



Programme Overview

PAL Programme Map

	Session	Letters/sounds introduced	Maximum syllabic structure for reading and spelling tasks	Support for handwriting and related concerns
Simple Words	1. Consonants 1	All consonants incl: sh, ch, wh, th, ph, ck, ng.	VC.	1 & 2: Determine the effect of physical activity on a student's concentration.
	2. Consonants 2			
	3. Short Vowels 1	a, e, i, o, u, oo.	VC and CV.	4-7: Handwriting strategies discussed. Commence handwriting for Speedy Sounds.
	4. Short Vowels 2			
	5. Long Vowels 1	ai/ay, ee/ea, ur/ir/er, ou/ow, au/aw/or.	VC and CV.	8: Commence handwriting for spelling.
	6. Long Vowels 2			
	7. Long Vowels 3	I/ie/y, ow/oa/oa, ew/ue/ui/oo, oi/oy, ar.	CVC.	
	8. Long Vowels 4			
	9. Reading and Spelling Steps	Reading and spelling strategies		
Complex Words	10. Initial Consonant Clusters		CCVC.	
	11. Final Consonant Clusters		CVCC.	
	12. Magic e	Magic e		
	13. Advanced Consonant Clusters		CCVCC, CVCCC, CCCVC.	
	14. Advanced Rules	c & g, final 'j', final e, x & y		

In the multi-syllabic sessions, different worksheets are provided for younger students (Fundamental) and older students (Advanced).

		Prefixes and suffixes introduced	Syllabic structure for reading & spelling tasks
Multi-syllabic Words	15. Multi-syllabic Words 1	com, dis, re, un, -ful, -less.	3 Syllables using syllable cards.
	16. Multi-syllabic Words 2	mis, con, pre, pro, im, -ness, -ment, -ly, -y, -le.	3 Syllables.
	17. Multi-syllabic Words 3	mis, con, pre, pro, im, -ness, -ment, -ly, -y, -le.	4 Syllables.
	18. Multi-syllabic Words 4	(Advanced only): -ious, ience/iance, -iate, -tious, -tient, -cion, -sion, -cient, -cial.	5+ Syllables.
	19. Fine Tune Your Spelling	-ing, -er, -ed, -s, -es.	