

How a Day Runs

About an hour, five days a week

Each week has one page with a short note on how to teach the week's phonics and math. Down the side are the six parts of the day; across the top are Days 1 to 5. Each box names a pack and a page. Tick it when it is done. A day does not have to be a weekday: if life gets in the way, pick up where you stopped.

Warm-up

5 min

One game from the week's Daily Phonics Warm-Up page. Out loud, no paper.

Phonics

10 min

Word Work and the monthly packet's phonics sheets: the week's sound pattern, the same one the books and spelling use.

Spelling

10 min

Day 1 the list, then sound boxes, fill in the blank and a sort; the test on Day 5 (you read the words from the read-aloud page).

Heart words

5 min

Two words a week that do not sound out the usual way. Read It, then Use It, for each one.

Reading

15 min

A decodable book for the week's sound (scan the QR code) and, from week 13, short reading passages with questions. Read aloud to your child too.

Writing

10 min

A Joke and a Fact a Day for handwriting, and Picture Writing Prompts: story, opinion and informative writing in turn.

Math

15 min

Morning Work on Days 1 and 5, and the month's packet math for the week's topic in between.

Tips

- The easy way: open the month's Print-and-Go file and print one week. It has the week page, the warm-up and every sheet in day order.
- First graders can read many directions themselves by spring, but read them aloud whenever it helps. The goal of each sheet is the skill, not the directions.
- Short and happy beats long and tired. Split the day in two if you like: phonics, spelling and reading in the morning, writing and math later.
- The extra practice line on each week lists more pages for the same skills, for a child who wants more or needs another go.

Week 1

Progress Check 1

September • Short vowels; ff, ll, ss, zz • Heart words: an, let

Phonics this week

Short vowels; ff, ll, ss, zz

ff, ll, ss and zz at the end of a short word: hill, puff, kiss, buzz. Two letters, one sound.

Math

Counting and writing numbers to 20

Count real things to 20 and write each number. Watch for backwards 2, 5 and 9; a reminder beats a lecture.

	Day 1	Day 2	Day 3	Day 4	Day 5
Phonics	☐ Sep Packet p. 27 short vowels	☐ read this week's spelling words aloud	☐ reread a book from this week	☐ word chain from the warm-up page	☐ Sep Packet p. 28 which word fits?
Spelling	☐ Spelling p. 9 spelling words	☐ Spelling p. 11 sound boxes	☐ Spelling p. 12 fill in the blank	☐ Spelling p. 10 sort the words	☐ Spelling p. 14 spelling test
Heart words	☐ Sight Words p. 5 read "an"	☐ Sight Words p. 6 use "an"	☐ Sight Words p. 23 read "let"	☐ Sight Words p. 24 use "let"	☐ flashcards: this week and last week
Reading	☐ Book: Double Letters — FF, LL, SS, ZZ	☐ Sep Packet p. 22 which sentence?	☐ Book: Double Letters — FF, LL, SS, ZZ	☐ Book: Double Letters — FF, LL, SS, ZZ	☐ Book: Double Letters — FF, LL, SS, ZZ
Writing	☐ Joke and Fact p. 5 fact of the day	☐ Prompts p. 9 story writing	☐ Joke and Fact p. 6 joke of the day	☐ Prompts p. 69 opinion writing	☐ Joke and Fact p. 7 fact of the day
Math	☐ Morning Work p. 5 morning work, side 1	☐ Sep Packet p. 11 teen numbers	☐ Sep Packet p. 12 numbers to 20	☐ Sep Packet p. 3 ten frame addition	☐ Morning Work p. 6 morning work, side 2

Warm-up and spelling test

One game a day from Daily Phonics Warm-Up p. 2. Out loud, about 5 minutes. Day 5 test: read the words and sentences from 1st Grade Spelling p. 15.

Hang up this week

Posters p. 21 (The Floss Rule)

Books this week

Level 2: Double Letters — FF, LL, SS, ZZ. Read two or three, each twice. Scan the code or use your Level 2 Readers file.



printablescholar.com/decodable-readers/level-2/

Extra practice Spelling p. 13; Sight Words p. 105-108; Sep Packet p. 4, 35, 39

Before Day 1: Progress Check 1 in the Progress Checks file. About ten minutes, one child at a time.