

Speed and Fluency Cards 100-200 words

Pack 2

In the early stages when reading books are shorter, it is easier to ask pupils to read and re-read the same book several times. This is important for developing speed, fluency and intonation when reading.

These are essential skills for comprehension. Unless a person is reading at around 100+ words per minute, it is going to be difficult for them to retain the words read in a sentence long enough to understand the meaning of the sentence.

We do not need to get hung up on words per minute counts because other factors also come into the mix. But it is important to give our developing readers the opportunity to practice their reading to skills to a level of fluency that helps them to read with ease, expression and thus understanding.

These cards are designed for older readers who need that practice, but are reading longer books where reading and re-reading is not appropriate. Or for older pupils, who find re-reading books cumbersome.

The texts used on these cards are mostly less than 200 words. There is a chart at the bottom to help the pupils to record their own progress so they can see their own improvement and achievements.

The reader must read to another person who will keep time and check the accuracy of the reading.

Initial introduction to text could be carried out using text to speech software such as:

[Natural Readers Online](#)

Monitoring

Regular monitoring creates a picture of a child's progress through speed and fluency. Calculate the WCPM during the first reading of a new text. This will give a more accurate picture of progress.

Each day, it is useful to record the time taken and the number of mistakes. It is hoped that with each subsequent reading the time take will decrease and so will the mistakes made.

Recording these numbers sets the pupil a challenge and gives evidence of progress.

All of these texts have been taken from BBC Newsround. Why not visit Newsround each day and find out what is happening in the world around you.

Images copyright: GETTY IMAGES

Speed and Fluency Monitoring

Enter the details for the first reading of the new text

Name:

D.O.B:

[illegible]

WCPM – Words correct per minute
improvement

AWI – Average weekly

Calculating Words Correct Per Minute

Number of words – number of mistakes = number of correct words.

Number of correct words \div time taken = WCPM

Eg 250words – 18mistakes = 132 words correct

132 \div 2.45 (2min 27sec) = 53.8 WCPM

Seconds put into decimals		
E.g. 1 minute 16 sec = 1.26		4mins 29sec – 4.48
1 sec = 0.01	21 sec = 0.35	41 sec = 0.68
2sec = 0.03	22sec = 0.36	42sec = 0.7
3sec = 0.05	23sec = 0.38	43sec = 0.71
4sec = 0.06	24sec = 0.4	44sec = 0.73
5sec = 0.08	25sec = 0.41	45sec = 0.75
6sec = 0.1	26sec = 0.43	46sec = 0.76
7sec = 0.11	27sec = 0.45	47sec = 0.78
8sec = 0.13	28sec = 0.46	48sec = 0.8
9sec = 0.15	29sec = 0.48	49sec = 0.81
10sec= 0.16	30sec= 0.50	50sec= 0.83
11 sec = 0.18	31 sec = 0.51	51 sec = 0.85
12sec = 0.2	32sec = 0.53	52sec = 0.86
13sec = 0.21	33sec = 0.55	53sec = 0.88
14sec = 0.23	34sec = 0.56	54sec = 0.9
15 sec = 0.25	35 sec = 0.58	55 sec = 0.91
16 sec = 0.26	36 sec = 0.6	56 sec = 0.93
17sec = 0.28	37sec = 0.61	57sec = 0.95
18sec = 0.3	38sec = 0.63	58sec = 0.96
19sec = 0.31	39sec = 0.65	59sec = 0.98
20sec = 0.33	40sec = 0.66	

Why is plastic a problem?

Plastic is really useful and we use it every day.



But what happens after we throw it away is causing a big problem for our planet.

It's thought more than five trillion pieces of plastic are in the world's oceans and it can take years for it to break down.

What is plastic?

Plastic is in lots of things we use from clothing to crisp packets, and bottles to buckets.

Making things from plastic is popular because there are many different types and it can be made in to all sorts of shapes, colours and sizes.

Plastics are man-made and can be produced from natural materials like coal and oil.

The first synthetic plastic - plastic made entirely from man-made materials - was created over 100 years ago.

It was called Bakelite and was invented by Belgian chemist Leo Baekeland in the early 1900s.

