word. Trace it once, then write it on the line.

a	a	
about	about	
all	all	
am	am	
an	an	
and	and	
are	are	
as	as	
at	at	
be	be	

First 100 Words / Set 1 Check

Date: _____ Reader: _____

WORD	READ	NEEDS HELP
a	☐	☐
about	☐	☐
all	☐	☐
am	☐	☐
an	☐	☐
and	☐	☐
are	☐	☐
as	☐	☐
at	☐	☐
be	☐	☐

Use a word in a sentence. Say it, then write it together.

Next time, revisit: _____