Decoding and Fluency Instruction: Ensuring Accurate and Fluent Reading

Evidence-Based: Practices

Critical Elements

- Phonemic Awareness
- Decoding
- Fluency
- Vocabulary
- Comprehension
- And
  - Oral Language
  - Background Knowledge
  - Writing

Anita L. Archer, Ph.D.
Author and Consultant
archerteach@aol.com

Critical Elements

- Phonemic Awareness
- Decoding
- Fluency

What Why How
Phonological Awareness - What?

- Understanding that oral language can be broken into components.
  - Sentences into words
  - Words into syllables
  - Words into on-set rimes
  - Words into phonemes

- Involves:
  - Blending
  - Segmenting

Phonemic Awareness - What?

- The ability to hear and manipulate phonemes (sounds) within words.
- An auditory skill.
- Segmenting and blending activities have the greatest benefit to reading acquisition. (National Reading Panel, 2000; Snider, 1995)
- Generally, teach blending before segmenting. (Lane & Pullen, 2005)

Phonological Awareness - What

<table>
<thead>
<tr>
<th>Blending</th>
<th>Segmenting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sentences into words</td>
<td>“Listen. I rode the bus. Say the sentence. I rode the bus.”</td>
</tr>
<tr>
<td>Words into syllables</td>
<td>“Listen to the parts of a word. rock - e - t Say the word. rocket”</td>
</tr>
<tr>
<td>Words into on-set rimes</td>
<td>“Listen. f - ə - st Say the word. fat”</td>
</tr>
<tr>
<td>Words into phonemes</td>
<td>“Listen. I will say the sounds. You say the word. mmmmm a a a a at What word?” mst</td>
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Phonemic Awareness - Why?

- Must be aware of phonemes within words in order to map graphemes onto phonemes. (Ehri & Roberts, 2006)
- Phoneme awareness performance is a strong predictor of long-term reading and spelling success and can predict literacy performance more accurately than variables such as intelligence, vocabulary knowledge, and socioeconomic status. (Gillon, 2004)
- Phonemic awareness activities in kindergarten resulted in word reading gains in first and second grade. (Foorman, Francis, Beller, Winkates, & Fletcher, 1997)
Phonemic Awareness - Why

- Phonemic Awareness can help students learn to read and spell.
- The relationship between phonemic awareness and learning to read and spell is reciprocal: having phonemic awareness helps children learn to read and spell; learning to read and spell words by working with letter-sound relationships improves children’s phonemic awareness.

Phonemic Awareness - How?

- Include phonemic awareness activities in beginning reading programs for students of any age.
  - Kindergarten: 10 - 15 minutes a day (Foorman et al. 1997)
  - First Grade: (First three months) 10 minutes a day incorporated into phonics instruction
  - Intervention: Within intervention program if student reads below 2nd grade level
  - All Elementary Grades: Incorporate into spelling instruction.

Phonemic Awareness - How?

- Phonemic awareness activities should be:
  1. Few in number.
  2. Explicitly modeled.
     At-risk students need additional explicit instruction.
  3. Supported by concrete materials or gestures.
  4. Designed to include all students.

Example A

- Blending Sounds into Words
  1. We’re going to play a say-the-word game. I’ll say the sounds. You say the word.
  2. Listen. aaaammmm
  3. What word? am
  4. (Repeat with other words.)
  5. (If time permits, check individual students.)

(Practice: man, sat, ship, trap)
Example B

- Segmenting words into sounds - Smooth Segmenting
  1. Put your fists together.
  2. Get ready to stretch the word.
  3. The word is fin. What word? fin
  4. Stretch it. fffiiiiinnnn
  5. Shrink it. fin
  6. (If time permits, check individual students.)

(Practice: sit, list, fish, trip)

Example C

- Segmenting Words into Sounds - Separate Segmenting
  1. We’re going to say the sounds in a word.
  2. Fist in the air. Put up one finger for each sound.
  3. The word is sat. What word? sat
  4. First sound? /sss/ Next sound? /aaa/ Last sound? /t/
  5. (If time permits, check individual students.)

(Practice: fan, fast, shop, with)

Decoding - What?

- The ability to utilize letter-sound (phoneme-grapheme) associations and structural elements to determine the pronunciation.

Decoding - What?

- Letter-sound associations
  - Consonant and vowel letters
  - Consonant combinations including:
    - blends
    - digraphs
  - Vowel combinations including:
    - digraphs
    - diphthongs
    - r-controlled vowels

- Decoding of regular, single syllable words
Decoding - What?

