

High Frequency Fluency Grids

Words in the following set of fluency grids include words from the UFLI Irregular Words and the High Frequency Dolch and Fry Word Lists.

The following fluency grids are aligned with the **UFLI scope and sequence** beginning with lesson one.

These fluency grids can be used for a whole group, small group, partner, or independent to practice fluency with high frequency words.

UFLI LESSON(S)	HIGH FREQUENCY DOLCH FRY WORDS
1-7	the, I, at, and, a
8-9	if, it, its, sit, in, is
11-12	am, an, as, man, not, on
12-14	not, on, did, said, can
15-16	cut, do, to, up, us, got
17-18	big, but, of, get, ten, set
19-22	see, ask, best, fast, must, stop
23(1)	he, be, me, had, has, him
23(2)-24	his, hot, hand, ran, red, run
25-26(1)	from, look, book, let, land, last
26(2)-27	left, list, are, help, plant
28-30	went, jump, just, was, yes
31-33	you, six, next, what, have

42(1)	your, want, off, tell, well, will
42(2)	add, miss, spell, still, your, want
43(1)	go, no, so, all, call, full, fall
43(2)-44(1)	pull, small, go, no, so, goes
44(2)-45	says, black, pick, she, we, wish
46	they, their, that, them, then, this, than
47	were, with, talk, walk, much, such
50	could, would, should, when, which
51	or, for, bring, long, song, thing
52	there, where, drink, thank, think
54(1)	who, ate, came, gave, made, make
54(2)	take, late, name, same, state, who
55(1)	by, my, five, like, ride, white
55(2)	line, mile, side, time, while

56-57	those, close, home, here, these
58-61	one, once, use, face, place, change, page
62-63	come, done, give, live, some, two, does
64-65	many, any, been, into, going, being
66	friend, because, something, sometimes
67	seven, upon, children, second, sentence, until
68	open, along, also, animal, began, begin, even
69-72(1)	woman, women, move, both, cold, don't
72(2)	find, hold, kind, old, most
73	four, fourth, fly, myself, try, why
74	forty, funny, only, family, study
75-77(1)	people, little, example, pretty, far, start
77(2)	car, hard, large, part, pretty, people
78	nothing, before, form, important, more, story

80(1)	other, another, after, better, every, her
80(2)	never, over, together, under, different, number
80(3)-81(1)	letter, river, together, mother, brother
81(2)-82	first, hurt, girl, turn, work, word, world
83-84(1)	father, water, today, very, away
84(2)	may, play, say, day, way
85(1)	above, among, clean, eat, green, keep, please
85(2)	read, sleep, three, between, each, feet
85(3)	leave, mean, need, real, sea, seem, tree
86(1)	again, against, grow, own, show, yellow
86(2)-87(1)	below, follow, again, against, always, almost
87(2)	light, right, high, might, night, always
89	floor, poor, door, good, put, took
90	won, son, soon, too, food

91-93	month, blue, new, hour, minute, draw, saw
94	Monday, Wednesday, read, wash, head, watch
95-96(1)	February, boy, point, eye, heart, around
96(2)	brown, down, found, how, now, our, out
96(3)	round, house, sound, without, eye, heart
98-102	about, know, write, answer, honest, honour
103-109	truth, truly, busy, build, built, sure
110-113(1)	laugh, who, whom, whose, air, toward
113(2)-114	hear, near, year, through, eight, great
115	learn, earth, early, few, group, through
116-117	buy, guy, thought, guess, guest, guide, city
118-119	young, touch, often, school, thought
119-120	enough, tough, rough, picture, through

Lesson 1-7

the	I	at	and	a
and	the	a	I	at
at	a	and	the	I
I	a	the	at	and
a	at	I	and	the

Lesson 8-9

if	it	in	sit	its	is
it	sit	is	if	in	its
is	its	in	it	if	sit
sit	in	it	its	is	if
its	is	if	sit	in	it

Lesson 11-12

am	as	an	not	man	on
an	not	man	am	on	as
man	am	as	on	an	not
as	on	not	an	am	man
on	an	am	man	not	as

Lesson 12-14

not	on	did	can	said
on	can	said	not	did
can	not	did	on	said
did	said	on	can	not
said	on	not	did	can

