

Fry Instant Phrases

The words in these phrases come from Dr. Edward Fry's Instant Word List (High Frequency Words). According to Fry, the first 300 words in the list represent about 67% of all the words students encounter in their reading.

First 100 Words/Phrases

The people	Out of the water	Give them to me.
Write it down	A long time	Then we will go.
By the water	We were here	Now is the time
Who will make it?	Have you seen it?	An angry cat
You and I	Could you go?	May I go first?
What will they do?	One more time	Write your name.
He called me.	We like to write.	This is my cat.
We had their dog.	All day long	That dog is big.
What did they say?	Into the water	Get on the bus.
When would you go?	It's about time	Two of us
No way	The other people	Did you see it?
A number of people	Up in the air	The first word
One or two	She said to go	See the water
How long are they?	Which way?	As big as the first
More than the other	Each of us	But not for me
Come and get it.	He has it.	When will we go?
How many words?	What are these?	How did they get it?
Part of the time	If we were older	From here to there
This is a good day.	There was an old man	Number two
Can you see?	It's no use	More people
Sit down.	It may fall down.	Look up
Now and then	With his mom	Go down
But not me	At your house	All or some
Go find her	From my room	Did you like it?
Not now	It's been a long time.	A long way to go
Look for some people.	Will you be good?	When did they go?
I like him.		For some of your people
So there you are.		

Second 100

Over the river
My new place
Another great sound
Take a little
Give it back.
Only a little
It's only me.
I know why.
Three years ago
Live and play
A good man
After the game
Most of the animals
Our best things
Just the same
My last name
That's very good
Think before you act
Mother says to now.
Where are you?
I need help.
I work too much.
Any old time
Through the line
Right now
Mother means it.
Same time tomorrow
Tell the truth
A little boy
The following day
We came home.
We want to go.
Show us around.

Form two lines.
A small house also
Another old picture
Write one sentence.
Set it up.
Put it there.
Where does it end?
I don't feel well.
My home is large.
It turned out well.
Read the sentence.
This must be it.
Hand it over.
Such a big house
The men asked for help.
A different land
They went here.
Get to the point.
Because we should.
Even the animals
Try your best.
Move over.
We found it here.
Study and learn
Kind of nice
Spell your name.
The good American
Change your clothes
Play it again.
Back off.
Give it away.
Answer the phone.
Turn the page.
The air is warm.

Read my letters.
It's still here.
Where in the world.
We need more.
I study in school.
I'm an American.
Such a mess
Point it out
Right now
It's a small world.
Big and small
Home sweet home
Around the clock
Show and tell
You must be right.
Tell the truth.
Good and plenty
Help me out
It turned out well.
It's your place.
Good things
I think so.
Read the book.

Third 100

Near the car
Between the lines
My own father
In the country
Add it up
Read every story
Below the water
Plants and flowers
Will it last?
Keep it up.
Plant the trees.
Light the fire.
The light in your eyes
In my head
Under the earth
We saw the food.
Close the door.
The big city
We started the fire.
It never happened.
A good thought
Stay a while.
A few good men
Don't open the door.
You might be right.
It seemed too good.
Along the way
Next time
It's hard to open.
Something good
For example
In the beginning
Those other people

A group of friends
We got together.
We left it here.
Both children
It's my life
Always be kind
Read the paper.
Run for miles
Once upon a time
Do it often.
We walked four miles.
Until the end
A second later
Stop the music.
Read your book.
Sing your song.
State your case.
I miss you.
A very important person
On my side
I took the car.
So far so good
The young girl
My feet hurt.
The dark night
A good idea
It began to grow.
Watch the river.
White clouds
Too soon
Leave it to me.
I hear the waves.
Almost enough
Is it really true?

It's time to eat.
Let me carry it.
Near the sea
Talk to my father.
The young face
The long list
My family
I cut myself.
Above the clouds
Watch the game.
The peaceful Indians
Without a care
I like being on the team.
The tall mountains
Next to me
A few children
A long life
A group of Indians
He started to cry.
I hear the sea.
An important idea
The first day of school
Almost four miles

Fourth 100

The color of the sun
Answer my questions.
I knew that dog.
I heard the music.
The problem was easy.
My friends knew.
Birds and fish
Stand in the room
Ever since I knew you
The red door
Are you sure?
Across the town
The horses compete
Easy does it.
Didn't I tell you?
The best body
I feel better
The whole piece
I told you.
I reached the top.
It happened today.
Listen to the wind.
Mark your paper.
However you like it
He covered himself.
Several black tables
Measure the area.
Toward morning
Black and blue
Usually I am right
Five hundred products
Remember my order
Fish and chips

