

Word Bank of 1200 High-Frequency Writing Words

The words in this word bank are listed in the order of their frequency of use in everyday writing. Since these are the most frequently used word in our language, its number is one in the word bank. The first 25 words are used in 33% of everyday writing, the first 100 words appear in 50% of adult and student writing, and the first 1,000 words are used in 89% of everyday writing.

Core Words

The Core Words in the Rebecca Sitton program are divided by grade levels.

Grade 1	word frequencies 1-30
Grade 2	word frequencies 31-130
Grade 3	word frequencies 131-265
Grade 4	word frequencies 266-400
Grade 5	word frequencies 401-600 and beyond

"No Excuses" Words

"No Excuses" Words are those which students are held accountable. They are expected to spell them correctly in all of their everyday writing. They are taken from the list of core words. Below are the groups of words which we hope most children will master by the end of his/her grade level. Please help your child to spell these words correctly in their everyday writing. Spelling is both a developmental and highly individualized skill.

Grade 1	words 1-21
Grade 2	words 1-36
Grade 3	words 1-60
Grade 4	words 1-100
Grade 5	words 1-150 and beyond

Adapted from:

www.suu.edu/faculty/lundd/readingsite/.../SittonList.doc -

Rebecca Sitton's List of 1200 High Frequency Words

Level 1

1	the	17	with	33	all
2	of	18	his	34	were
3	and	19	they	35	when
4	a	20	at	36	we
5	to	21	be	37	there
6	in	22	this	38	can
7	is	23	from	39	an
8	you	24	I	40	your
9	that	25	have	41	which
10	it	26	or	42	their
11	he	27	by	43	said
12	for	28	one	44	if
13	was	29	had	45	do
14	on	30	not	46	will
15	are	31	but	47	each
16	as	32	what	48	about

Rebecca Sitton's List of 1200 High Frequency Words

Level 2

49	how	65	two	81	made
50	up	66	like	82	over
51	out	67	him	83	did
52	them	68	see	84	down
53	then	69	time	85	only
54	she	70	could	86	way
55	many	71	no	87	find
56	some	72	make	88	use
57	so	73	than	89	may
58	these	74	first	90	water
59	would	75	been	91	long
60	other	76	its	92	little
61	into	77	who	93	very
62	has	78	now	94	after
63	more	79	people	95	words
64	her	80	my	96	called

Rebecca Sitton's List of 1200 High Frequency Words

Level 3

97 just	113 any	129 part
98 where	114 day	130 even
99 most	115 same	131 place
100 know	116 right	132 well
101 get	117 look	133 such
102 through	118 think	134 here
103 back	119 also	135 take
104 much	120 around	136 why
105 go	121 another	137 help
106 good	122 came	138 put
107 new	123 come	139 different
108 write	124 work	140 away
109 our	125 three	141 again
110 me	126 must	142 off
111 man	127 because	143 went
112 too	128 does	144 old

Rebecca Sitton's List of 1200 High Frequency Words

Level 4

145	number	161	line	177	saw
146	great	162	set	178	something
147	tell	163	own	179	thought
148	men	164	under	180	both
149	say	165	read	181	few
150	small	166	last	182	those
151	every	167	never	183	always
152	found	168	us	184	show
153	still	169	left	185	large
154	between	170	end	186	often
155	mane	171	along	187	together
156	should	172	while	188	asked
157	home	173	might	189	house
158	big	174	next	190	don't
159	give	175	sound	191	world
160	air	176	below	192	going

Rebecca Sitton's List of 1200 High Frequency Words

Level 5

193	want	209	enough	225	year
194	school	210	took	226	mother
195	important	211	four	227	light
196	until	212	head	228	country
197	form	213	above	229	father
198	food	214	kind	230	let
199	keep	215	began	231	night
200	children	216	almost	232	picture
201	feet	217	live	233	being
202	land	218	page	234	study
203	side	219	got	235	second
204	without	220	earth	236	soon
205	boy	221	need	237	story
206	once	222	far	238	since
207	animal	223	hand	239	white
208	life	224	high	240	ever

Rebecca Sitton's List of 1200 High Frequency Words

Level 6

241	paper	257	sun	273	city
242	hard	258	thing	274	play
243	near	259	whole	275	toward
244	sentence	260	hear	276	five
245	better	261	example	277	himself
246	best	262	heard	278	usually
247	across	263	several	279	money
248	during	264	change	280	seen
249	today	265	answer	281	didn't
250	however	266	room	282	car
251	sure	267	sea	283	morning
252	knew	268	against	284	I'm
253	it's	269	top	285	body
254	try	270	turned	286	upon
255	told	271	learn	287	family
256	young	272	point	288	later