Lesson 15-16

cut	to	do	up	us	got
to	us	up	do	got	cut
up	got	to	cut	do	us
got	do	cut	us	to	up
do	up	us	got	cut	to

Lesson 17-18

big	of	get	but	ten	set
of	get	but	ten	big	set
ten	big	of	set	get	but
set	but	get	big	of	ten
but	of	ten	get	set	big

Lesson 19-22

see	ask	best	fast	must	stop
best	see	must	stop	fast	ask
fast	best	ask	see	stop	must
stop	must	see	ask	best	fast
must	fast	stop	best	ask	see

Lesson 23 (1)

he	him	be	had	has	me
had	has	he	me	him	be
him	me	had	be	he	has
be	he	him	has	had	had
me	him	has	had	be	he

Lesson 23 (2)-24

his	hot	hand	ran	red	run
hand	run	red	his	hot	ran
red	his	hot	run	ran	hand
hot	red	ran	hand	his	run
run	hand	his	hot	red	ran

Lesson 25-26 (1)

from	look	book	let	land	last
book	let	from	land	look	last
look	land	book	last	from	let
land	from	let	look	last	book
let	book	last	land	look	from

Lesson 26 (2)-27

left	list	are	help	plant
plant	are	help	plant	left
are	help	plant	left	list
list	left	are	plant	help
help	plant	left	list	are

Lesson 28-30

went	jump	just	yes	was
just	was	jump	went	yes
jump	yes	was	just	went
was	just	went	yes	jump
just	jump	yes	was	went

Lesson 31-33

you	next	what	have	six
next	have	six	you	what
six	you	what	next	have
what	six	next	have	you
have	what	you	six	next

Lesson 42 (1)

your	want	off	tell	well	will
want	well	tell	will	your	off
will	your	want	off	tell	well
tell	off	well	your	will	want
well	want	will	tell	off	your

Lesson 42 (2)

add	miss	spell	still	your	want
spell	still	your	add	want	miss
your	add	miss	want	spell	still
still	miss	want	spell	add	your
spell	want	still	miss	your	add

Lesson 43 (1)

go	no	so	all	call	full	fall
so	fall	go	call	all	no	full
all	so	full	fall	go	call	no
fall	call	no	all	full	so	go
call	all	fall	go	no	full	so

Lesson 43 (2) -44 (1)

pull	small	go	no	so	goes
so	no	goes	small	pull	go
small	go	pull	goes	so	no
go	pull	no	so	small	goes
no	so	small	goes	go	pull

Lesson 44 (2) -45

says	black	pick	she	we	wish
we	wish	she	black	says	pick
black	says	wish	we	pick	she
wish	pick	we	says	she	black
pick	she	black	wish	we	says

Lesson 46

they	their	that	them	this	then	than
that	them	than	they	then	their	this
then	this	their	than	that	them	they
their	they	them	that	than	this	then
them	than	then	this	their	they	that

Lesson 47

were	with	talk	walk	much	such
much	talk	such	with	were	walk
with	were	walk	much	talk	such
talk	walk	such	were	much	with
walk	much	with	talk	such	were

Lesson 50

could	would	should	when	which
would	when	could	which	should
should	could	which	would	when
when	which	would	should	could
could	should	when	which	would

Lesson 51

or	for	bring	long	song	thing
bring	thing	or	song	for	long
for	long	thing	bring	or	song
thing	or	long	for	song	bring
song	bring	for	thing	long	or

Lesson 52

there	where	drink	thank	think
drink	thank	there	think	where
thank	drink	think	where	there
where	there	thank	drink	think
drink	think	where	thank	there

Lesson 54 (1)

who	ate	came	gave	made	make
came	gave	made	who	make	ate
made	who	ate	make	came	gave
ate	make	gave	came	made	who
make	came	who	gave	ate	made

Lesson 54 (2)

who	take	late	name	same	state
late	who	take	same	state	name
take	state	who	name	late	same
same	name	take	who	state	late
late	state	name	take	who	same

Lesson 55 (1)

white	by	my	five	like	ride
by	five	white	my	ride	like
five	white	my	by	like	ride
ride	by	my	like	five	white
my	five	white	ride	like	by

Lesson 55 (2)

line	mile	side	time	while
mile	time	line	while	side
while	line	mile	side	time
time	while	side	line	mile
while	side	time	mile	line

