

■ PHONICS FOR BEGINNERS

A Parent-Friendly Lesson Planner + Creative Printable Worksheet Pack

How to Teach Phonics to Beginners: A Step-by-Step Guide for Parents

This workbook is designed for beginners, especially preschool and early Grade 1 learners. Keep lessons short, playful and repetitive. Focus on hearing sounds first, then connecting sounds to letters, blending them into words, and finally reading simple sentences.

Suggested routine: 15–20 minutes, 4–5 days a week. Use the same sound cards and word families repeatedly until the child becomes confident.

Phonics Teaching Sequence

Week	Main Focus	Target Skills
1	Listening & first sounds	Hear beginning sounds; match sounds to familiar objects
2	s, a, t, p	Say sounds accurately; identify letters
3	i, n, m, d	Review previous sounds; blend simple words
4	c, k, e, h	Blend and segment CVC words
5	r, b, f, l	Build a larger bank of CVC words
6	g, o, u	Short vowels; word families
7	Review & blending	Read and build CVC words independently
8	Digraphs & simple sentences	ab, ch, th, ck; read short decodable sentences

■ 8-WEEK LESSON PLANNER

Week	Day	Lesson Goal	Suggested Activities
1	1	Hear beginning sounds	Sound hunt around the room; clap when target sound is heard.
1	2	Match sound to object	Use pictures/objects: sun, sock, apple, ant.
1	3	Sort beginning sounds	Sort picture cards by first sound.
1	4	Oral blending	Say /s/ /a/ /t/ slowly, then say 'sat'.
1	5	Review game	Mystery bag + sound hunt + quick oral blending.
2	1	Teach s	Trace s; say /s/; find words beginning with s.
2	2	Teach a	Short /a/; picture match; air-write a.
2	3	Teach t	Sound /t/; letter formation; sound hunt.
2	4	Teach p	Sound /p/; build simple combinations.
2	5	Blend s-a-t-p	Build: sat, pat, tap.
3	1	Teach i	Short /i/; identify pictures.
3	2	Teach n	Blend with known sounds.
3	3	Teach m	Build: am, mat, sat.
3	4	Teach d	Build: did, dip, dad.
3	5	Review	Read and build mixed CVC words.
4	1	Teach c	Build cat, can, cap.
4	2	Teach k	Compare /k/ in key and kid.
4	3	Teach e	Short /e/; build: hen, pen.
4	4	Teach h	Build: hat, hen, hit.
4	5	Blending practice	CVC word cards + picture matching.
5	1	Teach r	Build: ran, rat, rip.
5	2	Teach b	Build: bat, bed, big.
5	3	Teach f	Build: fan, fit, fun.
5	4	Teach l	Build: lip, let, lap.
5	5	Review	Word-family race.
6	1	Teach g	Build: gap, get, gig.
6	2	Teach o	Short /o/; build: hot, hop, log.
6	3	Teach u	Short /u/; build: sun, cup, bus.
6	4	Mixed vowels	Sort a/i/o/u words.

Week	Day	Lesson Goal	Suggested Activities
6	5	Review	CVC bingo.
7	1	Segmenting	Say a word; child taps each sound.
7	2	Blending	Blend 3 sounds with finger sweep.
7	3	Word families	at, an, ap, in, it, og, op, ug.
7	4	Build & change	Change one letter: cat→cap→map.
7	5	Mini reading check	Read 10 familiar CVC words.
8	1	sh / ch	Hear, sort and read digraphs.
8	2	th / ck	Read and build short words.
8	3	Sentence reading	Read: The cat is big.
8	4	Sentence building	Arrange word cards into sentences.
8	5	Celebration	Phonics treasure hunt + certificate.

■ DAILY 20-MINUTE LESSON TEMPLATE

Time	What to do	Example
2 min	Warm-up	Sing alphabet/sound song; review 3 known sounds.
4 min	Teach/review	Show letter, say pure sound, trace it, find it.
5 min	Blend	Use letter cards: m-a-t → mat.
4 min	Segment	Say mat; child taps /m/ /a/ /t/.
3 min	Read/write	Read 3–5 words; write 1–2 words.
2 min	Game	Sound hunt, bingo, matching or treasure hunt.

