Fluency ENGLISH Word Program

Kindergarten through Sixth Grade

"The Essential Title 1 Reading Resource"

ELEMENTARY SCHOOL GRADE LEVELS

Fluency ENGLISH Word Program

Teacher Recommended Guidelines

1,000 Words Requirements per Grade Level							
Grade Level	1000 Folder Color	Number of words per grade level for year	Time: Seconds to complete 100 word list				
PK	N/A	EOY – first 20 words	N/A				
Kinder	N/A	100	130 seconds				
1st	Blue	600	120 seconds				
2nd	Purple	1000	110 seconds				
3rd	Green	1000	100 seconds				
4th	Yellow	1000	95 seconds				
5th	Orange	1000	90 seconds				
6th	Red	1000	85 seconds				

	Color (Code Fo	r Each 1	.00 Wor	d Sheet	(Recogn	ition Pu	rposes)	
1 st 100 Words	2 nd 100 Words	3 rd 100 Words	4 th 100 Words	5 th 100 Words	6 th 100 Words	7 th 100 Words	8 th 100 Words	9 th 100 Words	10 th 100 Words
Bright Pink	Light Yellow	Light Green	Light Blue	Light Pink	Gold	Dark Green	Dark Blue	White	Gray

1000 Words Fluency Folder Testing and Practice guidelines

(Allows the students to practice and master word fluency via basic word recognition)

- It is recommended that classroom teachers use an Excel monitoring spreadsheet to track their (classroom) students' progress. When testing students individually during the week, use a hard copy/print of that spreadsheet so the teacher can readily mark student progress in pen/pencil, then update the computer Excel monitoring spreadsheet at later time for efficiency purposes. Use shorthand codes on the hard copy to make the process easier. For example, use a system such as this: On first 100 words (pink page) column 1 and 2 mastered = p1 or p2, may represent a student that has finished only the pink, column 1 and/or 2 only. Hence, the teacher knows where to begin with the child at the next session as well as hold the student accountable for previous words that the student has demonstrated mastery. When testing the student on a word list, please vary the direction of word recognition movement from not only top to bottom of a column to bottom to top, so the student does not memorize the order of the words by rote. It is noted that whatever is repetitively and consistently practiced with students is what will be learned and permanently ingrained. The structure of this program allows the classroom teacher to quickly run through the word lists with the majority of their students, and then focus on newly enrolled students which should be a manageable number of children each school year.
- Each student in the classroom should be tested on the words individually each week. This can be done during weekly assessment times while the other students are working independently. For primary grades, this can also be done during recess or at the start of each day as students

- are busy working on the morning warm-up or an independent activity. By week's end, a teacher may easily access every child in the classroom, and set-up a routine with students where each student knows what day of the week they will be tested. Again, this type of process establishes a manageable routine for the classroom teacher.
- A principal can easily monitor each classroom by requiring each classroom teacher's Excel monitoring spreadsheet be emailed every Friday afternoon for quick review. If a teacher or a principal would like a copy of the Excel monitoring spreadsheet after purchasing this product, please email the author at bahelwig@gmail.com and a copy will be promptly emailed for immediate teacher/school use. Please state in the email subject line "Request Excel Fluency Spreadsheet" so the email is not confused with spam.
- If a student does not master a list completely, the student must study the words and be retested. It is highly recommended to NOT move the student forward to a new list until a current list is mastered. Of course, this means not all students will be on the same list. After a word list is mastered, it is suggested that the teacher periodically go back to recheck (spot check) to be sure the student has retained the words. It is also suggested that the student should NOT be permitted to skip around on the page until the entire list is mastered sequentially by columns or rows. Again, the teacher should check up and down a column or back and forth on a row to ensure the child truly knows the words by sight recognition.
- The words should be reviewed frequently throughout the instructional day. It is suggested that the teacher post the words on the wall and review them as an opening exercise in the day and as a transition exercise in their daily lessons. Two feet by three feet sized posters are easily made of these ten hundred word lists using current scanning technology for placement in each classroom. Another method for students to practice the words on a list as the teacher lines up students to exit the classroom. This can be accomplished by calling on tables or students individually and provide them an oral learning opportunity. Another method is making a game out of practice with the children with a minimal reward for success of extra recess (3 to 5 minutes) for instance. It is recommend to orally read the 100 words whole group (except kindergarten classrooms – in kindergarten, it is suggested to do 10 words per week or every two weeks) to ensure the students hear the correct pronunciation of each word. It is suggested students read the words chorally with the teacher several times a day as a class as they begin the fluency word program for at least the first 300 to 400 words, beginning in 2nd grade. In 1st grade, it is recommended the first 200 words. In this manner, students have heard the words pronounced correctly and the teacher does not need to work with each student on the same task.
- These words represent the most common of the English words and they appear in over 60% of the words in print in any given reading passage or chapter in a book. It is essential students do NOT struggle in reading these basic words, so they can concentrate and process on words that are not as common. Otherwise, the student depletes their 'mental CPU capacity' while reading or trying to read the most basic words. Consequently, at the end of a sentence or paragraph, the student is unable to recall or comprehend the meaning of the reading they completed only seconds before.
- This fluency program is a whole language approach; however, it is highly, highly endorsed that a structured phonics program be implemented in each primary classroom as a parallel language development program. In this way, students' learning styles with either type of phonics or whole language methodology is addressed. A phonics program teaches children to decode by sounds so they are able to read any word; however, these basic words must be ingrained for success in reading, especially at rural and urban Title 1 schools.