- **Structural elements** including:
  - Inflectional endings
  - Prefixes
  - Suffixes

- Decoding of multisyllabic words

- Reading of **irregular words** in which letters don’t represent most common sounds

- Reading **decodable text**

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Decoding Instruction - progression

1. Associating letters and sounds.
2. Blending sounds into words.
3. Reading words to build fluency (accuracy and rate).
4. Segmenting and spelling words.
5. Reading decodable text.

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Letter-Sound Associations - Why?

- English is an **alphabetic language**.

- Students with letter-sound associations perform better. (Juel, 1991)

- Students benefit from early, systematic introduction to letter-sound associations.

  “Phonics instruction provides the biggest impact on growth when begun in kindergarten or first grade before children have learned to read independently.” (National Reading Panel, 2000)

- Good readers rely primarily on the letters in a word rather than context or pictures to identify/pronounce familiar and unfamiliar words. (Ehri, 1994)

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Letter-Sound Associations - Why?

- Reexamining the **THREE CUEING SYSTEMS**
  - **Primary System**
    - Phonological cueing system
      - **Letter-sound associations**
  - **Confirmation Systems**
    - Syntactical cueing system
      - **Word-order**
    - Semantic cueing system
      - **Contextual meaning**
Letter-Sound Associations - How?

- Utilize a well-organized, systematic sequence to introduce the most common letter-sound associations.
  - Easy to difficult. (Example: single vowel letters before digraphs)
  - High frequency before low frequency letter-sound associations. (Example: m, a, f BEFORE j, x and z)
  - Separate easily confused letter-sound associations. (Example: e and i, n and m, b and d)
- Provide explicit instruction (rather than implicit instruction) to introduce letter-sound associations.
- Differentiate between continuous and stop sounds. **Continuous Sounds**
  **Stop Sounds**

Example

Teaching Letter-Sound Associations

**Sat**

1. (Point to example word.) This word is sat.
2. (Point to the underlined grapheme.) This sound is /aaaa/.
3. What sound? /aaaa/

**Or**

**A**

1. (Point to the isolated grapheme.) This sound is /aaaa/.
2. Say the sound with me. /aaaa/
3. What sound? /aaaa/

Letter-Sound Associations - How

- Teach letter-sound associations to a high level of **mastery**.
- Provide cumulative review.

**Brief Introduction - Eternal Review**

Decoding of regular words - Why?

- Decoding is necessary though not sufficient for comprehension.

  "There is no comprehension strategy powerful enough to compensate for the fact you can’t read the words.”
  (Archer, 2008)

- **Ability to blend** individual sounds into recognizable words is a critical component of reading. (Beck, 2006)

- **Diverse learners** must be encouraged to look carefully at spelling and sounds and to repeatedly sound out and blend words. (Reitsma, 1983)
Decoding of regular words - Why?

- That **direct instruction in alphabet coding** facilitates early reading acquisition is one of the most well established conclusions in all of behavioral science. (Stanovich, 1994)

- “Systematic phonics instruction produced significantly **greater growth** than non-phonics instruction in younger children’s reading comprehension.” (National Reading Panel, 2000)

Decoding of regular words - How?

- As soon as a **sound** is learned, incorporate the sound into **words**.

- **Model blending** of sounds into words.

- Provide an adequate amount of **practice** on decoding words to build word fluency.

- **Preteach difficult to pronounce words** before passage reading.

Decoding Strategy for Short Words

1. Say the sounds.
2. Say the sounds fast.
3. Say the word.
4. Ask yourself
   - **Is it a real word?**
   - **Does it make sense?**
Example A - Sound by Sound Blending

Sounding Out VC, CVC, CVCC, CCVC words

mom top shop dot

1. (Write the first letter on the board.) What sound?
2. (Write the second letter on the board.) What sound?
3. (Move your hand under the two letters.) Blend it.
4. (Write the third letter.) What sound?
5. (Move your hand under the letters.) Blend the sounds.
6. What word?

Example B - Continuous Blending (Modeling)

Sounding Out VC, CVC, CVCC, CCVC words

sip fit lip tip rim

1. When I touch a letter, I’ll say its sound. I’ll keep saying the sound until I touch the next letter. I won’t stop between sounds.
2. My turn to sound out this word. (Touch under each letter and say the sound. Hold continuous sounds. Say stop sounds quickly. Don’t stop between sounds.)
3. Sound out this word with me. (Touch under each letter.)
4. Your turn. Sound out this word by yourselves. (Touch under each letter.)
5. What word? (Glide your finger under the word.)

Example B - Continuous Blending (Guided Practice)

Sounding Out VC, CVC, CVCC, CCVC words

1. When I touch a letter, say its sound. Keep saying the sound until I touch the next letter. Don’t stop between sounds. (Touch under each letter.)
2. What word? (Glide your finger under the word.)

Example C

Sounding Out Words with Letter Combinations

rain train paint sail seal

Precorrection Procedure

1. (Point to the underlined letters.) What sound?
2. (Point to the word.) What sound?
3. (Have students reread the list without the precorrection.)
4. (Have individual students read the words or have them read the words to their partner.)
Example D - CVCE words using rule

Decoding CVCE words

bake rate rat brake mane man
1. An e at the end of a word tells us to say the name of this letter. (Point to the vowel letter.)
2. (Guide students in applying the rule.)
   a. Is there an e at the end of this word?
   b. (Point to the vowel letter.) So do we say the name or the sound of this letter?
   c. What is the name of this letter?
   d. (Point to the word.) What word?

Example D - CVCE words - Sound Blending

like mine fit fine
1. (Point to the first letter.) What sound?
2. (Point to the vowel and final e.) What sound?
3. (Point to the consonant.) What sound?
4. (Glide finger under the word.) Blend it.
5. What word?

Example E - Decoding Words with Onset Rime

1. (Point to rime.) What part? an
2. Get ready to read words that end with an.
3. (Point to new word.) What word? ran
4. (Point to next word.) What word? fan
5. (Continue with additional word.) man Stan
tan fan fan plan ban can Jan

- Note: Reading “word families” is an excellent way to build word reading fluency. Practice the “word family” until students are very fluent. Use choral reading and partner reading.

High frequency rimes (phonograms)

- at - ell - it - ot - ug
- an - eat - in - op - ump
- ap - est - ill - ock - unk
- ack - ip - oke - uck
- ail - ice - ore
- ain - ine
- ake - ide
- ale - ick
- a me - ing
- a sh - ink
- ate - ight
- aw
- ay
Decoding - Providing Additional Practice and Cumulative Review

#1 Encoding/Spelling: On a daily basis, dictate words that students have sounded out.
   a) Teacher says the word.
   b) Teacher says the word in a sentence.
   c) Students repeat the word.
   d) Teacher and students put up one finger for each sound in the word. OR Teacher and students put up one finger for each part of the word.
   e) Students say the sounds/parts to themselves as they write the word.
   Feedback
   f) Teacher writes the word on the board or overhead. Students compare their word to model.
   g) If a student has made an error, the student crosses out the word and rewrites the word.

Decoding - Providing Additional Practice and Cumulative Review

#2 Word Transformations
   a) Provide a “starter word”. Have students write it on their slate.
   b) Say another word that is one letter different than previous word. Have students form the new word.
   c) Continue dictating a progression of words, each word different from the previous word by one letter by inserting, substituting, or deleting.
      at, hat, bat, sat, sit, pit, it, in, an, fan, tan

Decoding - Providing Additional Practice and Cumulative Review

1. name    safe    take
2. same    Sam     pane
3. mate     pan     rack
4. rake     mat     flame
5. gate     cane    can

Decoding - Providing Additional Practice and Cumulative Review

# 3 Games/Activities requiring little preparation
Ten Second Rapid Read
   After a list of words has been read, have one student whisper-read words for 10 seconds to his/her partner. As the student reads, the partner counts the number of words read. Have students switch roles.

Team Read
   Divide the students into teams having the same number of “Players”. Have the students line up. When you say go, have students read the words in order. When they complete the list, have them raise their hands. First team done is the winner.
Decoding - Providing Additional Practice and Cumulative Review

# 3 Games/Activities requiring little preparation

Cross-out Game
Have students circle three words on his/her word list. Be sure that the students do not show classmates their circled words. Read any word from the word list. Have students locate and cross out the word. Continue reading words from the list in random order. The winner of the game is the person whose circled words are crossed out first.

Decoding Strategy for Long Words

1. Say the parts.
2. Say the parts fast.
3. Say the word.
4. Ask yourself
   Is it a real word?  
   Does it make sense?

Decoding of Multi-syllabic words

- Rather than using rigid, rule-directed syllabication to divide words into parts, students are taught to recognize the parts in a flexible manner.  
  (Archer et al. 2003, 2006; Bhattacharya & Ehri, 2004)

- Putting words into “decodable chunks” using prefixes, suffixes, and vowels should be stressed.  
  (Archer et al. 2006)

Example A

Decoding of Multisyllabic Words (Loop, Loop, Loop Strategy)

(Partition: Segment the word into decodable chunks. Be sure that prefixes and suffixes are separate parts. Draw loops to segment the words.)

instruction    commitment    remarkable

1. (Move finger under the first part.) What part?
2. (Repeat for remaining parts.)
3. (Move finger quickly under the parts.) What part? What part? What part?
4. What word?
5. Is that a real word?
Example B - Decoding of Multi-syllabic Words - Strategy

REWARDS Strategy
1. Circle the prefixes.
2. Circle the suffixes.
3. Underline the vowels.
4. Say the parts of the words.
5. Say the whole word.
6. Make it a real word.

Decoding of irregular words - What?

Distinction between three terms

✓ High frequency words
- Only 100 words account for approximately 50% of the words in English print. (Fry, Fountoukides, & Polk, 1985)
- Only 13 words (a, and, for, he, is, in, it, of, that, the, to, was, you) account for 25% of words in print. (Johns, 1980)

✓ Irregular words
- Words that cannot be sounded out accurately using the most common sounds for graphemes.
- Many high frequency words are irregular.

✓ Sight vocabulary
- Words that are recognized instantly.
- The quick and automatic recognition of most common words appearing in text is necessary for fluent reading. (Blevins, 1998)

Example A

Irregular Words - Sounding Out

was
1. (Write the word on the board.) Sound out this word. /waaaassssss/
2. (Say the word in a sentence.) Tom /waaaassssss/ in the room.
3. Is that a real word? no
4. What do we say? was

Example B

Irregular Words - Memorization

give have love most whose

1. This word is__________________.
2. What word? ________________
3. Spell and read the word. __________________
4. (Go back and review with previously introduced words.)
Decoding Text - What?

A Critical Distinction

- Predictable Books
  - Books in which you can predict words given the nature of the text.
  - Excellent for teaching the structure of oral language.
  - If used as initial reading materials, may promote guessing.

- Leveled Books
  - Books that are labeled by level of readability.
  - Useful in matching books to students who read over third grade level.
  - Since leveled books do not control for the order of introduction of sounds or irregular words, less useful in beginning reading.

- Decodable Text
  - Text material in which the students can read ALL the words because:
    - the words contain known sounds
    - the irregular words have been taught
    - the story words have been taught

Decodable Text - Why?

- Students need to practice their decoding skills within text material.

  “The important point is that a high proportion of the words in the earliest selections students read should conform to the phonics they have already been taught. Otherwise, they will not have enough opportunity to practice, extend, and refine their knowledge of letter/sound relationships.” (Becoming a Nation of Readers, 1985)

In systematic phonics programs, “Students read text that provides practice using these relations to decode words.” (National Reading Panel, 2000)

Fluency - What?

- The ability to effortlessly read words accurately and quickly.
- The ability to read connected text accurately (accuracy) with appropriate rate (rate) and expression (prosody).

(Judson, Mercer, & Lane, 2000)
Factors Effecting Fluency (rate and accuracy)

1. Proportion of words in text that are recognized as “sight words”.
   Sight words include any word that readers have practiced reading sufficiently often to be read from memory.” (Ehri, 2002)
2. Speed of decoding strategies used to determine the pronunciation of unknown words.
3. Speed with which word meanings are identified.
4. Speed at which overall meaning is constructed.

Fluency (rate) - Why?

- Fluency is related to reading comprehension. (Cunningham & Stanovich, 1998; Fuchs, Fuchs, & Maxwell, 1988; Jenkins, Fuchs, Espin, van den Broek, & Deno, 2000)
- When students read fluently, decoding requires less attention. Attention can be given to comprehension. (Samuels, Schermer, & Reinking, 1992)
- National Assessment of Educational Progress (NAEP) found that nearly half of American 4th graders had not achieved a minimal level of fluency in their reading, which was associated with significant difficulties in comprehension when reading silently. (Pinnell et al., 1995)

Fluency - Why?
Accuracy and Rate

- Laborious decoding and low fluency results in little reading. (Moats, 2001)
- An accurate, fluent reader will read more. (Cunningham & Stanovich, 1998; Stanovich, 1993)
- The rich get richer. The poor get poorer. (Stanovich, 1986)

Fluency - Why?
Accuracy and Rate

- Fluent readers complete assignments with more ease.
- Fluent readers will also perform better on reading tests.
- Fluency is a critical component of reading instruction. (Chard, Vaughn, & Tyler, 2002; Kuhn & Stahl, 2000; National Reading Panel, 2000)
Fluency - Why?


Fluency (Accurate) - Accuracy
Fluency (Rate) - Quick and Automatic
Fluency (Prosody) - Expression
Comprehension

Fluency (Rate) - How?

PRACTICE PRACTICE
PRACTICE PRACTICE
PRACTICE and more
PRACTICE

Procedure #1. Provide extensive reading practice. Utilize procedures such as augmented silent reading, choral reading, cloze reading, and partner reading.

Procedure #2. Encourage wide independent reading.

Procedure #3. Provide repeated reading practice at the word level. When reading word lists, have students reread word lists until competent.

Procedure #4. Utilize repeated reading exercises in passages to increase fluency. (Chard et.al, 2002)

Fluency - How?

- Use reading procedures in class that promote maximum practice for all students (e.g., choral reading, cloze reading, partner reading).

- (See Example Passage Reading Procedures)
**Passage Reading - Silent Reading**

Silent Reading (Or Whisper Reading)
- Pose pre-reading question.
- Tell students to read a certain amount and to reread material if they finish early.
- Monitor students’ reading. Have individuals whisper-read to you.
- Question.

**Passage Reading - Echo Reading**

Echo Reading
- Teacher reads a word, phrase or sentence.
- Students “echo” read the word, phrase or sentence.
- Useful for building fluency and expression.
- Needs to be faded as students grow in reading skills.

**Passage Reading - Choral Reading**

Choral Reading
- Read selection with your students.
- Read at a moderate rate.
- Tell your students, “Keep your voice with mine.”

(You may wish to have the students pre-read the material silently before choral reading.)

**Passage Reading - Cloze Reading**

Cloze Reading
- Read selection.
- Pause on “meaningful” words.
- Have students read the deleted words.

(Excellent practice for reading initial part of a chapter or when you need to read something quickly.)
**Passage Reading - Individual Turns**

**Individual Turns**
- Use with small groups.
- Call on an individual student.
- Call on students in random order.
- Vary the amount of material read.

**Passage Reading - Partner Reading**

**Reader** whisper reads to partner.

**Narrative:** Alternate by word, sentence, page, or time (5 minutes).

**Informational Text:** Alternate by paragraph.

**Coach** corrects errors.
- **Ask** - *Can you figure out this word?*
- **Tell** - *This word is ______. What word? Reread the sentence.*

**Alternatives to support lowest readers**
1. Lowest readers placed on a triad.
2. First reader (better reader) reads material. Second reader reads the SAME material.
3. Students read the material together.
4. Before reading, students can say ME (I will read.) OR WE (Please read with me.)

**Fluency (rate) - How?**

**Repeated Reading**
- Student reads the same material a number of times (at least three)
- General procedure
  1. **Cold-timing** (one minute timing without prior practice)
  2. **Practice** (rereading of material to increase fluency)
  3. **Hot-timing** (one minute timing)
- Often coupled with the following interventions
  - Modeling done by teacher or listening to tape
  - Self-monitoring of progress through graphing

**Flatley - How?**

**Small Group Procedure**

1. **Cold-timing**
   - Time the students for one minute as they whisper read.
   - Have them underline difficult words and circle the last word read.
   - Have them determine the correct number of words read.

2. **Accuracy-Practice**
   - Chorally read the material with your students.
   - You may select to do this more than one time.
Fluency - How?
Small Group Procedure (Continued)

3. Fluency Building - Practice
   - Have students whisper-read as you time them for one minute.
   - Students should try to read beyond cold-timing.

4. Hot-timing
   - Have students exchange papers with their partners.
   - Have the first reader read for a minute as the partner underlines any errors and circles the past word.
   - Repeat the same step with the second reader.
   - Have partners determine the number of correct words read for their partner.
   - Have students graph their cold and hot timings.

Let us not forget.

- Comprehension is built on the foundation skills of decoding and fluency.

Thank You

- May you thrive as an educator.