



# 100

## ESSENTIAL PACK



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*Master 100 critical spelling words  
in 10 days*

# Introduction: 100 High-Frequency Words

This pack contains the 100 most important spelling words for selective and scholarship exam writing. These words appear constantly in both narrative and persuasive tasks.

## Why focus on these 100 words?

- They appear in nearly every piece of writing students produce
- Misspelling them signals carelessness to markers
- Many are "tricky" words that spell-check might not catch
- Mastering them builds confidence for exam day

## What makes a word "high-frequency" for selective exams?

These words are:

- Common in persuasive arguments ("argument", "believe", "opinion")
- Essential for narrative writing ("character", "realise", "description")
- Frequently misspelled even by strong students
- Not always caught by computer spell-checkers

## How to use this pack

This pack is organized into:

- 10 blocks of 10 words each
- A 10-day spaced practice schedule
- Simple parent instructions for daily dictation

Goal: Master all 100 words in just 10-15 minutes per day over 10 days.

# The 100 Words - Organized by Theme

## Block 1 – Core "Thinking" Words

believe  
thought  
different  
opinion  
decide  
realise  
imagine  
remember  
interesting  
important

## Block 2 – "Doing" & Movement Words

achieve  
experience  
receive  
develop  
improve  
successful  
necessary  
continue  
consider  
therefore

## Block 3 - Writing & Communication

### Block 3 – Writing & Communication Words

paragraph  
sentence  
description  
argument  
persuade  
character  
dialogue  
audience  
language  
technique

### Block 4 – Time & Sequence Words

beginning  
already  
until  
finally  
immediately  
although  
before  
during  
throughout  
meanwhile

## Block 5 - Emotion & Description

### Block 5 – Emotion & Description Words

excellent  
beautiful  
nervous  
embarrassed  
anxious  
frightened  
disappointed  
excited  
confident  
relieved

### Block 6 – "Big Idea" Words

environment  
government  
community  
responsibility  
individual  
society  
technology  
independent  
consequences  
situation

## Block 7 - Comparison & Contrast

### Block 7 – Comparison & Contrast Words

similar  
opposite  
compare  
advantage  
disadvantage  
positive  
negative  
instead  
however  
especially

### Block 8 – "Tricky Spelling" Words

separate  
definitely  
apparently  
particularly  
occasionally  
truly  
weird  
rhythm  
conscience  
guarantee

## Block 9 & 10 - Modern & School Words

### Block 9 – Modern Life Words

internet  
social  
media  
digital  
access  
privacy  
virtual  
addiction  
separate  
definitely

### Block 10 – High-Frequency "School" Words

quiet  
usually  
behaviour  
favourite  
colour  
education  
pressure  
balance  
privilege  
opportunity

# 10-Day Spaced Practice Schedule

## Daily routine (10–15 minutes):

- Look–Say–Cover–Write–Check each new word 3 times
- Ask an adult to dictate the new block once
- Write 1–2 sentences using any 3 words from today
- Do a quick revision dictation of earlier blocks as shown

## Day-by-Day Plan

### Day 1

New: Block 1 (Words 1–10)

Revision: none (first day)

### Day 2

New: Block 2 (11–20)

Revision: 5 random words from Block 1

### Day 3

New: Block 3 (21–30)

Revision: 5 random words from Block 1 + 5 from Block 2

### Day 4

New: Block 4 (31–40)

Revision: 5 random words from Block 2 + 5 from Block 3

### Day 5

New: Block 5 (41–50)

Revision: 5 random words from Block 3 + 5 from Block 4



## 10-Day Schedule (continued)

### Day 6

New: Block 6 (51–60)

Revision: 5 random words from Block 4 + 5 from Block 5

### Day 7

New: Block 7 (61–70)

Revision: 5 random words from Block 5 + 5 from Block 6

### Day 8

New: Block 8 (71–80)

Revision: 10-word mixed quiz from Blocks 1–4

### Day 9

New: Block 9 (81–90)

Revision: 10-word mixed quiz from Blocks 5–7

### Day 10

New: Block 10 (91–100)

Big review:

- 20-word test mixing all 100 words (parent chooses)
- Star any words that are still shaky → revisit next week

# Simple Parent Instructions

You don't need to turn this into a huge project. Aim for:

## Key Principles:

- Short daily bursts, not long weekend marathons
- Focus on accuracy first, speed later

## Suggested pattern:

### Dictation:

Say each word in a short sentence, e.g.

"because – I am nervous because this is important."

Child writes the word; you quickly tick or underline.

### If a word is wrong:

- Rewrite it correctly 3 times
- Then use it in a quick sentence

## Expected Outcome

At the end of 10 days, most students will:

- Spell these 100 high-value words reliably without a computer
- Have a stronger base for selective-level narrative and persuasive writing
- Feel more confident in exam writing tasks
- Reduce careless spelling errors that lower marks