- The fluency time provided in the table above are higher and not as stringent as compared with normally accepted reading fluency times that stress quicker fluency rates. The rates are easier to afford immediate student success. However, the fluency rates listed in the table above may be easily lowered after the first or second year of program implementation when the students have demonstrated success at the fluency rates provided in the table above. However, after mastering these word lists, the teacher should discover students' desired word per minute reading rates have improved dramatically over a short period of time since the student is more successful with independent reading from more successful practice.
- The above table lists colors for 100 word lists and colored folders per grade level. These colors are provided as an example only and may be altered to fit the teacher or school color preferences, of course. However, it is highly recommended to use a color coding system on at least the 100 word sheets as a minimum. It is easier for the classroom teacher to manage the program and easier for the student to recall their current word list they are studying. Furthermore, homework has two general requirements: 1.) Homework should be repetition on what was learned that day (i.e. the work should not be new material that night) and 2.) Homework helps provide discipline and student self-management. Hence, assigned homework for a student learning a whole-language word list is very easy for most students to study independently at home or with a parent or sibling. If the student hails from a home that speaks a different language other than English, the homework should still be relatively easy to complete with adequate class practice reviews during the instructional day.
- The 1,000 Word Fluency Program's first 800 words are the exact same words as the Non-Negotiable English Word Program also available for purchase. This is not an accident. The programs have different purposes but both should be implemented together. The fluency program is designed to improve a student's fundamental literacy flow and the Non-Negotiable Word Program is for improving basic writing ability; however, they have a symbiotic positive effect on heightened student learning since both programs address problematic areas for elementary students, especially for students attending rural and urban Title 1 schools. In summary, globally implemented programs at schools must be value added and the two global programs should not inflict any negative affect or compete with any other program on the campus. This is the case with both of these language programs. Finally, the reason that one program has 800 words and the other program has 1,000 words is so students, teachers and administrators can readily distinguish between the two programs.
- A reward system is recommended with this global program. Especially in primary grades after each student completes a 100 word sheet and a small gold star is placed on their paper or whatever the teacher finds doable to easily reward the child for their work.
- The primary reasons the fluency program is effective is for the following: 1.) In Title 1 elementary schools, many of the children in the primary grades are not well practiced independent readers as their higher socioeconomic peers; hence, they have not had sufficient repetition with the most basic English words to ingrain them to rote memory. The enclosed fluency program corrects this academic deficiency, and the economically disadvantaged children are able to build a more advanced vocabulary since these English basic words are mastered and higher concepts may be more readily taught. 2.) Standardized testing is often timed (i.e. in Texas, the reading STAAR Texas Education Agency test is a timed 4 hour examination) requiring a student to be tested in both fluency and comprehension. Hence, the student must be able to read fluently or they will not complete the examination in the allotted time! The fluency program affords student this ability, and the classroom teacher is then able to focus primarily on the comprehension reading requirement for testing.

- Standard commercially purchased reading programs generally possess a fluency list associated with each level of reading. The list of words at each reading level might only be 10 to 15 words per level, but in a classroom of 20 or more children, it is difficult for even the most organized teacher to hold each student accountable to so many different word lists. The enclosed fluency word lists make this process much more manageable. The list of words is general, so ALL students are held accountable at ONE time with a set and easy standard to follow. All commercial reading level fluency lists are the same words in the 1,000 word program whereas the teacher of any level of teaching experience may hold their students accountable.
- Finally, it is the author's professional opinion that this fluency program should be implemented school-wide. The first year of implementation may be difficult, but the succeeding years of implementation are both effective and efficient both horizontally and vertically across grade levels. In the 4th, 5th and 6th grades when the students have demonstrated reading scores above 75% or 80% on the previous year's standardized State assessment completed with a time requirement, those students may be exempted from the program since basic fluency is not a deficiency in their reading ability. This process will save time in testing students for fluency issues, so the number of students to work with at those grade levels should be significantly lowered.