Many think Bakelite was the start of plastics as we know them today.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 162

How do we use plastic?

People can pretty much do whatever they want with plastic.



It can be coloured or clear, thick or thin, strong or weak.

This means a lot of different things can be made from it.

If you look around your home or school, you'll find most things have plastic in them, including your pencil case, games consoles, and even clothing.

The new £5 and £10 notes are also made from plastic.

Why is plastic a problem?

Ok, so far plastic sounds pretty great - and it is.

The new waterproof £5 notes are neat and who doesn't like using glitter?!

But the problem with plastic is that most of it isn't biodegradable. It doesn't rot, like paper or food, so instead it can hang around in the environment for hundreds of years.

Each year, 400 million tonnes of plastic is produced and 40% of that is single-use - plastic we'll only use once before it's binned.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 160

Single Use Plastics

Examples of single-use plastic are carrier bags, drinks bottles and crisp packets.

More than eight million tonnes of plastic enters the world's oceans each year and most of that escapes from land.

It can be blown into the sea from ships and beaches, or carried there by river. Some also gets flushed down the toilet.



Another issue is that not all plastic can be recycled.

This might be because of the way it is made up or because it is too expensive or difficult to do.

Some coffee cups, for example, have a waterproof plastic lining which can make them difficult to recycle.

Every day seven million cardboard coffee cups are thrown away but only one in 400 are recycled.

Experts think that by 2050, the amount of plastic in the ocean will weigh more than the amount of fish in the ocean.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 146

How does plastic harm animals?

All animals, whether they live on land or in the sea, can be hurt by plastic.



They can get trapped in bigger items such as carrier bags or food packaging.

Birds, fish and shellfish can mistake plastic for food when it has broken down in to smaller pieces.

One in three sea turtles, and around 90% of seabirds, have eaten it.

They can't digest plastic so their stomachs can become full, meaning they don't have room for actual food.

Each year, 100,000 animals in the sea are killed by plastic.



What are 'trash islands' or 'garbage patches'?

You might have seen these astonishing pictures of what look like little bits of land in the middle of the sea.

When you look closely they're actually made up of floating plastic! The rubbish includes bags, bottles and fishing gear.

These are known as 'trash islands' or 'garbage patches'.

They're created by currents in the ocean which carry the waste and bring it together.

One of the most famous is the 'Pacific Garbage Patch' between California and Hawaii.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 180

What's being done about Plastics?

There are lots of groups trying to help tackle plastic pollution and cut the amount of plastic we use.

We now pay 5p for plastic carrier bags and the number we use has dropped by over 80%.

Certain cafes and restaurants are only giving out straws if people ask for them. Some are also swapping them for paper ones.

A group of nurseries has stopped using glitter.

Plastic microbeads have been banned from products like face scrubs and toothpaste.

And supermarkets are looking at making changes too, including making their packaging easier to recycle or even plastic free.

The Government's promising to cut all avoidable plastic waste over the next 25 years.

Countries such as Germany, Norway and Sweden have a Deposit Return Scheme and it helps those countries recycle over 90% of their plastic bottles.

This means you pay a bit more for a drink in a plastic bottle, but you get that money back when you return the bottle to be recycled.

There are plans in Scotland for a Deposit Return Scheme but other parts of the UK aren't convinced.

In the UK, just 57% of bottles are collected to be recycled.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 199

Where has the fighting in DR Congo come from?



Ever since the country won independence from being ruled by Belgium in 1960, it has had a history of conflict.

As well as political divisions, there is a lot of violence between different ethnic groups, which can be a problem in some countries where different groups of people have different cultural backgrounds and beliefs.

There was a big civil war in DR Congo between 1997 and 2003, which claimed millions of lives as a result of the fighting, or because of diseases and not having enough to eat.

Many other countries nearby got drawn into this civil war, so it became known as Africa's Great War.

But after the civil war had ended, the fighting did not stop, with armed groups still spreading violence in areas in the country.

In 2015, people were killed in protests against changes to the law, which people who were against the government said would make it easier for President Kabila to stay in power after the point when he should leave the job to allow somebody else to do it.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 185

What's happening in Zimbabwe?

