

New sound: u

28

Lesson 28 of 92 (ages 3-6) / 22 of 86 (age 7+) · Letter Sounds · Ages 3-7+ · about 10 min

GOAL

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

WHY IT MATTERS

Short vowels are in the middle of almost every word. /u/ is the sound in up, us, under: without it, nothing blends.

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 "e", "k", "c" on paper, point, and your child says each sound.

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

2 min

Listen

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

SAY | "This is /u/. Watch my mouth: relaxed mouth, short 'uh'."

2 min

Show how

Show the letter "u" and the action: Pretend to hold an umbrella up and say u-u-u. Then tap the words on the lesson page.

SAY | "When I see u, I say /u/. up: /u/ up!"

2 min

Do it together

Sound hunt: find 3 things at home with /u/. Then do the trace-and-write part of the practice sheet. Read together: up, us, cut, mud, sun, gum.

2 min

Play

Play the games on the lesson page: hear /u/ and tap its letters, then find where the sound is in a word.

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)**
phonicsacademy.com/plan/session/sound-u
- **Printable: CVC Worksheet — Short U (Free PDF)**
phonicsacademy.com/printables/cvc-worksheet-u
- **Read: Phonemes List (Free PDF): 44 English Phonemes with Examples**
phonicsacademy.com/blog/43-english-phonemes-list
- **The "u" sound — full page**
phonicsacademy.com/phonemes/u
- **Printable: 44 Letter Sound Flashcards (PDF)**
phonicsacademy.com/printables/abc-phonics-flashcards-43
- **Read: Letter Sounds vs Letter Names: Which Should You Teach First?**
phonicsacademy.com/blog/letter-sounds-vs-letter-names

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 /u/	u, e, k	u	☐
2	Say /e/	e, u, k	e	☐
3	Say /k/	k, g, u	k	☐

WATCH FOR common mix-ups and what to do

Says the letter NAME ("you") instead of the sound. -> Names come later. For reading we only use the sound: /u/ as in up.

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: up, us, cut, mud, sun, gum.

HOW DID IT GO?

MY CHILD CAN...

- ☐ Says /u/ when shown "u".
- ☐ Hears /u/ in a word you say (up).
- ☐ Writes "u" starting in the right place.

Date: _____

Colour in the stars:



Notes: _____