First Hundred English Words

Name_____

a
about
after
again
all
an
and
any
are
as
at
be
been
before
boy
but
by
can
come
day
did
do
down
eat
for

nglish Words
from
get
give
go
good
had
has
have
he
her
here
him
his
how
I
if
in
is
it
just
know
like
little
long
_

man	
many	
me	
much	
my	
new	
no	
not	
of	
old	
on	
one	
or	
other	
our	
out	
put	
said	
see	
she	
SO	
some	
take	
that	
the	

their
them
then
there
they
this
three
to
two
up
us
very
was
we
were
what
when
which
who
will
with
work
would
you
your

make

	also		first		mother		shall
	am		five		miss		should
	another		found		near		soon
	away		four		name		stand
	back		friend		never		such
	ball		girl		next		sure
	because		got		night		tell
	best		hand		only		than
	better		high		open		these
	big		home		over		thing
	black		house		own		think
	book		into		people		too
	box		kind		play		tree
	both		last		please		under
	bring		leave		present		until
	call		love		pretty		upon
	came		left		ran		use
	color		live		red		want
	could		look		read		way
	dear		made		right		where
	each		men		run		while
	ear		may		saw		white
	end		more		say		wish
	far		morning		school		why
25	find	50	most Copyright © 2007, Blaine b	75	seem	100	year

along		every	keep
always		eyes	letter
anything		face	longer
around		fast	loud
ask		fat	might
ate		fine	money
bed		fire	myself
brown		fly	now
buy		food	o'clock
car		full	off
carry		funny	once
clean		grow	pair
clothes		gave	part
close		goes	ride
coat		green	round
cold		happy	same
cut		hard	sat
didn't		hat	second
does		head	set
dog		hear	seven
don't		help	show
door		hold	sing
dress		hope	sister
early		hot	sit
eight	50	jump 75	six
	_	Copyright © 2007, Blaine Helw	vig. All Rights Reserved

sleep small start stop ten thank third those
start stop ten thank third
stop ten thank third
ten thank third
thank third
third
_
those
through
today
tomorrow
took
town
try
turn
walk
warm
wash
water
woman
write
yellow
yes
yesterday
yell

100

Fourth Hundred English Words

Name_____

addition	disease	mile	send
age	drive	model	share
ago	drop	month	shop
anyone	effort	normal	short
arm	energy	okay	son
art	fall	page	sort
attention	father	pattern	speak
bad	film	pay	stay
behind	firm	person	step
bill	forget	plant	street
blood	game	prepare	suffer
catch	history	profit	summer
cell	hit	project	task
child	horse	pull	tax
club	hotel	quick	term
compare	information	reach	title
cost	issue	record	top
cover	item	remember	understand
create	join	remove	view
current	late	report	visit
date	let	result	wall
deal	library	rise	week
depend	lose	risk	wide
detail	major	sale	wife
difficult	50 maybe	75 Sea 1	word

able	cloth	heard	nice
add	couldn't	heart	ocean
afternoon	dark	heavy	pain
air	die	herself	park
already	dinner	hour	pass
animal	doing	hurt	past
baby	draw	I'd	picture
beautiful	dream	idea	plan
became	dry	inside	real
begin	earth	instead	reason
below	easy	job	rest
boat	edge	kids	save
body	else	kill	ship
boot	everyone	lady	sent
broke	everything	land	sick
build	fair	learn	solution
cannot	familiar	length	talk
care	fell	line	teach
careful	fight	list	that's
center	fill	listen	throw
change	follow	lost	wasn't
check	free	lots	watch
circle	front	mixture	width
class	half	mountain	window
clear	50 happen	move move	yourself

	above
	act
	action
	against
	almost
	although
	among
	area
	become
	began
	being
	between
	business
	children
	church
	city
	company
	country
	develop
	different
	done
	during
	either
	enough
25	even
-	

nglish Words
ever
example
fact
family
feet
felt
few
form
general
great
ground
group
himself
honest
however
human
important
interest
its
it's
itself
knew
large
later
law

