

Name: \_\_\_\_\_



# Third Grade Muscle Word Lists and High Frequency Word Challenge List

Each night, students should be working on their third grade muscle words. If students are able to spell all of the words correctly, then they can move on to the “challenge” list. Students should continue to practice the muscle words from the regular muscle word list too. Frequently students can spell muscle words correctly, but if they aren’t practiced consistently, students can forget how to spell them.



# Muscle Words List 1

## *Word Practice August to November*

- |             |               |               |
|-------------|---------------|---------------|
| 1. high     | 12. sometimes | 23. rock      |
| 2. left     | 13. never     | 24. voice     |
| 3. children | 14. always    | 25. questions |
| 4. eat      | 15. state     | 26. ship      |
| 5. between  | 16. soon      | 27. hold      |
| 6. might    | 17. light     | 28. notice    |
| 7. night    | 18. got       | 29. horse     |
| 8. really   | 19. without   | 30. saw       |
| 9. last     | 20. family    | 31. until     |
| 10. hard    | 21. body      | 32. enough    |
| 11. grow    | 22. red       | 33. food      |

# Muscle Words List 2

## *Word Practice December to February*

- |             |              |               |
|-------------|--------------|---------------|
| 34. along   | 45. eyes     | 56. plan      |
| 35. miles   | 46. together | 57. dog       |
| 36. Indians | 47. stop     | 58. short     |
| 37. plants  | 48. leave    | 59. important |
| 38. next    | 49. story    | 60. idea      |
| 39. began   | 50. order    | 61. add       |
| 40. girl    | 51. wind     | 62. while     |
| 41. trees   | 52. draw     | 63. car       |
| 42. life    | 53. sun      | 64. far       |
| 43. carry   | 54. top      | 65. country   |
| 44. talk    | 55. several  | 66. seemed    |

# Muscle Words List 3

## *Word Practice March to May*

67. sea

79. listen

91. feet

68. above

80. pulled

92. watch

69. keep

81. stand

93. below

70. beginning

82. become

94. something

71. four

83. fast

95. white

72. young

84. cried

96. let

73. earth

85. mark

97. father

74. paper

86. during

98. example

75. hear

86. five

99. river

76. being

88. miss

100. cut

77. under

89. near

78. run

90. few

# ***High Frequency Writing Words Challenge List***



In addition to the Cast-A-Spell muscle words, third graders are encouraged to work on the following list of 1,200 words. The words below are listed in the order of frequency of use in everyday writing. Since the is the most frequently used word in our language, it is number one in the list below. The first 25 words are used in 33% of everyday writing; the first 100 words appear in 50% of adult and student writing; the first 1,000 words are used in 89% of everyday writing. Although these words will not be formally tested in third grade, it is a good idea for students to work on these words if they have mastered the Cast-A-Spell muscle word list.

1 the	40 your	79 people	118 think
2 of	41 which	80 my	119 also
3 and	42 their	81 made	120 around
4 a	43 said	82 over	121 another
5 to	44 if	83 did	122 came
6 in	45 do	84 down	123 come
7 is	46 will	85 only	124 work
8 you	47 each	86 way	125 three
9 that	48 about	87 find	126 must
10 it	49 how	88 use	127 because
11 he	50 up	89 may	128 does
12 for	51 out	90 water	129 part
13 was	52 them	91 long	130 even
14 on	53 then	92 little	131 place
15 are	54 she	93 very	132 well
16 as	55 many	94 after	133 such
17 with	56 some	95 words	134 here
18 his	57 so	96 called	135 take
19 they	58 these	97 just	136 why
20 at	59 would	98 where	137 help
21 be	60 other	99 most	138 put
22 this	61 into	100 know	139 different
23 from	62 has	101 get	140 away
24 I	63 more	102 through	141 again
25 have	64 her	103 back	142 off
26 or	65 two	104 much	143 went
27 by	66 like	105 go	144 old
28 one	67 him	106 good	145 number
29 had	68 see	107 new	146 great
30 not	69 time	108 write	147 tell
31 but	70 could	109 our	148 men
32 what	71 no	110 me	149 say
33 all	72 make	111 man	150 small
34 were	73 than	112 too	151 every
35 when	74 first	113 any	152 found
36 we	75 been	114 day	153 still
37 there	76 its	115 same	154 between
38 can	77 who	116 right	155 mane
39 an	78 now	117 look	156 should

