MODULE 1 · SHEET 1

YOUR WEEK AT A GLANCE

One full lesson, four short practice days. Here is Lesson 1's actual week, straight from the Teacher Guide.

Monday	**The full lesson:** introduce syllables, then reading and writing practice with short a sounds. You lead, the Guide scripts it.	60 min
Tuesday	Syllable review activities and reading practice with short a: wordlist, sentences, and a story. Mostly independent.	30 min
Wednesday	Quick drills, handwriting letter a, and writing practice with short a. Parent-led writing review.	35 min
Thursday	Syllable review worksheet and reading practice: wordlist, sentences, and the week's second story.	30 min
Friday	Quick drills, handwriting letter a, and the Memory Matching Game to end the week on a win.	30 min

THE ONE RULE

Monday stays intact. Move it to another day if you must, but don't split it, and don't skip it. Everything else flexes (see Sheet 5).

THE TEN-MINUTE SETUP

- **The basket:** Student Workbook · Teacher Guide · Sound Cards (this week's at the front) · Tile Mat + tiles in a zip bag · colored blocks · Short Vowel Posters · Phonemic Awareness Mat · two pencils · printed Scope & Sequence · these guides
- **The phone:** bookmark the course on the home screen · queue the syllable songs · save the Video Library link
- **Print tonight:** Scope & Sequence · this module's guides · this week's letter sheets

Put the basket where practice happens, not in a closet. One visible basket, zero setup time: the difference between starting at 4:00 and negotiating until 4:20.

Our lesson day is _____ and our practice days are _____.

© 2026

MODULE 1 · SHEET 2

THE MONDAY LESSON, PIECE BY PIECE

Twelve activities in a fixed order, about 60 minutes. Cover what fits each time window. The order is the method.

SHORT VOWEL POSTERS	Trace with two learning fingers, say the key word, exaggerate the sound.	2–3 min
QUICK DRILL DECODING (SOUND CARDS)	Short, concise sounds: /b/, never “buh.” Set a 3-minute timer.	2–3 min
PHONEMIC AWARENESS DRILL	Spell words with colored blocks, by ear. Tap each sound, then say it fast.	2–3 min
INTRODUCE THE CONCEPT	The week's new skill, scripted word-for-word in the Guide. *Never skip.*	3–5 min
LESSON ACTIVITY	Hands-on practice for the new concept: a word sort, picture sort, or counting game.	3–5 min
WORD READING	Real words then nonsense words. One column is fine. Always include some nonsense words.	3–5 min
SENTENCE READING	Eight sentences offered; a few read well beats all eight rushed.	3–5 min
QUICK DRILL ENCODING	You say a sound, your child finds it on the tile mat: ear to hands.	2–3 min
SPELLING ON THE TILE MAT	Build whole words with tiles before pencil ever touches paper.	2–3 min
WRITING WORDS & SENTENCES	Start small: 3–4 words, 2–3 sentences. This is the longest seat-work block.	8–10 min
EDITING WITH CHOPS	One sentence edited well beats three rushed (script below).	3–5 min
READ A STORY & COMPREHENSION	The finale, where the week's skills become actual reading. *Never skip.*	10–15 min

CHOPS: HOW GOOD WRITERS CHECK THEIR WORK

Capitalization · **H**andwriting · **O**ut-loud (read it aloud) · **P**unctuation · **S**pelling

HALF OF THESE YOU ALREADY KNOW

Posters, Sound Cards, blocks, and the tile mat are the Module 2 drills. The genuinely new parts of any Monday are one concept and one sort.

© 2026

MODULE 1 · SHEET 3

MONDAY, ON THE FRIDGE

Lesson 1's actual Monday checklist and materials list. Check the boxes as you go. Every week's Monday looks like this.

