



Expect Education
BECAUSE THERE'S MORE TO YOU THAN YOU THINK

Level 1

BOOK 1A

SPELLING SUCKS!

...but we do it anyway.

12

weeks

240

words

1

page a day

Plus a spelling test every Friday.



Meet Eli. He'd rather be anywhere else.

Expect Education
Spell Squad series

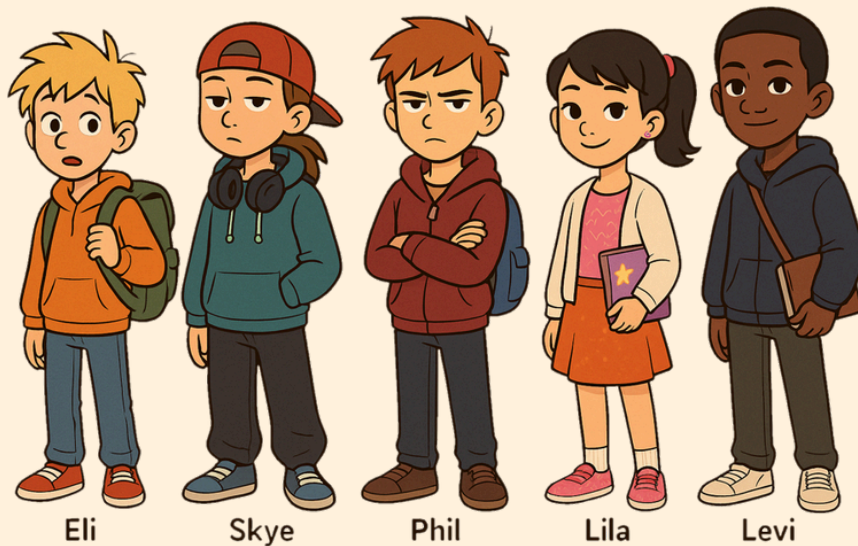
WELCOME!

You're now part of an elite team of reluctant spelling warriors.

We're not here because we love spelling... we're here because we've got goals, grit, and just enough sarcasm to get through it.

You've joined **Eli** on a mission to battle tricky words, weird rules, and silent letters that don't know how to stay quiet.

But guess what? This book is just **one** stage of the journey.



Want to level up? Meet the squad.

1**Eli****You are here**

Clumsy beginnings. Big heart. Lots of mistakes.

2**Skye**

Shortcuts, guesses, and low-key genius.

3**Phil**

Sarcasm, sweat, and serious spelling power.

4**Lila**

Style, logic, and word-perfect precision.

5**Levi**

Calm, cool, and in total control of every syllable.

HOW TO USE THIS BOOK

One page a day. Five days a week. Twelve weeks. Let's go.

Each week focuses on one spelling pattern. You'll follow the same routine every week, and the squad will pop up with jokes, tips, groans and (occasionally) actual help.

Day 1

Theme & word list

Meet the week's spelling pattern and the 20 words you'll be working with.

Day 2

Look, cover, write, check

Say each word out loud. Get it wrong. Get it right. You'll write every word four times.

Day 3

Sentence builder

Write each word in a proper sentence. No cheating with "I like ___". Make it count.

Day 4

Word workout 1

Sorting, spotting and fixing: puzzles that make the rule stick.

Day 5

Word workout 2 & test prep

A puzzle that changes every week, then a mini review to get you ready for the test.

Test

Notes & spelling test

Jot down the tricky ones, take your test, and score yourself out of 20.

Tips for getting the most out of it

- ☐ Use a pencil. You'll make mistakes. That's the point.
- ☐ Say the words out loud. Hearing helps remembering.
- ☐ Try your best, not your fastest.
- ☐ Don't skip pages, and ask for help when you need it.
- ☐ Grown-ups: the answers are at the back of the book.

Most importantly: stick with it. That's what the squad is all about.



Week 1 • Level 1

LIST NUMBER 1

Short vowel sounds



Short vowels?
How hard can
it be...



This week's mission

A short vowel is a quick, clipped sound. It usually sits between consonants and says its sound, not its name: the **a** in **cat**, not the **a** in **cake**. Every word this week has at least one.

trap

bench

print

frost

crust

Tick off each day as
you finish it

☐

Mon

☐

Tue

☐

Wed

☐

Thu

☐

Fri

1

LIST 1 · SHORT VOWEL SOUNDS

Meet your 20 words. Study them, then make them yours.

EXAMPLE**stamp** **noun**

Something you stick on a letter before you send it.

Note

Use a dictionary, phone or computer to help, but write the definitions in your own words.

1 stamp

11 frisk

2 grasp

12 fling

3 strand

13 froth

4 trap

14 frost

5 bench

15 shock

6 blend

16 block

7 crept

17 bunch

8 spent

18 pluck

9 print

19 pumpkin

10 blink

20 crust

Task

Like the example: underline each syllable, highlight the short vowel sound, write the part of speech (noun, verb, adjective) on the dotted line and the meaning on the line below.

2

LOOK, COVER, WRITE, CHECK

Read the word, cover it, try to write it, then check your spelling.