## **High Frequency Writing Words – Challenge List**

157 home	211 four	265 answer	319 American
158 big	212 head	266 room	320 space
159 give	213 above	267 sea	321 inside
160 air	214 kind	268 against	322 ago
161 line	215 began	269 top	323 sad
162 set	216 almost	270 turned	324 early
163 own	217 live	271 learn	325 I'll
164 under	218 page	272 point	326 learned
165 read	219 got	273 city	327 brought
166 last	220 earth	274 play	328 close
167 never	221 need	275 toward	329 nothing
168 us	222 far	276 five	330 though
169 left	223 hand	277 himself	331 idea
170 end	224 high	278 usually	332 before
171 along	225 year	279 money	333 lived
172 while	226 mother	280 seen	334 became
173 might	227 light	281 didn't	335 add
174 next	228 country	282 car	336 become
175 sound	229 father	283 morning	337 grow
176 below	230 let	284 I'm	338 draw
177 saw	231 night	285 body	339 yet
178 something	232 picture	286 upon	340 less
179 thought	233 being	287 family	341 wind
180 both	234 study	288 later	342 behind
181 few	235 second	289 turn	343 cannot
182 those	236 soon	290 move	344 letter
183 always	237 story	291 face	345 among
184 show	238 since	292 door	346 able
185 large	239 white	293 cut	347 dog
186 often	240 ever	294 done	348 shown
187 together	241 paper	295 group	349 mean
188 asked	242 hard	296 true	350 English
189 house	243 near	297 half	351 rest
190 don't	244 sentence	298 red	352 perhaps
191 world	245 better	299 fish	353 certain
192 going	246 best	300 plants	354 six
193 want	247 across	301 living	355 feel
194 school	248 during	302 black	356 fire
195 important	249 today	303 eat	357 ready
196 until	250 however	304 short	358 green
197 form	251 sure	305 United States	359 yes
198 food	252 knew	306 run	360 built
199 keep	253 it's	307 book	361 special
200 children	254 try	308 gave	362 ran
201 feet	255 told	309 order	363 full
202 land	256 young	310 open	364 town
203 side	257 sun	311 ground	365 complete
204 without	258 thing	312 cold	366 oh
205 boy	259 whole	313 really	367 person
206 once	260 hear	314 table	368 hot
207 animal	261 example	315 remember	369 anything
208 life	262 heard	316 tree	370 hold
209 enough	263 several	317 course	371 state
210 took	264 change	318 front	372 list

## **High Frequency Writing Words – Challenge List**

373 stood	427 carefully	481 happened	535 seem
374 hundred	428 follow	482 foot	536 thus
375 ten	429 beautiful	483 care	537 square
376 fast	430 everyone	484 low	538 moment
377 felt	431 leave	485 else	539 teacher
378 kept	432 everything	486 gold	540 happy
379 notice	433 game	487 build	541 bright
380 can't	434 system	488 glass	542 sent
381 strong	435 bring	489 rock	543 present
382 voice	436 watch	490 tall	544 plan
383 probably	437 shell	491 alone	545 rather
384 area	438 dry	492 bottom	546 length
385 horse	439 within	493 check	547 speed
386 matter	440 floor	494 reading	548 machine
387 stand	441 ice	495 fall	549 information
388 box	442 ship	496 poor	550 except
389 start	443 themselves	497 map	551 figure
390 that's	444 begin	498 friend	552 you're
391 class	445 fact	499 language	553 free
392 piece	446 third	500 job	554 fell
393 surface	447 quite	501 music	555 suppose
394 river	448 carry	502 buy	556 natural
395 common	449 distance	503 window	557 ocean
396 stop	450 although	504 mark	558 government
397 am	451 sat	505 heat	559 baby
398 talk	452 possible	506 grew	560 grass
399 whether	453 heart	507 listen	561 plane
400 fine	454 real	508 ask	562 street
401 round	455 simple	509 single	563 couldn't
402 dark	456 snow	510 clear	564 reason
403 past	457 rain	511 energy	565 difference
404 ball	458 suddenly	512 week	566 maybe
405 girl	459 easy	513 explain	567 history
406 road	460 leaves	514 lost	568 mouth
407 blue	461 lay	515 spring	569 middle
408 instead	462 size	516 travel	570 step
409 either	463 wild	517 wrote	571 child
410 held	464 weather	518 farm	572 strange
411 already	465 miss	519 circle	573 wish
412 warm	466 pattern	520 whose	574 soil
413 gone	467 sky	521 correct	575 human
414 finally	468 walked	522 bed	576 trip
415 summer	469 main	523 measure	577 woman
416 understand	470 someone	524 straight	578 eye
417 moon	471 center	525 base	579 milk
418 animals	472 field	526 mountain	580 choose
419 mind	473 stay	527 caught	581 north
420 outside	474 itself	528 hair	582 seven
421 power	475 boat	529 bird	583 famous
422 problem	476 question	530 wood	584 late
423 longer	477 wide	531 color	585 pay
424 winter	478 least	532 war	586 sleep
425 deep	479 tiny	533 fly	587 iron
426 heavy	480 hour	534 yourself	588 trouble

