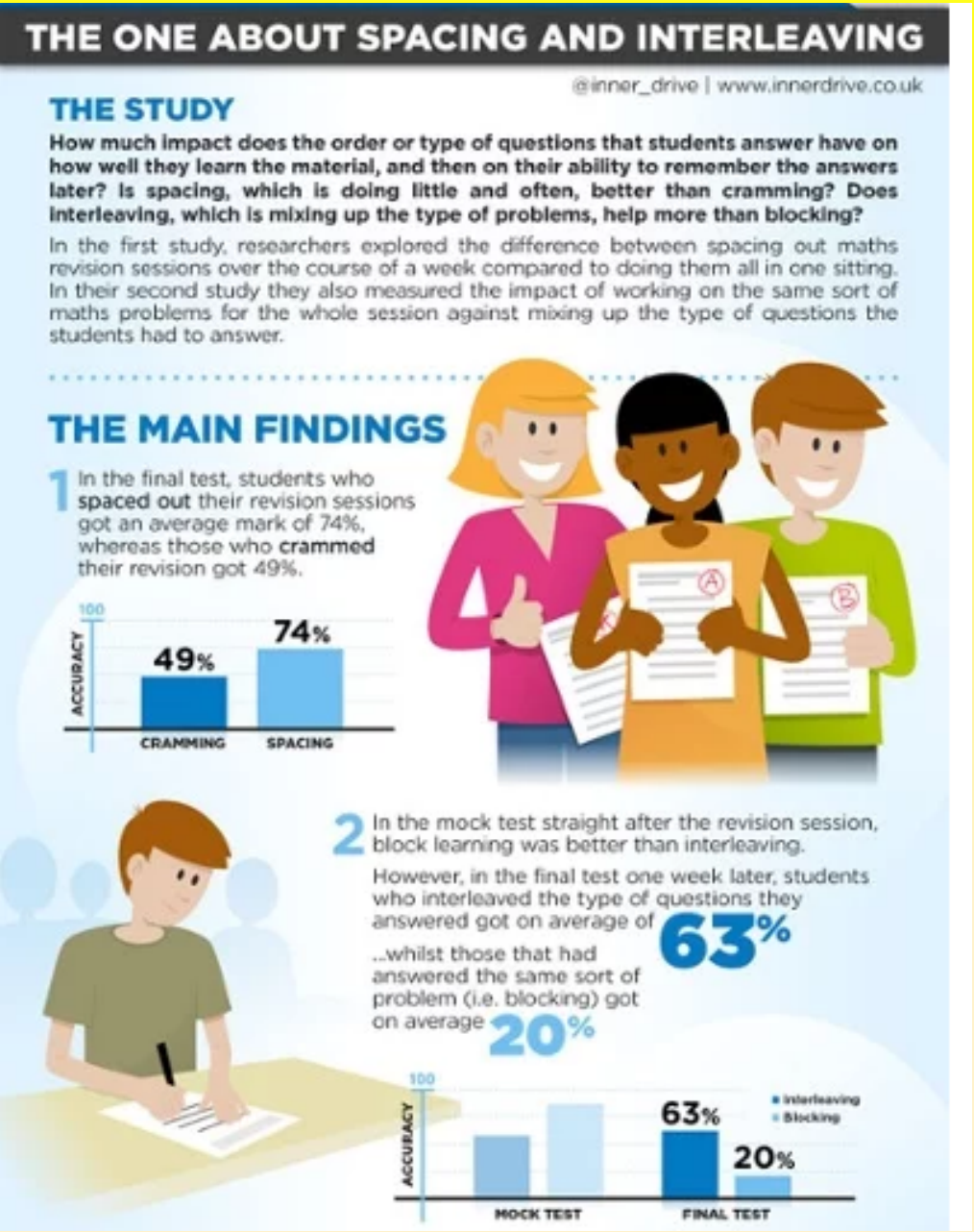
