100 High Frequency Words

In no particular order, here are the first 100 HFW/Tricky words that many educators use for reading and spelling in Reception and Year 1.

the	26.	her	51.	very	76.	time
we	27.	dad	52.	house	77.	but
mum	28.	got	53.	on	78.	go
get	29.	1	54.	be	79.	from
and	30.	what	55.	look	80.	l'm
can	31.	big	56.	old	81.	that
one	32.	their	57.	she	82.	little
just	33.	of	58.	like	83.	children
a	34.	there	59.	don't	84.	if
are	35.	when	60.	too	85.	with
them	36.	people	61.	is	86.	as
now	37.	it	62.	some	87.	him
to	38.	out	63.	come	88.	help
up	39.	it's	64.	by	89.	all
do	40.	your	65.	for	90.	no
came	41.	was	66.	not	91.	Mr
said	42.	this	67.	will	92.	Mrs
had	43.	see	68.	day	93.	an
me	44.	put	69.	at	94.	saw
oh	45.	you	70.	then	95.	off
in	46.	have	71.	into	96.	called
my	47.	looked	72.	made	97.	SO
down	48.	could	73.	his	98.	make
about	49.	they	74.	were	99.	asked
he	50.	went	75.	back	100.	here
	we mum get and can one just a are them now to up do came said had me oh in my down about	we 27. mum 28. get 29. and 30. can 31. one 32. just 33. a 34. are 35. them 36. now 37. to 38. up 39. do 40. came 41. said 42. had 43. me 44. oh 45. in 46. my 47. down 48. about 49.	we 27. dad mum 28. got get 29. I and 30. what can 31. big one 32. their just 33. of a 34. there are 35. when them 36. people now 37. it to 38. out up 39. it's do 40. your came 41. was said 42. this had 43. see me 44. put oh 45. you in 46. have my 47. looked down 48. could about 49. they	we 27. dad 52. mum 28. got 53. get 29. I 54. and 30. what 55. can 31. big 56. one 32. their 57. just 33. of 58. a 34. there 59. are 35. when 60. them 36. people 61. now 37. it 62. to 38. out 63. up 39. it's 64. do 40. your 65. came 41. was 66. said 42. this 67. had 43. see 68. me 44. put 69. oh 45. you 70. in 46. have 71. my 47. looked 72. down	we 27. dad 52. house mum 28. got 53. on get 29. I 54. be and 30. what 55. look can 31. big 56. old one 32. their 57. she just 33. of 58. like a 34. there 59. don't are 35. when 60. too them 36. people 61. is now 37. it 62. some to 38. out 63. come up 39. it's 64. by do 40. your 65. for came 41. was 66. not said 42. this 67. will had 43. see 68. day me 44. put 69.	we 27. dad 52. house 77. mum 28. got 53. on 78. get 29. I 54. be 79. and 30. what 55. look 80. can 31. big 56. old 81. one 32. their 57. she 82. just 33. of 58. like 83. a 34. there 59. don't 84. are 35. when 60. too 85. them 36. people 61. is 86. now 37. it 62. some 87. to 38. out 63. come 88. up 39. it's 64. by 89. do 40. your 65. for 90. came 41. was 66. not 91. said