The new president of Zimbabwe, Emmerson Mnangagwa, has been officially sworn in.



The country's new leader is the former vice-president.

He came to power after former leader, Robert Mugabe, stepped down after being president for 37 years.

Mugabe made the surprise announcement he was quitting on 21 November as people in the country debated forcing the 93-year-old leader out of power.

Lots of people in the capital Harare, and around the country, celebrated the news that Mr Mugabe was stepping down.

Crowds of people, including children, were seen dancing and cheering in the streets, waving the Zimbabwean flag, while drivers used their car horns to show how excited they were at the news.

In a letter read out to the Zimbabwean parliament on 21 November, Mr Mugabe said he was resigning to allow a smooth and peaceful transfer of power, and that he hadn't been forced into the decision.

Mr Mugabe's grip on the country had weakened in the week before the announcement, with the ruling Zanu-PF party telling him to resign or face further action.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 180

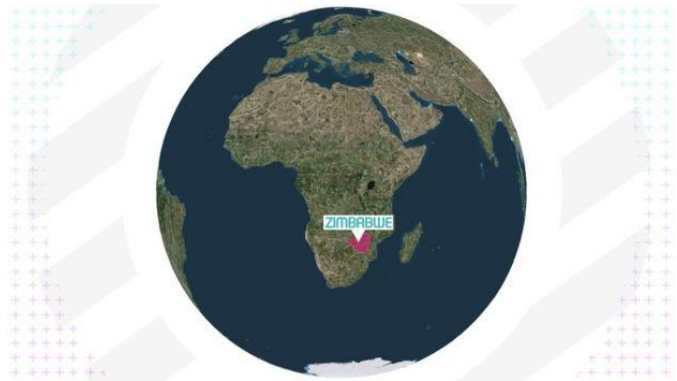
What's been happening?

The army took over control in the country of Zimbabwe in Africa on 22 November.

They said they were angry at the way people around Robert Mugabe were running Zimbabwe and treating its people.

The move came after Mugabe sacked the vice-president, two weeks before, angering army commanders who saw it as an attempt to make his wife Grace the next president.

On 19 November, Mr Mugabe was removed as the leader of Zimbabwe's ruling Zanu-PF party and ex-vice-president Emmerson Mnangagwa was appointed in his place.



Where is Zimbabwe?

Zimbabwe is a country in southern Africa.

It was taken over by Britain in the 1880s and named Southern Rhodesia.

Although far fewer white people lived there than black people, the country was dominated by a white minority who ran everything.

In the 1960s and 1970s, there was a lot of fighting as the white minority tried to keep power.

But groups representing the black majority won the war in 1980, and changed the country's name to Zimbabwe.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 170

Who is Robert Mugabe?



Robert Mugabe was the country's president.

He was a key player in Zimbabwe's fight for independence.

After Zimbabwe gained independence, Mugabe became their first prime minister - and led the country since independence.

Mugabe is a controversial figure, and many people in Zimbabwe and abroad are very critical of him because of the way he ran the country.

They say he was a dictator who completely controlled Zimbabwe, and used violence to get what he wanted.

In the past he has been accused of fixing elections to make sure he stays in power.

He also had tight control over the media and what people were allowed to say.

But to some in Zimbabwe, he was a hero because he fought for independence.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 126

Zimbabwe: What is a coup?

The army has taken control in the African country of Zimbabwe.



Many people are calling this takeover a coup - but what exactly is a coup?

What is a coup?

A 'coup' is a French word that literally means a blow or strike.

People often just say 'coup' when they're talking about a *coup d'état* which, in French, literally means a strike against the state.

This is when people illegally take action to overthrow the government - and often use violence or threats to make it happen.

They normally do this because they are not happy with how the government is run and want to take power themselves.

What kind of action do they take?

People taking part in coups use different tactics to gain control.

They might take over governmental buildings and imprison the people in power.

They might also take control of the state TV and media, in order to get their message out to the country.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 164

South Sudan - Who is fighting who?

Salva Kiir Mayardit was leader of the south of Sudan before it became an independent country. Ever since South Sudan was born, different ethnic groups in the country have fought against each other for power and resources, like cattle.



