

Back-to-School Tune-Up

Six to eight weeks off is enough for decoding skills to go rusty, not gone. This worksheet pairs the back-to-school-phonics-checklist guide's age checklist with its 2-week tune-up plan.

Name: _____

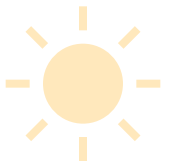
Date: _____

How to use this worksheet

- 1 Page 1: find your child's age band and check whether it still feels solid. Note any rusty spots.
- 2 Page 2: check off each day's tune-up practice as you go, starting 2 weeks before term.
- 3 Focus only on the rusty spots you noted on page 1 — not a full relearn.
- 4 Keep the daily habit going into the first week of term so momentum doesn't drop again.

Tip

Two weeks of 5-10 minutes a day is enough for most kids — longer isn't necessary if the practice is consistent.



30-Second Checklist by Age

Check the box if this feels solid. If not, note what's rusty below.

☐

Age 3-4

Rhyming, clapping syllables, first letter sounds

Rusty spots to work on:

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Age 5 (Reception/K)

Most single-letter sounds, blending simple CVC words

Rusty spots to work on:

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Age 6 (Year 1/1st grade)

CVC words, common digraphs (ch, sh, th), some blends

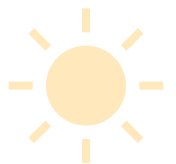
Rusty spots to work on:

☐

Age 7 (Year 2/2nd grade)

Vowel teams, silent-e, multisyllable decoding

Rusty spots to work on:



2-Week Tune-Up Tracker

Check the box once that day's practice is done.

Day	This phase	Done?
1	Week 2 before term: run the home assessment, note 2-3 rusty spots	☐
2	Week 2 before term: run the home assessment, note 2-3 rusty spots	☐
3	Week 2 before term: run the home assessment, note 2-3 rusty spots	☐
4	Week 2 before term: run the home assessment, note 2-3 rusty spots	☐
5	Week 2 before term: run the home assessment, note 2-3 rusty spots	☐
6	Week 2 before term: run the home assessment, note 2-3 rusty spots	☐
7	Week 2 before term: run the home assessment, note 2-3 rusty spots	☐
8	Week 1 before term: 5 min/day on just those rusty spots	☐
9	Week 1 before term: 5 min/day on just those rusty spots	☐
10	Week 1 before term: 5 min/day on just those rusty spots	☐
11	Week 1 before term: 5 min/day on just those rusty spots	☐
12	Week 1 before term: 5 min/day on just those rusty spots	☐
13	Week 1 before term: 5 min/day on just those rusty spots	☐
14	Week 1 before term: 5 min/day on just those rusty spots	☐

Then, first week back: keep the daily habit going with the 5-minute daily phonics routine so momentum doesn't drop again.