## **High Frequency Writing Words – Challenge List**

589 store	643 thousand	697 fresh	751 please
590 beside	644 sign	698 drive	752 meat
591 oil	645 guess	699 lead	753 lady
592 modern	646 forward	700 break	754 west
593 fun	647 huge	701 sit	755 glad
594 catch	648 ride	702 bought	756 action
595 business	649 region	703 radio	757 pass
596 reach	650 nor	704 method	758 type
597 lot	651 period	705 king	759 attention
598 won't	652 blood	706 similar	760 gas
599 case	653 rich	707 return	761 kitchen
600 speak	654 team	708 corn	762 pick
601 shape	655 corner	709 decide	763 scale
602 eight	656 cat	710 position	764 basic
603 edge	657 amount	711 bear	765 happen
604 soft	658 garden	712 hope	766 safe
605 village	659 led	713 song	767 grown
606 object	660 note	714 engine	768 cost
607 age	661 various	715 board	769 wear
608 minute	662 race	716 control	770 act
609 wall	663 bit	717 spread	771 hat
610 meet	664 result	718 evening	772 arm
611 record	665 brother	719 brown	773 believe
612 copy	666 addition	720 clean	774 major
613 forest	667 doesn't	721 wouldn't	775 gray
614 especially	668 dead	722 section	776 wonder
615 necessary	669 weight	723 spent	777 include
616 he's	670 thin	724 ring	778 describe
617 unit	671 stone	725 teeth	779 electric
618 flat	672 hit	726 quiet	780 sold
619 direction	673 wife	727 ancient	781 visit
620 south	674 island	728 stick	782 sheep
621 subject	675 we'll	729 afternoon	783 I'd
622 skin	676 opposite	730 silver	784 office
623 wasn't	677 born	731 nose	785 row
624 I've	678 sense	732 century	786 contain
625 yellow	679 cattle	733 therefore	787 fit
626 party	680 million	734 level	788 equal
627 force	681 anyone	735 you'll	789 value
628 test	682 rule	736 death	790 yard
629 bad	683 science	737 hole	791 beat
630 temperature	684 afraid	738 coast	792 inch
631 pair	685 women	739 cross	793 sugar
632 ahead	686 produce	740 sharp	794 key
633 wrong	687 pull	741 fight	795 product
634 practice	688 son	742 capital	796 desert
635 sand	689 meant	743 fill	797 bank
636 tail	690 broken	744 deal	798 farther
637 wait	691 interest	745 busy	799 won
638 difficult	692 chance	746 beyond	800 total
639 general	693 thick	747 send	801 sell
640 cover	694 sight	748 love	802 wire
641 material	695 pretty	749 cool	803 rose
642 isn't	696 train	750 cause	804 cotton