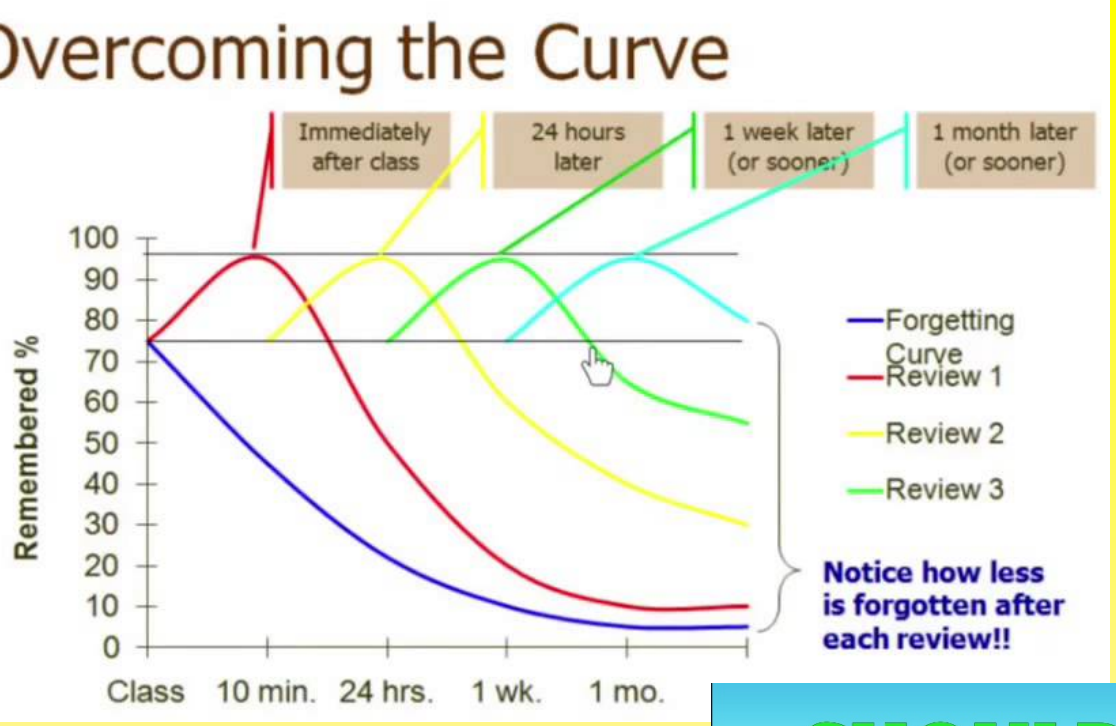
Interleaving and spacing



