

Note: Listed below are the first 150 words from the Fry Instant Word list. (words most often used in reading and writing)
The first 300 words of the Fry list represent about two-thirds of all the words students encounter in their reading. Students should be able to recognize these words instantly and accurately (i.e., become part of their sight vocabularies) in order to read with fluency.

the	had	out	than	over	say
of	by	many	first	new	great
and	words	then	water	sound	where
a	but	them	been	take	help
to	not	these	called	only	through
in	what	so	who	little	much
is	all	some	oil	work	before
you	were	her	sit	know	line
that	we	would	now	place	right
it	when	make	find	years	too
he	your	like	long	live	means
was	can	him	down	me	old
for	said	into	day	back	any
on	there	time	did	give	same
are	use	has	get	most	tell
as	an	look	come	very	boy
with	each	two	made	after	following
his	which	more	have	things	came
they	she	write	from	our	want
I	do	number	their	just	show
at	how	no	if	name	also
be	will	way	go	good	around
this	up	could	see	sentence	form
or	other	people	may	man	three
one	about	my	part	think	small