leas	t
less	S
life)
ligh	t
loca	ıl
matt	er
mea	ns
meml	oer
min	d
mus	st
nee	d
nothi	ng
numb	oer
ofte	n
oran	ge
orde	er
per	•
perha	aps
plac	ee
poir	nt
possi	ble
powe	er
presid	lent
probl	em
progr	am

rather room several shown side since something state
several shown side since something
shown side since something
side since something
since something
something
<u> </u>
state
still
system
thought
time
told
toward
truck
well
went
whether
whole
within
without
world
yet
young

across
affect
allow
apply
argue
attitude
award
bank
behavior
board
brother
case
chance
chapter
choose
claim
common
computer
contain
couple
dead
decide
describe
difference
discover

English Words
doctor
due
effect
enter
event
expect
explain
fail
feel
figure
final
floor
forward
garden
health
improve
increase
involve
leg
level
loss
lot
main
material
meet

minute music news note occur oil party percent piece police pound practice price	
news note occur oil party percent piece police pound practice price price produce purpose quiet raise	
note occur oil party percent piece police pound practice price price produce purpose quiet raise	
occur oil party percent piece police pound practice price price produce purpose quiet raise	
oil party percent piece police pound practice price price produce purpose quiet raise	
party percent piece police pound practice price price produce purpose quiet raise	
percent piece police pound practice price produce purpose quiet raise	
piece police pound practice price produce purpose quiet raise	
police pound practice price produce purpose quiet raise	
pound practice price produce purpose quiet raise	
practice price produce purpose quiet raise	
price produce purpose quiet raise	
produce purpose quiet raise	
purpose quiet raise	
quiet raise	
raise	
really	
J	
receive	
recent	
reduce	
remain	
replace	
return	
seat	

sell
sign
simple
size
someone
sound
space
spend
stone
strong
success
surface
table
team
test
together
train
treat
true
unless
useful
various
village
voice
wait

achieve
agree
agree
answer
appear
appropriate
arrive
avoid
aware
bear
believe
break
building
cause
century
character
choice
community
concern
continue
court
daughter
death
demand
design
direction

English Words
division
education
enjoy
evening
factor
field
finish
foot
force
future
glass
goal
hair
hospital
husband
identify
introduce
king
language
lead
lie
low
machine
market

moment	
nature	
necessary	
offer	
office	
paper	
parent	
period	
pick	
poor	
press	
prevent	
private	
prove	
question	
ready	
reflect	
refuse	
respect	
road	
royal	
rule	
science	
sense	
serious	100

serve
single
skill
smile
social
sorry
special
specific
story
student
study
suppose
teacher
theory
though
total
type
usually
value
war
wear
whose
win
wonder
wrong

memory

actual
amount
attack
attempt
available
beyond
blue
borrow
brought
busy
certain
charge
complete
connect
control
correct
daily
dance
decision
decrease
deep
deserve
desk
disappoint
doubt

English Words
entire
equal
evidence
except
excited
experience
false
farm
fear
feed
female
frustrate
further
gone
government
guard
guess
gun
hall
held
hundred
hunger
impossible
inform

lack
lay
led
male
meaning
middle
mine
minor
mister
modern
neither
nervous
north
organize
outside
paid
peace
pleasure
plenty
position
probably
property
proud
provide
punish

river
sale
season
seen
shake
shy
sky
soil
sometimes
south
spring
square
stir
stood
stream
strike
sudden
support
themselves
trade
truth
west
wing
worry
worse

islan<u>d</u>

	ahead
	ancient
	battle
	beside
	born
	bridge
	camp
	chair
	cool
	count
	cross
	curse
	danger
	desire
	distance
	disturb
	dollar
	drink
	dust
	duty
	earn
	empty
	encourage
	enemy
25	escape

English Words
evil
excellent
explore
favor
file
fit
fix
flat
flow
forest
freeze
gas
heat
hill
honor
judge
key
leader
limit
mark
mass
master
melt
message
mouth

narrow	
neighbor	
nobody	
none	
obvious	
opposite	
perfect	
plane	
poem	
pray	
print	
rain	
recognize	
remind	
rich	
scene	
search	
secret	
shape	
sharp	
shelter	
shoe	
sight	
signal	
slip	100

soft
solid
somewhere
spoke
sport
stain
stair
straight
strange
surprise
surround
sweet
taste
thick
thin
touch
valley
vote
warn
wave
weather
weight
welcome
wind
worth