

Speed Sounds Set 1

We use pure sounds so that your child will be able to blend the sounds into words more easily. At school we use a puppet called Fred who can do this beautifully! When we say words in sounds we call it 'Fred Talk'. E.g. d-o-g, c-a-t, m-a-n, sh-o-p, c-l-a-p.

Please do not use letter names at this early stage.

Set 1 Sounds are taught in the following order:

m a s d t i n p g o c k u b f e l h s h r j v y w t h z c h q u x n g n k

This means that children can quickly (after the first 5 sounds) start applying their sound knowledge to word- level work (reading and spelling).

The following Set 1 Sounds are all '**stretchy**' sounds and should be elongated when introduced. Try to avoid saying 'uh' (the schwa) after each one. e.g. /mm/ not muh, /ss/ not suh, /ff/ not fuh.

S



m – mmmmmountain (keep lips pressed together hard)

s – ssssnake (keep teeth together and hiss – unvoiced)

n – nnnnnnet (keep tongue behind teeth)

f – ffffflower (keep teeth on bottom lip and force air out sharply – unvoiced)

l – lllleg (keep pointed curled tongue behind teeth).

r – rrrrrrobot (say rrr as if you are growling)

v – vvvvvvulture (keep teeth on bottom lip and force air out gently)

z – zzzzzzig zzzzzag (keep teeth together and make a buzzing sound)

th – thhhhank you (stick out tongue and breathe out sharply)

sh – shhhh (make a shhh noise as though you are telling somebody to be quiet!)

ng – thinnnnngg on a strinnnnngg (curl your tongue at the back of your throat)

nk – I think I stink (make a piggy oink noise without the oi! nk nk nk)



These next sounds are '*bouncy*' sounds. Make the sound as short as possible, avoiding 'uh' at the end of the sound:



- t – (tick tongue behind the teeth – unvoiced)
- p – (make distinctive p with lips – unvoiced)
- k – (make sharp click at back of throat)
- c – (as /k/, make a sharp click at back of throat)
- h – (say h as you breathe sharply out – unvoiced)
- ch – (make a short sneezing sound)
- x – (say a sharp c and add s – unvoiced)



You will find it harder to avoid saying 'uh' at the end of these sounds, so keep the sound as short as possible.



- d – (tap tongue behind the teeth).
- g – (make soft sound in throat).
- b – (make a short, strong b with lips).
- j – (push lips forward).
- y – (keep edges of tongue against teeth).
- w – (keep lips tightly pursed).
- qu – (keep lips pursed as you say cw – unvoiced)



The short vowels should be kept short and sharp:



- a: a-a-a (open mouth wide as if to take a bite of an apple).
- e: e-e-e (release mouth slightly from a position).
- i: i-i-i (make a sharp sound at the back of the throat – smile).
- o: o-o-o (push out lips; make the mouth into o shape).
- u: u-u-u (make a sound in the throat).



To hear the correct pronunciation of sounds please follow the link:

<https://ruthmiskin.com/en/find-out-more/parents/#lg=1&slide=2>