Rebecca Sitton's List of 1200 High Frequency Words

Level 7

289	turn	305	United States	321	inside
290	move	306	run	322	ago
291	face	307	book	323	sad
292	door	308	gave	324	early
293	cut	309	order	325	I'll
294	done	310	open	326	learned
295	group	311	ground	327	brought
296	true	312	cold	328	close
297	half	313	really	329	nothing
298	red	314	table	330	though
299	fish	315	remember	331	idea
300	plants	316	tree	332	before
301	living	317	course	333	lived
302	black	318	front	334	became
303	eat	319	American	335	add
304	short	320	space	336	become

Rebecca Sitton's List of 1200 High Frequency Words

Level 8

337	grow	353	certain	369	anything
338	draw	354	six	370	hold
339	yet	355	feel	371	state
340	less	356	fire	372	list
341	wind	357	ready	373	stood
342	behind	358	green	374	hundred
343	cannot	359	yes	375	ten
344	letter	360	built	376	fast
345	among	361	special	377	felt
346	able	362	ran	378	kept
347	dog	363	full	379	notice
348	shown	364	town	380	can't
349	mean	365	complete	381	strong
350	English	366	oh	382	voice
351	rest	367	person	383	probably
352	perhaps	368	hot	384	area

Rebecca Sitton's List of 1200 High Frequency Words

Level 9

385	horse	401	round	417	moon
386	matter	402	dark	418	animals
387	stand	403	past	419	mind
388	box	404	ball	420	outside
389	start	405	girl	421	power
390	that's	406	road	422	problem
391	class	407	blue	423	longer
392	piece	408	instead	424	winter
393	surface	409	either	425	deep
394	river	410	held	426	heavy
395	common	411	already	427	carefully
396	stop	412	warm	428	follow
397	am	413	gone	429	beautiful
398	talk	414	finally	430	everyone
399	whether	415	summer	431	leave
400	fine	416	understand	432	everything

Rebecca Sitton's List of 1200 High Frequency Words

Level 10

433	game	449	distance	465	miss
434	system	450	although	466	pattern
435	bring	451	sat	467	sky
436	watch	452	possible	468	walked
437	shell	453	heart	469	main
438	dry	454	real	470	someone
439	within	455	simple	471	center
440	floor	456	snow	472	field
441	ice	457	rain	473	stay
442	ship	458	suddenly	474	itself
443	themselves	459	easy	475	boat
444	begin	460	leaves	476	question
445	fact	461	lay	477	wide
446	third	462	size	478	least
447	quite	463	wild	479	tiny
448	carry	464	weather	480	hour

Rebecca Sitton's List of 1200 High Frequency Words

Level 11

481	happened	497	map	513	explain
482	foot	498	friend	514	lost
483	care	499	language	515	spring
484	low	500	job	516	travel
485	else	501	music	517	wrote
486	gold	502	buy	518	farm
487	build	503	window	519	circle
488	glass	504	mark	520	whose
489	rock	505	heat	521	correct
490	tall	506	grew	522	bed
491	alone	507	listen	523	measure
492	bottom	508	ask	524	straight
493	check	509	single	525	base
494	reading	510	clear	526	mountain
495	fall	511	energy	527	caught
496	poor	512	week	528	hair

Rebecca Sitton's List of 1200 High Frequency Words

Level 12

529	bird	545	rather	561	plane
530	wood	546	length	562	street
531	color	547	speed	563	couldn't
532	war	548	machine	564	reason
533	fly	549	information	565	difference
534	yourself	550	except	566	maybe
535	seem	551	figure	567	history
536	thus	552	you're	568	mouth
537	square	553	free	569	middle
538	moment	554	fell	570	step
539	teacher	555	suppose	571	child
540	happy	556	natural	572	strange
541	bright	557	ocean	573	wish
542	sent	558	government	574	soil
543	present	559	baby	575	human
544	plan	560	grass	576	trip

Rebecca Sitton's List of 1200 High Frequency Words

Level 13

577	woman	593	fun	609	wall
578	eye	594	catch	610	meet
579	milk	595	business	611	record
580	choose	596	reach	612	copy
581	north	597	lot	613	forest
582	seven	598	won't	614	especially
583	famous	599	case	615	necessary
584	late	600	speak	616	he's
585	pay	601	shape	617	unit
586	sleep	602	eight	618	flat
587	iron	603	edge	619	direction
588	trouble	604	soft	620	south
589	store	605	village	621	subject
590	beside	606	object	622	skin
591	oil	607	age	623	wasn't
592	modern	608	minute	624	I've