Lesson 56-57

those	close	home	here	these
home	here	close	these	those
close	these	those	home	here
here	home	these	those	close
those	these	here	close	home

Lesson 58-61

page	one	use	once	face	change	place
one	use	place	change	page	once	face
use	face	one	place	once	change	page
change	once	page	face	place	use	one
place	page	use	once	change	one	face

Lesson 62- 63

does	come	done	give	live	some	two
done	give	live	two	does	come	some
give	live	come	done	two	some	does
does	some	give	two	come	done	live
come	two	does	live	give	done	some

Lesson 64-65

being	many	any	been	going	into
any	been	into	many	being	going
many	into	any	going	been	many
been	going	many	into	any	being
any	into	being	going	many	been

Lesson 66

sometimes	friend	because	something
because	something	friend	sometimes
friend	sometimes	because	something
something	because	friend	sometimes
sometimes	friend	because	something

Lesson 67

until	seven	upon	children	second	sentence
upon	children	second	seven	sentence	until
seven	seconds	until	sentence	children	upon
sentence	children	until	second	upon	seven
second	sentence	upon	seven	until	children

Lesson 68

begin	open	along	also	animal	began	even
open	even	begin	along	began	animal	also
along	also	open	animal	begin	even	began
animal	along	began	also	even	open	begin
also	begin	animal	open	began	even	along

Lesson 69-72 (1)

don't	woman	move	women	both	cold
woman	both	don't	cold	women	move
move	cold	woman	both	don't	women
women	dont	cold	both	move	woman
both	woman	move	don't	women	cold

Lesson 72 (2)

most	find	hold	kind	old
find	hold	most	old	kind
old	kind	find	hold	most
kind	most	hold	old	find
hold	find	kind	most	old

Lesson 73

why	four	fly	fourth	myself	try
four	fourth	try	myself	fly	why
fly	myself	four	try	why	fourth
fourth	try	fly	why	four	myself
myself	why	fourth	four	fly	try

Lesson 74

forty	funny	only	family	study
only	forty	family	study	funny
funny	family	only	forty	study
family	study	forty	funny	only
study	funny	only	family	forty

Lesson 75-77 (1)

start	people	little	example	pretty	far
little	example	start	people	far	pretty
people	pretty	example	little	start	far
pretty	start	people	far	little	example
example	far	pretty	little	people	start

Lesson 77 (2)

people	car	hard	large	part	pretty
car	hard	people	part	pretty	large
hard	large	part	pretty	people	car
large	car	hard	people	pretty	part
part	pretty	large	car	hard	people

Lesson 78

story	nothing	before	form	important	more
before	form	story	nothing	more	important
nothing	important	more	before	story	form
form	story	nothing	important	before	more
important	before	form	more	nothing	story

Lesson 80 (1)

her	other	another	after	better	every
other	another	her	after	every	better
after	better	other	another	her	every
her	every	after	better	other	another
another	other	better	after	every	her

Lesson 80 (2)

never	over	together	under	different	number
together	different	over	never	number	under
number	never	different	under	together	over
under	number	together	different	over	never
over	under	never	number	different	together

Lesson 80 (3) - 81 (1)

letter	river	together	mother	brother
river	mother	brother	letter	together
brother	letter	mother	together	river
together	river	letter	brother	mother
brother	together	mother	river	letter

Lesson 81 (2) - 82

first	hurt	girl	turn	work	word	world
girl	word	first	work	world	hurt	turn
work	hurt	turn	girl	first	world	word
world	turn	word	first	work	girl	hurt
word	work	hurt	world	girl	turn	first

Lesson 83 - 84 (1)

father	water	today	very	away
away	today	very	father	water
very	father	away	water	today
water	very	today	away	father
today	water	father	very	away

Lesson 84 (2)

may	play	say	day	way
day	way	play	may	say
play	may	day	say	way
day	say	way	play	may
say	way	may	day	play

Lesson 85 (1)

above	among	clean	eat	green	keep	please
keep	eat	green	above	please	clean	among
eat	among	please	keep	clean	green	above
clean	green	among	please	above	keep	eat
keep	above	please	clean	eat	among	green

Lesson 85 (2)

read	sleep	three	between	each	feet
three	each	sleep	feet	read	between
sleep	read	between	three	feet	each
between	each	three	read	feet	sleep
feet	sleep	between	each	three	read