	Try 1	Try 2	Try 3	Try 4	✓
stamp	_____	_____	_____	_____	☐
grasp	_____	_____	_____	_____	☐
strand	_____	_____	_____	_____	☐
trap	_____	_____	_____	_____	☐
bench	_____	_____	_____	_____	☐
blend	_____	_____	_____	_____	☐
crept	_____	_____	_____	_____	☐
spent	_____	_____	_____	_____	☐
print	_____	_____	_____	_____	☐
blink	_____	_____	_____	_____	☐
frisk	_____	_____	_____	_____	☐
fling	_____	_____	_____	_____	☐
froth	_____	_____	_____	_____	☐
frost	_____	_____	_____	_____	☐
shock	_____	_____	_____	_____	☐
block	_____	_____	_____	_____	☐
bunch	_____	_____	_____	_____	☐
pluck	_____	_____	_____	_____	☐
pumpkin	_____	_____	_____	_____	☐
crust	_____	_____	_____	_____	☐

Task

Fold the page or use a ruler to hide the words. Do one try at a time: write it, uncover, check. Tick the box once you get it right all four times.

3

SENTENCE BUILDER

Write a sentence using each word from List 1.

example: Tom asked the teacher, "Can you **print** a picture of a dragon for me, please?"

stamp

grasp

strand

trap

bench

blend

crept

spent

print

blink

frisk

fling

froth

frost

shock

block

bunch

pluck

pumpkin

crust

Task

Every sentence needs a capital letter, a full stop and at least six words. Make it something only *you* would write.

4

WORD WORKOUT 1

Sort it, spot it, prove it.

A - Vowel sort

Write each word in the box for its short vowel. One sneaky word belongs in two boxes.

pluck

block

fling

pumpkin

spent

crept

crust

trap

shock

stamp

blink

blend

bunch

print

frost

strand

grasp

froth

bench

frisk

a**e****i****o****u****B - Word shapes**

Write each word in the shape that fits it. Tall letters go in the tall boxes, tails hang below.

stamp

fling

grasp

bench

trap

block

1



2



3



4



5



6



5**WORD WORKOUT 2**

One last workout, then get ready for your test.

A • Word search

Find the 12 words from List 1. They go across → or down ↓. Tick each one when you find it.

F	T	M	C	P	S	C	D	F	S	N	F
R	M	R	A	R	B	R	B	K	W	U	L
O	U	N	Y	F	S	E	L	F	S	H	I
S	B	A	G	S	P	P	E	T	T	H	N
T	U	N	S	H	E	T	N	M	U	M	G
P	N	I	T	O	N	W	D	A	N	S	E
S	C	T	G	C	T	O	B	R	M	U	T
G	H	S	O	K	R	M	O	P	M	B	A
T	T	W	P	L	U	C	K	R	W	L	L
P	U	M	P	K	I	N	P	I	W	I	A
G	R	A	S	P	H	Y	F	N	T	N	U
F	C	T	I	B	C	C	A	T	P	K	A

- ☐ blend
- ☐ blink
- ☐ bunch
- ☐ crept
- ☐ fling
- ☐ frost
- ☐ grasp
- ☐ pluck
- ☐ print
- ☐ pumpkin
- ☐ shock
- ☐ spent

B • Test prep

Ask someone to read you five words from List 1 that you find tricky. Write them without looking, then check.

1

2

3

4

5

**Test tomorrow. No
pressure. (Some
pressure.)**





NOTES & TEST

Jot down anything tricky, then test yourself after all the practice.

My notes

[illegible]

**I thought I spelled it
right... but I didn't.**

Spelling test

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

Score **/ 20**



ANSWERS FOR GROWN-UPS

Answers to every workout. For Look, Cover, Write, Check and the spelling test, use the word list.

List 1 • Short vowel sounds

Workout 1A: Vowel sort

a: stamp, grasp, strand, trap · e: bench, blend, crept, spent · i: print, blink, frisk, fling, pumpkin · o: froth, frost, shock, block · u: bunch, pluck, crust, pumpkin (pumpkin goes in u and i)

Workout 1B: Word shapes

1 bench · 2 block · 3 stamp · 4 fling · 5 trap · 6 grasp

Workout 2: Word search

The hidden words are shaded in the grid.



List 2 • Long a sound

Workout 1A: Missing letters

1 drain · 2 trail · 3 shape · 4 plain · 5 escape · 6 frame · 7 everyday · 8 able

Workout 1B: Spot the right spelling

1 brain · 2 spray · 3 shape · 4 stay · 5 chase · 6 display

Workout 2: Word scramble

1 station · 2 raven · 3 plain · 4 frame · 5 escape · 6 stay · 7 saint · 8 chase · 9 display · 10 basic

List 3 • Long e sound

Workout 1A: Long e sort

e: before, remind · ee: sleep, greet, steel, sweet, street, queen, green · ea: teacher, dream, feast, cream, peanut, squeak, beast, fear · e_e: here, these, theme

Workout 1B: Word shapes

1 feast · 2 before · 3 remind · 4 street · 5 greet · 6 steel

Workout 2: Eli's royal dream

1 dream, 2 queen, 3 green, 4 street, 5 feast, 6 cream, 7 peanut, 8 teacher, 9 squeak, 10 sleep

SPELLING SUCKS!

A 12-week, one-page-a-day spelling programme for kids who would rather be doing literally anything else.

- 12 spelling patterns and 240 carefully levelled words
- Daily practice: word study, look-cover-write-check, sentences and puzzles
- A spelling test every week and a progress tracker to show how far they've come
- Written by a teacher and tutor with over a decade in the classroom

One series. Five levels. The same 24 weekly themes.

Every level revisits the same patterns with harder words, so children build on what they know instead of starting again. Not sure which level? Take the free spelling assessment at expectededucation.co.uk/spelling



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Which level is right?

Take the free 10-minute spelling
assessment at
expectededucation.co.uk/spelling