



100

ESSENTIAL PACK

ESSENTIAL PACK

*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