Spacing and Interleaving create a desirable difficulty

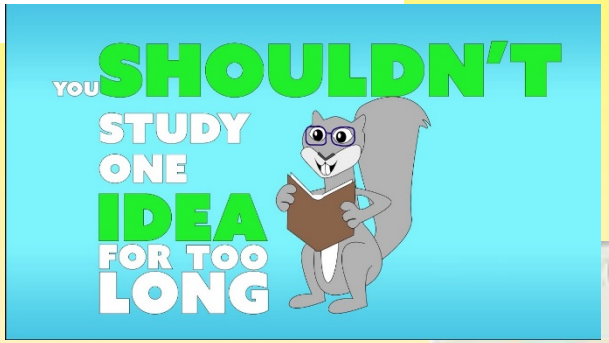
- Interleaving is when you mix up the subjects/units rather than blocking a single subject/unit. **Long-term retention** and the ability to apply your knowledge improves.
- Interleaving forces your brain to continually retrieve because each subject/unit is different from the last. Challenging your brain with different subjects/units will **strengthen your memory**.
- The **spacing** effect boosts memory as the revision of material is more effective if spread out and revisited regularly over time.
- To **revise successfully** you should interleave and space different subject content throughout each study session, within the same week and across subsequent weeks.

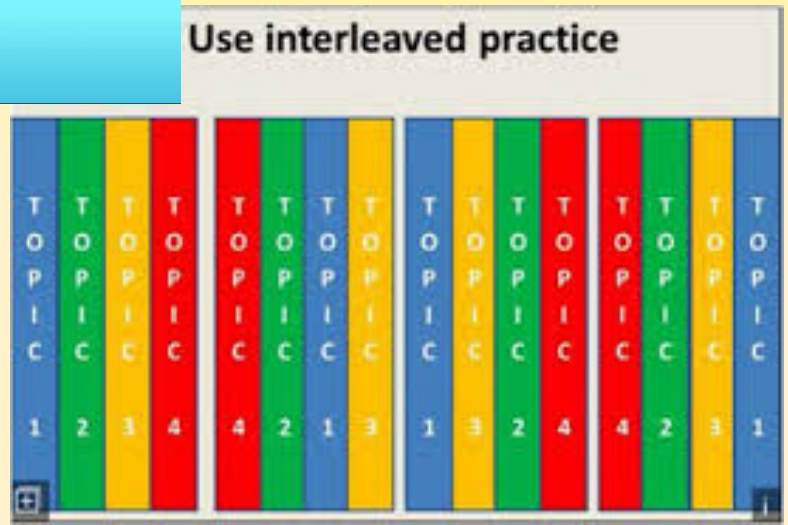
The MOST EFFECTIVE way to revise!!

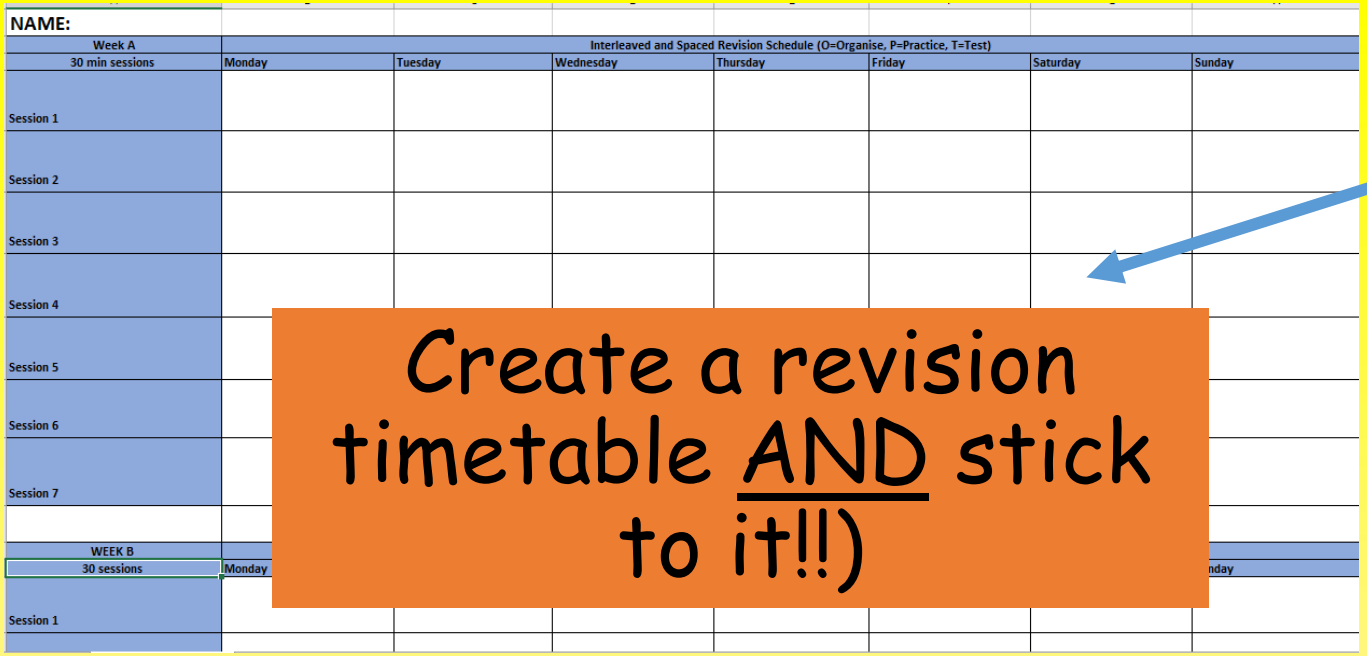


How can I improve my memory?