## **High Frequency Writing Words – Challenge List**

805 spoke	859 report	913 northern	967 drink
806 rope	860 farmer	914 flower	968 experience
807 fear	861 count	915 star	969 future
808 shore	862 trade	916 feed	970 tomorrow
809 throughout	863 chief	917 wooden	971 drove
810 compare	864 month	918 sort	972 population
811 movement	865 clothes	919 develop	973 finish
812 exercise	866 doctor	920 shoulder	974 station
813 bread	867 indeed	921 variety	975 shook
814 process	868 dance	922 season	976 stage
815 nature	869 church	923 share	977 oxygen
816 apart	870 original	924 jump	978 poem
817 path	871 enjoy	925 regular	979 solution
818 careful	872 string	926 represent	980 burn
819 narrow	873 sister	927 market	981 cent
820 mental	874 familiar	928 we're	982 electricity
821 nine	875 onto	929 flew	983 everybody
822 useful	876 imagine	930 finger	984 rate
823 public	877 blow	931 expect	985 dust
824 according	878 quick	932 army	986 worth
825 steel	879 law	933 cabin	987 community
826 salt	880 lie	934 camp	988 captain
827 speech	881 final	935 danger	989 bus
828 forth	882 rise	936 purpose	990 protect
829 nation	883 loud	937 breakfast	991 cook
830 knowledge	884 fair	938 proper	992 raise
831 appear	885 herself	939 coat	993 further
832 ate	886 slow	940 push	994 steam
833 dinner	887 noise	941 express	995 guide
834 hurt	888 statement	942 shot	996 discover
835 spend	889 hungry	943 angry	997 plain
836 experiment	890 join	944 southern	998 usual
837 touch	891 tube	945 dress	999 seat
838 drop	892 rode	946 bag	1000 accept
839 chair	893 empty	947 proud	1001 police
840 east	894 twenty	948 neck	1002 consider
841 separate	895 broke	949 breath	1003 dozen
842 truck	896 nice	950 strength	1004 baseball
843 sing	897 effect	951 member	1005 rubber
844 column	898 paid	952 twelve	1006 symbol
845 twice	899 motion	953 mine	1007 support
846 particular	900 myself	954 company	1008 exactly
847 shop	901 divide	955 current	1009 industry
848 unless	902 supply	956 pound	1010 they're
849 spot	903 laid	957 valley	1011 beneath
850 neither	904 dear	958 double	1012 laugh
851 met	905 surprise	959 till	1013 groceries
852 wheel	906 gun	960 match	1014 popular
853 none	907 entire	961 average	1015 thank
854 hill	908 fruit	962 die	1016 quarter
855 television	909 crowd	963 liquid	1017 climbed
856 bill	910 band	964 alive	1018 continue
857 solve	911 wet	965 stream	1019 potatoes
858 pressure	912 solid	966 provide	1020 receive

## ***High Frequency Writing Words – Challenge List***

1021 design	1067 settled	1113 progress	1159 citizen
1022 president	1068 telephone	1114 altogether	1160 environment
1023 charge	1069 repeat	1115 activities	1161 influence
1024 mistake	1070 prepare	1116 article	1162 cancel
1025 hospital	1071 instance	1117 equipment	1163 audience
1026 remain	1072 avenue	1118 discuss	1164 apartment
1027 service	1073 newspaper	1119 healthy	1165 worse
1028 increase	1074 actually	1120 perfect	1166 transportation
1029 students	1075 employee	1121 recognize	1167 frozen
1030 insects	1076 review	1122 frequently	1168 waste
1031 address	1077 convince	1123 character	1169 couple
1032 sincerely	1078 allowed	1124 personal	1170 function
1033 dollars	1079 nobody	1125 disappear	1171 connect
1034 belong	1080 details	1126 success	1172 project
1035 bottle	1081 muscles	1127 traffic	1173 pronounce
1036 flight	1082 model	1128 yesterday	1174 offered
1037 forget	1083 climate	1129 situation	1175 apply
1038 bicycle	1084 coffee	1130 realize	1176 improve
1039 secret	1085 whenever	1131 message	1177 stomach
1040 soldier	1086 serious	1132 recently	1178 collect
1041 silent	1087 angle	1133 account	1179 prevent
1042 structure	1088 feather	1134 physical	1180 courage
1043 height	1089 determined	1135 neighbor	1181 occur
1044 observe	1090 dictionary	1136 excited	1182 foreign
1045 indicate	1091 ordinary	1137 whisper	1183 quality
1046 railroad	1092 extra	1138 available	1184 terrible
1047 knife	1093 rough	1139 college	1185 instrument
1048 married	1094 library	1140 furniture	1186 balance
1049 suggested	1095 condition	1141 leather	1187 ability
1050 entered	1096 arrived	1142 husband	1188 arrange
1051 magazine	1097 located	1143 principal	1189 rhythm
1052 agree	1098 program	1144 medicine	1190 avoid
1053 fifty	1099 pencil	1145 excellent	1191 daily
1054 escape	1100 tongue	1146 operation	1192 identity
1055 threw	1101 title	1147 council	1193 standard
1056 planet	1102 enemy	1148 author	1194 combine
1057 dangerous	1103 garage	1149 organize	1195 attached
1058 event	1104 lose	1150 concern	1196 frighten
1059 leader	1105 vegetable	1151 barbecue	1197 social
1060 peace	1106 parents	1152 accident	1198 factory
1061 spelling	1107 style	1153 disease	1199 license
1062 chapter	1108 education	1154 construction	1200 recommend
1063 swimming	1109 required	1155 motor	
1064 opportunity	1110 political	1156 affect	
1065 immediately	1111 daughter	1157 conversation	
1066 favorite	1112 individual	1158 evidence	

*Adapted for the Southeast Elementary School Third Grade*