

The first 100 High Frequency Words (HFW) in order
(Words that occur the most in reading and writing)

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|----------|------------|--------------|------------|
| 1. the | 26. are | 51. do | 76. about |
| 2. and | 27. up | 52. me | 77. got |
| 3. a | 28. had | 53. down | 78. their |
| 4. to | 29. my | 54. dad | 79. people |
| 5. said | 30. her | 55. big | 80. your |
| 6. in | 31. what | 56. when | 81. put |
| 7. he | 32. there | 57. it's | 82. could |
| 8. I | 33. out | 58. see | 83. house |
| 9. of | 34. this | 59. looked | 84. old |
| 10. it | 35. have | 60. very | 85. too |
| 11. was | 36. went | 61. look | 86. by |
| 12. you | 37. be | 62. don't | 87. day |
| 13. they | 38. like | 63. come | 88. made |
| 14. on | 39. some | 64. will | 89. time |
| 15. she | 40. so | 65. into | 90. I'm |
| 16. is | 41. not | 66. back | 91. if |
| 17. for | 42. then | 67. from | 92. help |
| 18. at | 43. were | 68. children | 93. Mrs |
| 19. his | 44. go | 69. him | 94. called |
| 20. but | 45. little | 70. Mr | 95. here |
| 21. that | 46. as | 71. get | 96. off |
| 22. with | 47. no | 72. just | 97. asked |
| 23. all | 48. mum | 73. now | 98. saw |
| 24. we | 49. one | 74. came | 99. make |
| 25. can | 50. them | 75. oh | 100. an |