Rebecca Sitton's List of 1200 High Frequency Words

Level 14

625	yellow	641	material	657	amount
626	party	642	isn't	658	garden
627	force	643	thousand	659	led
628	test	644	sign	660	note
629	bad	645	guess	661	various
630	temperature	646	forward	662	race
631	pair	647	huge	663	bit
632	ahead	648	ride	664	result
633	wrong	649	region	665	brother
634	practice	650	nor	666	addition
635	sand	651	period	667	doesn't
636	tail	652	blood	668	dead
637	wait	653	rich	669	weight
638	difficult	654	team	670	thin
639	general	655	corner	671	stone
640	cover	656	cat	672	hit

Rebecca Sitton's List of 1200 High Frequency Words

Level 15

673	wife	689	meant	705	king
674	island	690	broken	706	similar
675	we'll	691	interest	707	return
676	opposite	692	chance	708	corn
677	born	693	thick	709	decide
678	sense	694	sight	710	position
679	cattle	695	pretty	711	bear
680	million	696	train	712	hope
681	anyone	697	fresh	713	song
682	rule	698	drive	714	engine
683	science	699	lead	715	board
684	afraid	700	break	716	control
685	women	701	sit	717	spread
686	produce	702	bought	718	evening
687	pull	703	radio	719	brown
688	son	704	method	720	clean

Rebecca Sitton's List of 1200 High Frequency Words

Level 16

721	wouldn't	737	hole	753	lady
722	section	738	coast	754	west
723	spent	739	cross	755	glad
724	ring	740	sharp	756	action
725	teeth	741	fight	757	pass
726	quiet	742	capital	758	type
727	ancient	743	fill	759	attention
728	stick	744	deal	760	gas
729	afternoon	745	busy	761	kitchen
730	silver	746	beyond	762	pick
731	nose	747	send	763	scale
732	century	748	love	764	basic
733	therefore	749	cool	765	happen
734	level	750	cause	766	safe
735	you'll	751	please	767	grown
736	death	752	meat	768	cost

Rebecca Sitton's List of 1200 High Frequency Words

Level 17

769	wear	785	row	801	sell
770	act	786	contain	802	wire
771	hat	787	fit	803	rose
772	arm	788	equal	804	cotton
773	believe	789	value	805	spoke
774	major	790	yard	806	rope
775	gray	791	beat	807	fear
776	wonder	792	inch	808	shore
777	include	793	sugar	809	throughout
778	describe	794	key	810	compare
779	electric	795	product	811	movement
780	sold	796	desert	812	exercise
781	visit	797	bank	813	bread
782	sheep	798	farther	814	process
783	I'd	799	won	815	nature
784	office	800	total	816	apart

Rebecca Sitton's List of 1200 High Frequency Words

Level 18

817	path	833	dinner	849	spot
818	careful	834	hurt	850	neither
819	narrow	835	spend	851	met
820	mental	836	experiment	852	wheel
821	nine	837	touch	853	none
822	useful	838	drop	854	hill
823	public	839	chair	855	television
824	according	840	east	856	bill
825	steel	841	separate	857	solve
826	salt	842	truck	858	pressure
827	speech	843	sing	859	report
828	forth	844	column	860	farmer
829	nation	845	twice	861	count
830	knowledge	846	particular	862	trade
831	appear	847	shop	863	chief
832	ate	848	unless	864	month

Rebecca Sitton's List of 1200 High Frequency Words

Level 19

865	clothes	881	final	897	effect
866	doctor	882	rise	898	paid
867	indeed	883	loud	899	motion
868	dance	884	fair	900	myself
869	church	885	herself	901	divide
870	original	886	slow	902	supply
871	enjoy	887	noise	903	laid
872	string	888	statement	904	dear
873	sister	889	hungry	905	surprise
874	familiar	890	join	906	gun
875	onto	891	tube	907	entire
876	imagine	892	rode	908	fruit
877	blow	893	empty	909	crowd
878	quick	894	twenty	910	band
879	law	895	broke	911	wet
880	lie	896	nice	912	solid

