

RLA Foundation: Beginner Level

Building Essential Reading & Writing Skills for Adult Learners



A Step-by-Step Workbook to Mastering RLA Concepts

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Chapter 1: Understanding Sentences

Concept Explanation

Understanding sentences is the foundation of reading and writing. A sentence expresses a complete thought and helps readers make sense of information. This chapter introduces sentence structure, capitalization, punctuation, and the basic parts of a sentence so learners can build strong reading comprehension and writing skills.

Key Sentence Concepts

What Is a Sentence?

A **sentence** is a group of words that expresses a complete idea. A complete sentence must have:

- a **subject** (who or what the sentence is about)
- a **predicate** (what the subject is doing)

Example: *Maria reads every morning.*

- Subject: *Maria*
- Predicate: *reads every morning*

A group of words without a complete thought is **not** a sentence.

Subjects and Predicates

Every sentence has two main parts:

- **Subject** → the person, place, thing, or idea
- **Predicate** → the action or description

Example: *The students* (subject) *are studying for the test* (predicate).

Try identifying the subject and predicate in simple sentences to build confidence.

Capitalization and Punctuation

Every sentence must: