

## Are Fry's lists still useful?

In 1996, Dr. Fry expanded on [Dolch's sight word lists](#) and research and published a book titled "Fry 1000 Instant Words." In his research, **Dr. Fry found the following results:**

- 25 words make up approximately 1/3 of all items published.
- 100 words comprise approximately 1/2 of all of the words found in publications.
- 300 words make up approximately 65% of all written material.

Across the internet, these words can be found in banks of 100 words, with the first 100 being the most popular words found in texts. Some practitioners have then broken them down into banks of 10 for the children to practise. Whilst this has some use, in terms of children reading single words swiftly, it doesn't support reading groups of words with automaticity and we know that automaticity and correct phrasing are fundamental aspects of being able to read fluently.

### Here's another way to use them.

Learn them in banks of words but put these words into phrases that children are likely to come across when they read. They then practise reading each word at a glance, as well as a phrase. This will support them to build automaticity of the word and improve their reading of phrases. An additional impact will be the impact on their talk and eventually, the application of them in their writing.

There are 150 phrases to practise which is roughly one per school day. These could be fed into a starter activity for your reading lessons then collated and sent home at the end of the week. Alternatively, they might become a settling in activity. If phrasing is weak then children might start with the 3-word phrases. For others, the 4 or 5-word phrases might be more suitable. By practising the 150 phrases (from either set), children will practise reading the first 300 words found on Fry's list and we know that these make up 65% of the written material they experience.

These would make an excellent starter activity in your reading lessons or provide great sentence stems for talk. If you want further support with your reading lessons, please visit [Galaxy Reading approach | Literacy Advisor](#)

Three-word phrases:

1. **I am about**
2. **All people are**
3. **An old house**
4. **She and her**

5. **They are at**
6. **As we walk,**
7. **At night, stars**
8. **Be kind to**
9. **I have been**
10. **But he did**
11. **By the river,**
12. **She called him**
13. **Can you help?**
14. **Come back again**
15. **Could he find**
16. **A great day**
17. **Did she say**
18. **Do not give**
19. **Go down the**
20. **Each child has**
21. **Find your way**
22. **First, read the**
23. **For many years,**
24. **From here, we**
25. **Get some fresh**
26. **Go left, then**
27. **He had a**
28. **She has a**
29. **Have no fear.**
30. **His name is**
31. **How do you**
32. **If I could**
33. **In its own**
34. **Into the unknown.**
35. **It is late.**
36. **Like many, I**
37. **A long journey**
38. **Look at the**
39. **Made from wood.**
40. **Make it count.**
41. **Many people learn.**
42. **May I ask?**
43. **More food, please.**
44. **My family is**
45. **No one knew.**
46. **Not all agree.**
47. **Now take a**
48. **A number of**
49. **On one hand.**
50. **One or two.**
51. **Other ideas welcome.**
52. **Out of time.**

53. **Part of history.**
54. **People say things.**
55. **He said it.**
56. **See the world.**
57. **She took time.**
58. **So much work.**
59. **Some things change.**
60. **More than before.**
61. **That is true.**
62. **The first step.**
63. **Their house is**
64. **I like them.**
65. **Then we left.**
66. **There are choices.**
67. **These shoes fit.**
68. **They walk fast.**
69. **This time, stay.**
70. **Time to rest.**
71. **To be honest.**
72. **Two small dogs.**
73. **Up in sky.**
74. **Use words wisely.**
75. **Water was cold.**
76. **Way too far.**
77. **We were there.**
78. **What will happen?**
79. **When she arrived.**
80. **Which one wins?**
81. **Who can answer?**
82. **I will try.**
83. **With those, go.**
84. **Words have power.**
85. **Would you come?**
86. **Write it now.**
87. **Your home awaits.**
88. **After school, play.**
89. **Again, try harder.**
90. **Air is fresh.**
91. **Also, come soon.**
92. **America is vast.**
93. **Animal sounds loud.**
94. **Another day begins.**
95. **An answer awaited.**
96. **Any book works.**
97. **Around us, trees.**
98. **Ask before acting.**
99. **Away from danger.**
100. **Back home now.**

101. **Because we care.**
102. **Before school, eat.**
103. **A big city.**
104. **A boy plays.**
105. **She came fast.**
106. **A change begins.**
107. **A different world.**
108. **Does he know?**
109. **End the story.**
110. **Even small things.**
111. **Follow the signs.**
112. **A new form.**
113. **Found the key.**
114. **Give more effort.**
115. **A good day.**
116. **A great hand.**
117. **Help is needed.**
118. **Here we go.**
119. **Home is safe.**
120. **House made strong.**
121. **Just let go.**
122. **A kind soul.**
123. **Know your worth.**
124. **Land of dreams.**
125. **A large crowd.**
126. **Learn new things.**
127. **Letter sounds clear.**
128. **Line up now.**
129. **Little feet run.**
130. **Live your truth.**
131. **A man runs.**
132. **He told me.**
133. **It means change.**
134. **Men work hard.**
135. **Most days fly.**
136. **Mother said yes.**
137. **Move fast now.**
138. **Much food left.**
139. **Must take care.**
140. **Your name shines.**
141. **I need this.**
142. **A new start.**
143. **Off you go.**
144. **Old ways stay.**
145. **Only one left.**
146. **Our home, safe.**
147. **Over the bridge.**
148. **Page after page.**

149. **Picture this life.**  
150. **A quiet place.**

Four-word phrases:

1. **I am about to**
2. **All people are always**
3. **An old house is**
4. **She and her mother**
5. **They are at school**
6. **As we walk, time**
7. **At night, stars shine**
8. **Be kind to other**
9. **I have been there**
10. **But he did not.**
11. **By the river, fish**
12. **She called him back**
13. **Can you help me**
14. **Come back again next**
15. **Could he find the**
16. **A great day is**
17. **Did she say that**
18. **Do not give up**
19. **Go down the hill**
20. **Each child has many**
21. **Find your way back**
22. **First, read the whole**
23. **For many years, we**
24. **From here, we can**
25. **Get some fresh air**
26. **Go left, then turn**
27. **He had a good**
28. **She has a small**
29. **Have no fear and**
30. **His name is John**
31. **How do you know**
32. **If I could fly,**
33. **In its own way,**
34. **Into the unknown, we**
35. **It is late now,**
36. **Like many, I always**
37. **A long journey has**
38. **Look at the bright**
39. **Made from strong, solid**
40. **Make it count every**
41. **Many people learn new**
42. **May I ask you**

43. **More food, please bring**
44. **My family is very**
45. **No one knew what**
46. **Not all agree with**
47. **Now take a short**
48. **A number of great**
49. **On one hand, think**
50. **One or two more**
51. **Other ideas welcome and**
52. **Out of time, hurry!**
53. **Part of history was**
54. **People say strange things**
55. **He said it was**
56. **See the world with**
57. **She took time and**
58. **So much work is**
59. **Some things never really**
60. **More than before, try**
61. **That is true and**
62. **The first step is**
63. **Their house is very**
64. **I like them and**
65. **Then we left after**
66. **There are choices to**
67. **These shoes fit me**
68. **They walk fast and**
69. **This time, stay with**
70. **Time to rest and**
71. **To be honest, I**
72. **Two small dogs ran**
73. **Up in the sky,**
74. **Use words wisely and**
75. **Water was cold but**
76. **Way too far to**
77. **We were there last**
78. **What will happen next?**
79. **When she arrived, we**
80. **Which one wins the**
81. **Who can answer this**
82. **I will try my**
83. **With those, go and**
84. **Words have power and**
85. **Would you come back**
86. **Write it now before.**
87. **Your home awaits with**
88. **After school, play outside**
89. **Again, try harder and**
90. **Air is fresh and**

91. **Also, come soon and**
92. **America is vast and**
93. **Animal sounds loud at**
94. **Another day begins with**
95. **An answer awaited but**
96. **Any book can help**
97. **Around us, trees grow**
98. **Ask before acting on**
99. **Away from danger, stay**
100. **Back home now, we**
101. **Because we care, help**
102. **Before school, eat a**
103. **A big city has**
104. **A boy plays near**
105. **She came fast but**
106. **A change begins with**
107. **A different world feels**
108. **Does he know the**
109. **End the story with**
110. **Even small things can**
111. **Follow the signs and**
112. **A new form of**
113. **Found the key but**
114. **Give more effort and**
115. **A good day feels**
116. **A great hand was**
117. **Help is needed at**
118. **Here we go again!**
119. **Home is safe and**
120. **House made strong for**
121. **Just let go and**
122. **A kind soul is**
123. **Know your worth and**
124. **Land of dreams and**
125. **A large crowd was**
126. **Learn new things and**
127. **Letter sounds clear and**
128. **Line up now for**
129. **Little feet run across**
130. **Live your truth with**
131. **A man runs past.**
132. **He told me about**
133. **It means change and**
134. **Men work hard and**
135. **Most days fly by**
136. **Mother said yes but.**
137. **Move fast now before**
138. **Much food left on**

139. **Must take care and**
140. **Your name shines so**
141. **I need this for**
142. **A new start feels**
143. **Off you go and**
144. **Old ways stay with**
145. **Only one left to**
146. **Our home, safe and**
147. **Over the bridge, go**
148. **Page after page, read**
149. **Picture this life with**
150. **A quiet place feels**

Five and six- word phrases:

1. **I am about to go**
2. **All people are always welcome here.**
3. **An old house is still standing.**
4. **She and her mother talk daily.**
5. **They are at school right now.**
6. **As we walk, time moves fast.**
7. **At night, stars shine so bright.**
8. **Be kind to other people always.**
9. **I have been there before today.**
10. **But he did not go anywhere.**
11. **By the river, fish swim together.**
12. **She called him back again today.**
13. **Can you help me with homework?**
14. **Come back again next time soon.**
15. **Could he find the right answer?**
16. **A great day is ahead now.**
17. **Did she say that very clearly?**
18. **Do not give up on yourself.**
19. **Go down the hill very carefully.**
20. **Each child has many great talents.**
21. **Find your way back home safely.**
22. **First, read the whole book slowly.**
23. **For many years, we worked hard.**
24. **From here, we can see everything.**
25. **Get some fresh air outside today.**
26. **Go left, then turn right quickly.**
27. **He had a good idea yesterday.**
28. **She has a small dog now.**
29. **Have no fear and try again.**
30. **His name is John Smith today.**
31. **How do you know this fact?**
32. **If I could fly, I would.**

33. In its own way, life changes.
34. Into the unknown, we must go.
35. It is late now, hurry home.
36. Like many, I always dream big.
37. A long journey has just begun.
38. Look at the bright stars tonight.
39. Made from strong, solid wood material.
40. Make it count every single day.
41. Many people learn new things daily.
42. May I ask you one question?
43. More food, please bring extra servings.
44. My family is very close together.
45. No one knew what happened yesterday.
46. Not all agree with this idea.
47. Now take a short break today.
48. A number of great ideas exist.
49. On one hand, think very clearly.
50. One or two more chances left.
51. Other ideas welcome and encouraged here.
52. Out of time, hurry up now.
53. Part of history was erased forever.
54. People say strange things quite often.
55. He said it was true yesterday.
56. See the world with open eyes.
57. She took time and thought carefully.
58. So much work is left unfinished.
59. Some things never really change much.
60. More than before, try harder today.
61. That is true and makes sense.
62. The first step is most important.
63. Their house is very large now.
64. I like them and respect everyone.
65. Then we left after eating lunch.
66. There are choices to make today.
67. These shoes fit me quite well.
68. They walk fast and stay steady.
69. This time, stay with us longer.
70. Time to rest and recover completely.
71. To be honest, I agree completely.
72. Two small dogs ran outside quickly.
73. Up in the sky, stars shine.
74. Use words wisely and kindly always.
75. Water was cold but very refreshing.
76. Way too far to walk alone.
77. We were there last night together.
78. What will happen next is unknown.
79. When she arrived, we smiled happily.
80. Which one wins the final race?

81. **Who can answer this question correctly?**
82. **I will try my best today.**
83. **With those, go and learn more.**
84. **Words have power and deep meaning.**
85. **Would you come back next time?**
86. **Write it now before you forget.**
87. **Your home awaits with great warmth.**
88. **After school, play outside very carefully.**
89. **Again, try harder and improve daily.**
90. **Air is fresh and very clean.**
91. **Also, come soon and visit again.**
92. **America is vast and very beautiful.**
93. **Animal sounds loud at night often.**
94. **Another day begins with much hope.**
95. **An answer awaited but never received.**
96. **Any book can help with learning.**
97. **Around us, trees grow tall quickly.**
98. **Ask before acting on sudden impulse.**
99. **Away from danger, stay very safe.**
100. **Back home now, we can rest.**
101. **Because we care, help others today.**
102. **Before school, eat a good breakfast.**
103. **A big city has endless energy.**
104. **A boy plays near his home.**
105. **She came fast but stayed longer.**
106. **A change begins with true effort.**
107. **A different world feels very strange.**
108. **Does he know the correct answer?**
109. **End the story with happy thoughts.**
110. **Even small things can matter much.**
111. **Follow the signs and directions carefully.**
112. **A new form of learning exists.**
113. **Found the key but lost it.**
114. **Give more effort and stay focused.**
115. **A good day feels much better.**
116. **A great hand was just dealt.**
117. **Help is needed at school today.**
118. **Here we go again once more.**
119. **Home is safe and very warm.**
120. **House made strong for winter storms.**
121. **Just let go and breathe deeply.**
122. **A kind soul is truly rare.**
123. **Know your worth and value yourself.**
124. **Land of dreams and opportunities awaits.**
125. **A large crowd was cheering loudly.**
126. **Learn new things and grow daily.**
127. **Letter sounds clear and distinct today.**
128. **Line up now for lunch outside.**

129. **Little feet run across the field.**
130. **Live your truth with great pride.**
131. **A man runs past the house.**
132. **He told me about his journey.**
133. **It means change and new beginnings.**
134. **Men work hard and stay strong.**
135. **Most days fly by very quickly.**
136. **Mother said yes but seemed unsure.**
137. **Move fast now before sunset arrives.**
138. **Much food left on the table.**
139. **Must take care and stay safe.**
140. **Your name shines so very bright.**
141. **I need this for my project.**
142. **A new start feels very exciting.**
143. **Off you go and explore freely.**
144. **Old ways stay with us forever.**
145. **Only one left to finish today.**
146. **Our home, safe and very secure.**
147. **Over the bridge, go very carefully.**
148. **Page after page, read with focus.**
149. **Picture this life with happy memories.**
150. **A quiet place feels very peaceful.**