New sound: or

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Lesson 78 of 92 (ages 3-6) / 72 of 86 (age 7+) · Vowel Teams & Tricky Words · Ages 3-7+ · about 10 min

GOAL

Your child can say /or/ when they see "or", and hear it in words like fork.

WHY IT MATTERS

"or" is 2 letters that make ONE sound. Seeing them as one unit stops your child reading the letters separately, and unlocks words like fork, born, corn.

YOU'LL NEED

- The practice sheet for this lesson (worksheet.pdf) and a pencil or crayon.
- The lesson page on a phone or tablet, for the sounds and games.

LESSON FLOW about 10 minutes

1 min — Warm up

Quick flash of the last sounds: write "ar", "oo", "oo" on paper, point, and your child says each sound.

SAY *"What sound is this? And this one?"*

2 min — Listen

Play /or/ on the lesson page three times. Your child watches your mouth and copies.

SAY *"This is /or/. Watch my mouth: round mouth, add 'r'."*

2 min — Show how

Show the letters "or" and the action: Pretend to row a boat saying or-or-or. Then tap the words on the lesson page.

SAY *"When I see or, I say /or/. fork: /or/ fork!"*
"Two letters, one sound. They're best friends: they always stick together."

2 min — Do it together

Sound hunt: find 3 things at home with /or/. Then do the trace-and-write part of the practice sheet. Read together: fork, born, corn, torn, sort, for.

2 min — Play

Play the games on the lesson page: hear /or/ and tap its letters.

1 min — Wrap up

Ask your child to teach the sound and action to someone else in the family.

SAY *"Can you show Grandma our new sound?"*

USE WITH THIS LESSON

- **This lesson online (listening + games)**
  phonicademy.com/plan/session/sound-or
- **Printable: R-Controlled Worksheet — OR (Free PDF)**
  phonicademy.com/printables/r-controlled-worksheet-or
- **Read: Vowel Teams List (Free PDF): ai, ay, ea, ee, oa, oo**
  phonicademy.com/blog/vowel-teams-list
- **The “or” sound — full page**
  phonicademy.com/phonemes/or
- **Printable: Vowel Sounds Chart (Free PDF)**
  phonicademy.com/printables/abc-phonics-vowel-sounds-chart
- **Read: 20 Vowel Sounds Chart (Free PDF) with Examples**
  phonicademy.com/blog/vowel-sounds-chart

HEAR IT, FIND IT

Say the sound (not the letter name). Your child points to the letters. Tick first-try answers.

#	SAY / SHOW	CHOICES	ANSWER	
1	Say /or/	or, ar, oo	**or**	☐
2	Say /ar/	ar, or, oo	**ar**	☐
3	Say /oo/ (as in book)	oo, or, ar	**oo**	☐

WATCH FOR common mix-ups and what to do

Says the sound too quickly to hear.	->	/or/ can be stretched: hold it like a long note, orororor, then let go.
Reads the letters one by one (o-r).	->	Put one finger under both letters at once: "these two make one sound".
Forgets the sound the next day.	->	Normal! Repeat the action and the keyword daily for a week: the action is the memory hook.

TOO HARD? MAKE IT EASIER

Only do the listening parts today: hear it, say it, find it in pictures. Save the writing for tomorrow.

TOO EASY? MAKE IT HARDER

Read these words and then write two of them from memory: fork, born, corn, torn, sort, for.

HOW DID IT GO?

MY CHILD CAN...

- ☐ Says /or/ when shown "or".
- ☐ Hears /or/ in a word you say (fork).
- ☐ Writes "or" as one sound unit.

Date: _____ **Colour in the stars:** ☆ ☆ ☆

Notes: _____