This continued after disagreements between the president of South Sudan - a man called Salva Kiir Mayardit - and his vice-president called Riek Machar.

In July 2013, President Salva Kiir sacked his vice-president and other important members of the government.

In December 2013, he accused Mr Machar of wanting to take power off him - and what started as a political row became a civil war affecting the whole country, with different ethnic groups fighting each other.

Some groups supported President Salva Kiir, while others were loyal to Mr Machar.

In just a couple of years, many thousands of people died and over 2 million were forced to flee from their homes.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 158

What's happened since the civil war in South Sudan begun?

In 2014, both sides agreed to talk with each other to try to sort out their problems.



In August 2015, they signed a deal with each other, after the UN said they would be punished if they didn't try to sort things out.

The sacked vice-president, who had fled, came back to the capital of South Sudan called Juba in April 2016, in order to become vice-president again.

But it didn't last long. In July 2016, Mr Machar's bodyguards and President Kiir's guards started fighting, and there were several days of more violence.

Hundreds of people died and more than 100,000 people fled across the border.

Mr Machar was fired again and he fled the country.

What's going on at the moment?

James Copnall says: "The main politicians, President Salva Kiir and the rebel leader Riek Machar aren't able to work together and many of the soldiers still want to fight, often to take revenge for friends or family members who have died in the war.

"The nation is divided. Lots of new anti-governments groups have been formed and the battles have spread to new areas."

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 196

UK ivory ban among 'toughest' in the world, says Gove

A British ban on ivory sales is to be one of the toughest in the world, the environment secretary has said.



Michael Gove said the sale of ivory of any age, with limited exceptions, will be banned in an effort to reduce elephant poaching.

The move, which is still to be signed into law, comes after a consultation in which more than 60,000 people supported the introduction of a complete ban.

Campaigners say around 20,000 elephants are killed each year for their tusks.

Previous bans only applied to ivory produced after 1947. The new law is even tougher than the changes proposed in the October 2017 consultation.

Mr Gove added that the new law will "reaffirm the UK's global leadership on this critical issue, demonstrating our belief that the abhorrent ivory trade should become a thing of the past."

He said: "Ivory should never be seen as a commodity for financial gain or a status symbol."

Those breaking the ban by selling ivory will face a maximum penalty of five years in jail or an unlimited fine, said the Department for Environment, Food and Rural Affairs (Defra).

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 197

New research shows monkeys use hot baths to chill out



We all know how stressful a busy day at school can be. At the end of a long day, sometimes all you want to do is come home and relax in a hot bath.

Well it turns out that it's not just humans that like to soothe themselves in a bath. Japanese macaques, known as snow monkeys, love to do it too!

New research has found that when Japanese macaques bathe in hot springs, their stress hormones go down.

And guess how they the Kyoto University researchers discovered this?

They studied the hormone levels in their poo!

Snow monkeys are the world's most northern-living primates (beside humans), which means they live in very cold, snowy areas.

These areas are full of natural hot springs, known as onsen - where the water is heated by the earth's core.

Often this water is too hot for the monkeys to bathe in, so many of them are found in the Jigokudani Yaen-koen National Park, where the spring has been cooled especially for the macaques.

Many people come to this park every year to photograph the monkeys chilling out in the warm water.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 199

Could vegetables grow on Mars?

Tomatoes, peas, radish and other vegetables have been successfully grown by researchers in the Netherlands, in soil thought to be like Martian dirt.



The team wanted to find out what could we grown if humans try to live on Mars in the future.

Although they didn't have real Martian soil, they used dirt supplied by Nasa, which was taken from a Hawaiian volcano that's thought to be very similar.

They expect that food on Mars would be need to be grown in greenhouses, or even underground, to protect them from extreme conditions on the surface.

The team managed to grow more vegetables than they'd expected, suggesting that it really could be possible to support life on the Red Planet.

But there's still a long way to go - no one ate the experimental vegetables, because substances in the soil including arsenic and mercury might have made them poisonous.

Now the team are trying to find a way to grow vegetables that are safe to eat.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 170

Everton fan, 14, makes mascot history

Jack McLinden, a 14-year-old Everton fan, has made history by becoming football's first mascot to experience walking out on the pitch with his team via the use of a robot.