Lesson 85 (3)

leave	mean	need	real	sea	seem	tree
seem	real	sea	leave	tree	need	mean
need	leave	mean	seem	real	tree	sea
mean	sea	need	real	tree	leave	seem
real	tree	seem	mean	leave	sea	need

Lesson 86 (1)

again	against	grow	own	show	yellow
show	grow	yellow	again	own	against
own	again	against	yellow	grow	show
against	show	own	grow	yellow	again
yellow	grow	again	show	against	own

Lesson 86 (2) - 87 (1)

below	follow	again	against	always	almost
against	again	always	below	almost	follow
almost	below	follow	always	against	again
follow	almost	against	again	always	below
again	always	below	almost	follow	against

Lesson 87 (2)

light	right	high	might	night	always
high	might	night	light	always	right
night	light	right	might	high	always
right	might	high	always	night	light
always	night	might	right	light	high

Lesson 89

floor	poor	door	good	put	took
door	put	floor	took	good	poor
put	good	took	poor	floor	door
poor	floor	door	put	took	good
took	put	good	door	poor	floor

Lesson 90

won	son	soon	too	food
son	soon	food	won	too
food	won	son	too	soon
soon	too	won	food	son
too	food	soon	son	won

Lesson 91-93

month	blue	new	hour	minute	draw	saw
new	draw	blue	minute	month	saw	hour
draw	month	hour	saw	new	blue	minute
hour	saw	new	blue	draw	minute	month
saw	minute	draw	month	hour	new	blue

Lesson 94

Monday	Wednesday	read	wash	head	watch
wash	read	watch	Monday	Wednesday	head
watch	Monday	Wednesday	head	wash	read
Wednesday	head	wash	watch	read	Monday
read	watch	head	Wednesday	Monday	wash

Lesson 95 - 96 (1)

February	boy	point	eye	heart	around
eye	point	around	boy	February	heart
boy	heart	February	around	eye	point
around	eye	heart	point	boy	February
point	February	boy	heart	around	eye

Lesson 96 (2)

brown	down	found	how	now	our	out
now	how	our	down	brown	out	found
down	our	brown	out	how	found	now
how	out	found	now	our	down	brown
our	down	out	brown	found	now	how

Lesson 96 (3)

round	house	sound	without	eye	heart
sound	eye	round	heart	house	without
house	heart	without	sound	eye	round
without	sound	house	round	heart	eye
heart	round	eye	without	sound	house

Lesson 98-102

about	know	write	answer	honest	honour
honest	answer	honour	know	about	write
know	about	honest	honour	write	answer
honour	write	answer	about	honest	know
answer	honest	know	write	honour	about

Lesson 103-109

truth	truly	busy	build	built	sure
busy	built	truly	sure	truth	build
built	truth	build	busy	sure	truly
sure	truly	built	truth	busy	build
truly	busy	sure	built	build	truth

Lesson 110-113 (1)

laugh	who	whom	whose	air	toward
air	whose	laugh	who	toward	whom
who	whom	whose	toward	laugh	air
whose	toward	air	laugh	whom	who
toward	laugh	who	whom	air	whose

Lesson 113 (2) - 114

hear	near	year	through	eight	great
eight	year	great	hear	near	through
near	hear	through	great	eight	year
through	eight	near	year	hear	great
year	great	hear	eight	through	near

Lesson 115

learn	earth	early	few	group	through
early	through	learn	group	few	earth
group	early	few	earth	learn	through
earth	learn	group	through	early	few
through	few	group	early	earth	learn

Lesson 116-117

buy	guy	thought	guess	guest	guide	city
guest	thought	city	buy	guide	guy	guess
city	guide	guy	guess	thought	guest	buy
guide	buy	guess	guest	guy	city	thought
city	thought	guide	guy	guess	buy	guest

Lesson 118-119

young	touch	often	school	thought
touch	school	young	thought	often
school	often	thought	touch	young
thought	young	touch	school	often
thought	touch	often	young	school

Lesson 119-120

enough	tough	rough	picture	through
rough	tough	through	enough	picture
through	picture	enough	rough	tough
picture	enough	rough	tough	through
tough	rough	through	picture	enough

Created by Avon Maitland District School Board