Rebecca Sitton's List of 1200 High Frequency Words

Level 20

913	northern	929	flew	945	dress
914	flower	930	finger	946	bag
915	star	931	expect	947	proud
916	feed	932	army	948	neck
917	wooden	933	cabin	949	breath
918	sort	934	camp	950	strength
919	develop	935	danger	951	member
920	shoulder	936	purpose	952	twelve
921	variety	937	breakfast	953	mine
922	season	938	proper	954	company
923	share	939	coat	955	current
924	jump	940	push	956	pound
925	regular	941	express	957	valley
926	represent	942	shot	958	double
927	market	943	angry	959	till
928	we're	944	southern	960	match

Rebecca Sitton's List of 1200 High Frequency Words

Level 21

961	average	977	oxygen	993	further
962	die	978	poem	994	steam
963	liquid	979	solution	995	guide
964	alive	980	burn	996	discover
965	stream	981	cent	997	plain
966	provide	982	electricity	998	usual
967	drink	983	everybody	999	seat
968	experience	984	rate	1000	accept
969	future	985	dust	1001	police
970	tomorrow	986	worth	1002	consider
971	drove	987	community	1003	dozen
972	population	988	captain	1004	baseball
973	finish	989	bus	1005	rubber
974	station	990	protect	1006	symbol
975	shook	991	cook	1007	support
976	stage	992	raise	1008	exactly

Rebecca Sitton's List of 1200 High Frequency Words

Level 22

1009	industry	1025	hospital	1041	silent
1010	they're	1026	remain	1042	structure
1011	beneath	1027	service	1043	height
1012	laugh	1028	increase	1044	observe
1013	groceries	1029	students	1045	indicate
1014	popular	1030	insects	1046	railroad
1015	thank	1031	address	1047	knife
1016	quarter	1032	sincerely	1048	married
1017	climbed	1033	dollars	1049	suggested
1018	continue	1034	belong	1050	entered
1019	potatoes	1035	bottle	1051	magazine
1020	receive	1036	flight	1052	agree
1021	design	1037	forget	1053	fifty
1022	president	1038	bicycle	1054	escape
1023	charge	1039	secret	1055	threw
1024	mistake	1040	soldier	1056	planet

Rebecca Sitton's List of 1200 High Frequency Words

Level 23

1057	dangerous	1073	newspaper	1089	determined
1058	event	1074	actually	1090	dictionary
1059	leader	1075	employee	1091	ordinary
1060	peace	1076	review	1092	extra
1061	spelling	1077	convince	1093	rough
1062	chapter	1078	allowed	1094	library
1063	swimming	1079	nobody	1095	condition
1064	opportunity	1080	details	1096	arrived
1065	immediately	1081	muscles	1097	located
1066	favorite	1082	model	1098	program
1067	settled	1083	climate	1099	pencil
1068	telephone	1084	coffee	1100	tongue
1069	repeat	1085	whenever	1101	title
1070	prepare	1086	serious	1102	enemy
1071	instance	1087	angle	1103	garage
1072	avenue	1088	feather	1104	lose

Rebecca Sitton's List of 1200 High Frequency Words

Level 24

1105	vegetable	1121	recognize	1137	whisper
1106	parents	1122	frequently	1138	available
1107	style	1123	character	1139	college
1108	education	1124	personal	1140	furniture
1109	required	1125	disappear	1141	leather
1110	political	1126	success	1142	husband
1111	daughter	1127	traffic	1143	principal
1112	individual	1128	yesterday	1144	medicine
1113	progress	1129	situation	1145	excellent
1114	altogether	1130	realize	1146	operation
1115	activities	1131	message	1147	council
1116	article	1132	recently	1148	author
1117	equipment	1133	account	1149	organize
1118	discuss	1134	physical	1150	concern
1119	healthy	1135	neighbor	1151	barbecue
1120	perfect	1136	excited	1152	accident

Rebecca Sitton's List of 1200 High Frequency Words

Level 25

1153	disease	1169	couple	1185	instrument
1154	construction	1170	function	1186	balance
1155	motor	1171	connect	1187	ability
1156	affect	1172	project	1188	arrange
1157	conversation	1173	pronounce	1189	rhythm
1158	evidence	1174	offered	1190	avoid
1159	citizen	1175	apply	1191	daily
1160	environment	1176	improve	1192	identity
1161	influence	1177	stomach	1193	standard
1162	cancel	1178	collect	1194	combine
1163	audience	1179	prevent	1195	attached
1164	apartment	1180	courage	1196	frighten
1165	worse	1181	occur	1197	social
1166	transportation	1182	foreign	1198	factory
1167	frozen	1183	quality	1199	license
1168	waste	1184	terrible	1200	recommend