He has health problems and uses oxygen 24 hours a day, which means that he can never go to a match in person - even though he lives really close to the ground.

So Everton captain Phil Jagielka carried the robot - called AV1 - onto the pitch, which fed live images and sound back to Jack's tablet.

AV1 also had a microphone which meant Jack could chat to the players while they were in the Goodison Park tunnel, ahead of their game against Newcastle United on Monday night.

The robot was made by a company called No Isolation, which works to help young people who have health problems to overcome feeling lonely and to attend school from their homes.

No Isolation boss Karen Dolva explained: "For Jack, the dream of being a mascot for his favourite football club was not likely to happen given his condition."

His mum said that what had happened with the robot was a "once-in-a-lifetime experience" for Jack.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 199

Royal baby news: It's a boy!

The Duchess of Cambridge has given birth to a baby boy!



Earlier on in the morning, Kensington Palace revealed on social media that the baby was on its way, saying: "Her Royal Highness The Duchess of Cambridge was admitted to St Mary's Hospital, Paddington, London earlier this morning in the early stages of labour."

"The Duchess travelled by car from Kensington Palace to the Lindo Wing at St Mary's Hospital with The Duke of Cambridge."

They later tweeted a picture of lots of journalists gathering outside the hospital, saying: "The world's media are gathered outside the Lindo Wing at St Mary's Hospital ahead of the birth of The Duke and Duchess of Cambridge's third child."



Now, he is here! The baby weighed 8lbs 7oz and Kensington Palace has said: "Her Royal Highness and her child are both doing well."

"The Queen, the Duke of Edinburgh, the Prince of Wales, the Duchess of Cornwall, Prince Harry and members of both families have been informed and are delighted with the news."

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 199

Social sites ordered to do more to protect children

22 April 2018



The UK government has asked social media companies to set out how they plan to protect children online.

The health secretary, Jeremy Hunt, has written to companies like Facebook and Google and wants them to respond by the end of April.

He wants to know how they'll cut underage use, prevent cyber bullying, and promote healthy screen time.

He says they are "turning a blind eye" to their impact on children and ignoring that many users aren't old enough to be on them.

He's threatened them with new, tougher laws if they don't do more.

How old do you have to be to be on social media?

You need to be 13 to sign up to Facebook, Instagram, Twitter and Snapchat - although Snapchat has launched a version for under 13-year-olds.

To use WhatsApp or to have a YouTube account, you must also be at least 13.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 159

Amazing women who have changed the world

1 February 2018



Emmeline Pankhurst: 1858-1928

Emmeline Pankhurst was a founding member of a group of women called the Suffragettes, who fought incredibly hard to get women the right to vote in the UK.

They often used violent and extreme tactics to do this, and Emmeline was no stranger to a prison cell because of this.

When World War One broke out, however, she recognised that she should help with the war effort, and she encouraged other Suffragettes to do the same.

While the men were away fighting in the war, many women like Emmeline took on jobs that men would traditionally do. They earned lots of respect doing this and it showed just how much women contributed to society - and, therefore, deserved the vote.

In 1918, a law was passed which allowed certain women the right to vote. This was a big step in equality between men and women - and many would argue that, for a large part of this, we have Emmeline to thank.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 175

Amazing women who have changed the world

1 February 2018

Coco Chanel: 1883 - 1971



From science to one of the most iconic brands in the fashion world - Coco Chanel was a woman who changed the face of fashion forever.

She was born in France and taught herself to sew at a young age - something that would certainly come in handy later on!

She opened her first shop in the early 1900s, starting off by designing hats. She soon turned her attention to clothes too and, by the 1920s, launched her first perfume.

Ever heard of the saying the 'little black dress', also known as the LBD? Yep, you have Coco Chanel to thank for that.

She led the way in luxury fashion and today her brand - led by its creative director Karl Lagerfeld - sells clothes, perfume, handbags and watches. Almost 100 years after it was first created, Chanel No 5 is still probably the world's most famous perfume!

All from one hat shop, Chanel is now worth billions of pounds, so it's safe to say she had one heck of an impact!

	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
Number of mistakes					

Word count: 187