Rock and roll
Against all odds
Early in the morning
During the war
The dogs become quiet
North and south
I'll draw a picture
The ship hit the waves
A short vowel sound
Tried and true
I noticed the fire.
Farm and field
The king's voice
Travel slowly
I'm low on money.
The king was seen.
Twenty-four hours a day
The horse pulled hard.
We covered the ground.
Step carefully.
Hold fast.
It passed quickly.
Once upon a time
The wood was on fire.
A map of our town
We need more space.
Cold and hungry
Plan your day.
I am certain.
Go figure.
Don't fall down.
Follow the pattern.
We cried for hours.
A big unit

No problem
What happened here?
Learn your numerals.
Down on the farm
Sing your song.
Walk slowly.
Several friends
The big red dog
Listen to your friends
The birds sing
A hundred dogs
I'll remember you.
Today was better.
A fast ship
A hundred black birds
Some travel money
The whole thing
We heard the king sing
Across the town
Sing to the music.
The best products
South of town

Fifth 100

The shape of things
Bring the material here
What did it contain?
The force is with you.
All systems are go.
Power to the people
We built that house.
Include me in the picture
I cannot do this.
Who brought the cake?
Though it is now over.
Feel the warm ocean
An English muffin
A green island
The round ball
Last week
A special day
I object to that
The surface of the ocean
The first course is soup.
Check the facts
It's strong material.
Inside the building
State government
Think quickly
The stars came out.
The English language
Thousands of years ago
Circle the wagons
An English road
It's half done.
I gave her a box.
I'll wait until ten.

Oh boy.
The stars shone.
A good person
The island was warm.
It's finally over.
I feel strong.
The surface of the ocean
He decided quickly.
Inside the box
Six years ago
Less than a week
The green machine
Fly the plane.
Stay on the boat.
The deep ocean
The dry ground
Six smart scientists
The round ball
We ran behind it.
Explain it carefully
The facts are known.
Across the street
Nouns and verbs
A correct answer
I am fine.
Bring a thousand balls.
We cannot lose.
The front wheels
Twelve inches to a foot.
Ten more minutes
He stood his ground.
The rest of the class
The light shone brightly
A common language

It became clear
It's a special game.
Go to first base
Read the note.
Not yet.
The race course
The ball game
A dark night
A pair of stars
The rules of government
I understand now.
The size of the building
Check the heat
A math equation
The answer is yes.
It was filled with water.
Nothing is final.
The heavy object
We are able to produce
We're in hot water.
Among my family
My circle of friends

Sixth 100

It doesn't matter
Pay the bill.
I can't do it.
A region of Europe
The farmers are ready
Anything can happen.
Two syllables
I love to dance.
Members of the class
Dance is exercise
The window is square
The cells divided.
I suddenly felt ill.
The bright moon
The center of the earth
In my direction
The test was hard.
Perhaps we should.
Drop the ball.
I wish it were summer.
It's cold in winter.
The answer is a sum.
Sit on the wall.
I'll probably return.
A lot of energy
My teacher is happy
I believe you.
The general is in charge.
Math is a hard subject.
The store sells paint.
My arms and legs
I love the flowers.
Rain may cause a flood.

Heart and mind
I sat on the eggs.
The fast train
It made the difference.
We picked fruit.
In the distance
A simple story
Go the distance.
Train your mind.
The blue sky
A good cause
The main difference
Race past the sign.
It kept my interest.
Sign your name here.
A wild race
She finished first.
A beautiful present
The glass window
He developed a rash.
My oldest brother
A written paragraph
The length of the car
A good reason
Meet me here.
The weather instruments
Beside the wild river
A good job
The sharp edge
The soft clothes
I represent my family.
Drive to the west.
Lay on your side.
The forest in the west

In two months
The tree root
My parents raised me.
Shall we go?
I broke the record.
A million flowers
Six months ago
It was the third strike.
Whether or not
He discovered a cure.
Gone with the wind
He held her hand tightly.
Describe your brother.
Blue paint
The town square
The full moon
I believe in you.
It probably will happen.
Anything you want
Keep your interest high
What's the difference?
A beautiful summer day
Full of energy