MONDAY CHECKLIST

OBJECTIVE: SYLLABLES + SHORT A

☐ Short Vowel Posters	2–3 min
☐ Sound Cards	2–3 min
☐ Phonemic Awareness Drill	2–3 min
☐ Introduce a Syllable	3–5 min
☐ Count the Syllables Activity	3–5 min
☐ Word Reading	3–5 min
☐ Sentence Reading	3–5 min
☐ Find a Sound on Tile Mat	2–3 min
☐ Tile Mat Spelling	2–3 min
☐ Writing Words and Sentences	8–10 min
☐ Reading Story	10–15 min
☐ Comprehension Questions	3–5 min

MATERIALS NEEDED

- ☐ Student Workbook
- ☐ Short Vowel Posters
- ☐ Sound Cards, letters a–z
- ☐ Phonemic Awareness Mat
- ☐ Colored blocks or tiles
- ☐ Syllable Song (queued)
- ☐ Tile Mat with letter tiles a–z



© 2026

MODULE 1 · SHEET 4

THE PRACTICE DAYS

Tuesday through Friday, you run a list. You invent nothing. These are Lesson 1's real checklists; every week repeats this pattern with new pages.

TUESDAY

INDEPENDENT, WITH ASSISTANCE AS NEEDED

- [ ] Listen to the Syllable Song (do the hand signals)
- [ ] Syllable Counting (workbook pg 4) — 3–5 min
- [ ] Read Wordlist (pg 10) — 3–5 min
- [ ] Read Sentences (pgs 11–12) — 3–5 min
- [ ] Read Story + comprehension questions (pgs 13–15) — 10–15 min

WEDNESDAY

PARENT-LED WRITING REVIEW

- [ ] Phonemic Awareness Blocks: top, mop, map, sap, cap, cop, cot, cat — 2–3 min
- [ ] Review Short Vowel Posters · Sound Cards — 4–6 min
- [ ] Handwriting letter a (pg 16) — 2–3 min
- [ ] Word Writing (pg 17): jam, ram, fad, pan, cat, sad, van, lap — 3–5 min
- [ ] Sentence Writing (pgs 18–20), then check with CHOPS — 10–15 min

THURSDAY

INDEPENDENT, WITH ASSISTANCE AS NEEDED

- [ ] Listen to the Syllable Song (hand signals again)
- [ ] Syllable Counting (pg 21) — 3–5 min
- [ ] Read Wordlist (pg 22) — 3–5 min
- [ ] Read Sentences (pgs 23–24) — 3–5 min
- [ ] Read Story + comprehension (pgs 25–27) — 10–15 min

FRIDAY

PARENT-LED, END ON A WIN

- [ ] Phonemic Awareness Blocks: ban, can, cap, lap, lop, lot, lit, bit — 2–3 min
- [ ] Review Short Vowel Posters · Sound Cards — 4–6 min
- [ ] Handwriting letter a (pg 28) — 2–3 min
- [ ] Memory Match Game (pgs 30–36) — 10–15 min

© 2026

MODULE 1 · SHEET 5

THE THREE FLEXES

Official ways to bend the week, straight from the Teacher Guide. None of them are cheating.

1. **Move the start day.** “Monday” means “lesson day.” If Monday is piano, Wednesday works fine. Pick the day you can protect 60 minutes.
2. **The 3-day week.** Lesson day intact + Tuesday-and-Wednesday merged into one ~60-minute day + Thursday-and-Friday merged into another.
3. **One week over two weeks.** Halve the word and sentence lists; repeat the stories and sorts. Built for kids who need more reps to build the pathways. It's a feature, not a setback.



INSIDE A SESSION

- Flex the *amount*, never the *order*. Fewer cards, one word column, three sentences: all correct.
- Set a timer per activity. Move when it rings, finished or not. Speed comes from repetition, not from pushing.
- Two exceptions run the other way: **Introduce the Concept** and **Read a Story & Comprehension**. The Guide says never skip either.

THE 30-MINUTE TARGET

Practice days are built for about 30 minutes. Running 45+ regularly? You're covering too much per activity. Shrink the lists, not the schedule.

Our week is _____ because _____.

© 2026