Parent reminders

- Say the **sound** rather than the letter name during blending: /m/ /a/ /t/.
- Keep sounds short and clear; avoid adding an extra 'uh' sound where possible.
- Do not rush to spelling lists. Secure listening, blending and segmenting first.
- Praise effort: “You listened carefully!” and “You blended those sounds!”
- If the child is tired, stop and play a 2-minute sound game instead.

■ PRINTABLE WORKSHEETS

Print these pages individually. For extra colour, use crayons, highlighters and small stickers.

Worksheet 1 — Beginning Sound Hunt

Name: _____ Date: _____

Circle the picture/word that begins with the target sound.

Target	Choose one	Draw another
/s/	sun • cat • pig	_____
/a/	ant • dog • sun	_____
/m/	moon • fish • hat	_____
/t/	top • bag • sun	_____
/p/	pen • log • cat	_____
/b/	bat • hen • sun	_____

■ Bonus: Say each correct word slowly. What is the first sound you hear?

Worksheet 2 — Letter & Sound Match

Draw a line from each letter to a word that starts with its sound.

Letter	Words
s	sun cat sock map
a	ant apple dog sun
t	top tap fish tree
m	moon mat hen mug
p	pen pig cup pan
d	dog dip sun dad
c	cat cup log cap
h	hat hen pig hot

Write the sounds: s = _____ a = _____ t = _____ m = _____

Worksheet 3 — Blend the Sounds

Say each sound. Sweep your finger under the letters and read the whole word.

Sounds	Word
m – a – t	_____
s – a – t	_____
p – a – t	_____
c – a – t	_____
h – e – n	_____
p – e – n	_____
b – i – g	_____
s – i – t	_____
h – o – p	_____
s – u – n	_____

■ Challenge: Choose any 3 words and draw a tiny picture for each.

Worksheet 4 — Tap, Say & Segment

Say the word. Put one dot under each sound you hear. Then write the letters.

Word	Sounds	Letters
cat	● ● ●	_____
sun	● ● ●	_____
map	● ● ●	_____
hen	● ● ●	_____
pig	● ● ●	_____
hot	● ● ●	_____
cup	● ● ●	_____
bed	● ● ●	_____

Parent prompt: "What sound do you hear first? What sound comes next? What sound comes last?"

Worksheet 5 — Word Family Fun

Complete each word by adding the missing beginning sound.

Family	Complete the words
-at	__at __at __at __at
-an	__an __an __an __an
-ap	__ap __ap __ap __ap
-in	__in __in __in __in
-it	__it __it __it __it
-og	__og __og __og __og
-op	__op __op __op __op
-ug	__ug __ug __ug __ug

Draw one word from any family: _____

Worksheet 6 — Short Vowel Sort

Sort the words into the correct short-vowel box.

Word bank: cat, pig, sun, hop, bed, map, sit, cup, log, hen, big, fan

A /■/	E /■/	I /■/	O /■/	U /■/
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

■ Read your sorted words aloud to a parent.

Worksheet 7 — Read the Tiny Sentences

Read each sentence. Circle the matching answer.

Sentence	Question
The cat is big.	Is the cat big? YES / NO
Sam sat.	Did Sam sit? YES / NO
The dog can hop.	Can the dog hop? YES / NO
The pig is in the mud.	Is the pig in the mud? YES / NO
The sun is hot.	Is the sun hot? YES / NO

Write one tiny phonics sentence of your own:

Worksheet 8 — Digraph Detective

A digraph is two letters working together to make one sound. Read the words and underline the digraph.

Digraph	Words
sh	ship shop fish shut
ch	chip chop chin much
th	thin this bath path
ck	back duck sock kick

Make your own word with **sh**: _____

Make your own word with **ch**: _____

Worksheet 9 — Friendly Phonics Check

Use this at the end of the 8-week cycle. Tick what the child can do independently.

Skill	■ Yes	■ With help	■ Practise again
Recognises taught letters			
Says the correct sound			
Hears beginning sounds			
Blends 3 sounds			
Segments a CVC word			
Reads familiar CVC words			
Reads a simple sentence			

Parent notes: _____

■ PHONICS STAR CERTIFICATE

This certificate celebrates

for working hard, listening carefully, blending sounds and becoming a confident beginning reader!

Date: _____ Parent/Teacher: _____

■ Keep reading • Keep sounding out • Keep having fun! ■