1. By regularly revisiting the same content (spacing)
2. By mixing up (interleaving) your revision topics
3. By testing yourself







NAME:							
Week A	Interleaved and Spaced Revision Schedule (O=Organise, P=Practice, T=Test)						
30 min sessions	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session 1							
Session 2							
Session 3							
Session 4							
Session 5							
Session 6							
Session 7							
WEEK B							
30 sessions	Monday						nday
Session 1							

30 minute slots

- Your timetable sheet shows a maximum of 7 x 30 minute revision slots per day.
- Multiply the number of GCSE subjects you are taking by 3 to give you the number of slots you should fill per week e.g. 11 subjects x 3= 33 slots per week.
- On a typical school day you should fill 4 x 30 min slots and at the weekend 7 x 30 min slots per day (up to 34 slots per week available)
- Each subject should appear on your timetable 3 times per week.
- To maximise your time use travel time, form time, lunch etc. for revision as well.

Mix up (interleave) your revision – don't concentrate on just one subject per day/week etc.

Use your time wisely!

SPACING

Each of your 3 subject sessions per week should have a different focus…

OPT: ORGANISE – PRACTISE – TEST

1st session on a subject

- **ORGANISE** = 30 minutes for you to get your resources together –the revision guide, exercise books, resources from the teacher, paper, post-its, flash cards, pens, a folder and past papers/questions for the testing session. Give everything a read through, highlight key things/use post-its/ flash cards and re-familiarise yourself with the unit.

2nd weekly session on a subject

- **PRACTISE** = 30 minutes for you to revise the subject/unit. Make the process active by creating flash cards, mind maps, Cornell Notes or any other memory techniques.

3rd weekly session on a subject

- **TESTING** = 30 minutes for you to test what you are now able to successfully retrieve. Use a recognised testing method like answering questions verbally to a parents, answering practise questions and doing past papers. Finish by self-marking by using the revision, model answers and mark schemes. Make sure you brief your teacher on your progress.

Always doing a mixture of subjects on any one day (interleaving)

NAME:

Week A	Interleaved and Spaced Revision Schedule (O-Organise, P-Practice, T-Test)						
30 mins revision	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session 1	Chemistry (O)	ICT (O)	RE (O)	ICT (P)	German (T)	Chemistry (T)	RE(T)
Session 2	Maths (O)	Eng Lang (O)	Biology (O)	Maths (P)	Eng Lang (P)	History (T)	Physics (T)
Session 3	History (O)	Music (O)	History (P)	German (P)	Music (P)	Eng Lang (P)	Biology (T)
Session 4	German (O)	Physics (O)	Eng Lit (O)	Eng Lit (P)	Chemistry (P)	RE (P)	Music(T)
Session 5						Biology (P)	Maths (T)
Session 6						Physics (T)	ICT (T)
Session 7						Eng Lit (T)	Chemistry (T)

Different focus for each of the 3 sessions (OPT)

WEEK B	Interleaved and Spaced Revision Schedule (O-Organise, P-Practice, T-Test)						
30 mins revision	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session 1	Maths (O)	Eng Lit(O)	Chemistry (P)	Physics (P)	Biology (P)	ICT(T)	Maths (T)
Session 2	Chemistry (O)	Physics (O)	Biology (O)	Eng Lit(P)	Music (P)	German (T)	RE(T)
Session 3	Eng Lang(O)	Music (O)	Eng Lang(P)	History (P)	Eng Lang (T)	Chemistry (T)	Physics (T)
Session 4	History (O)	German (O)	ICT(P)	RE(O)	German (P)	Eng Lit (T)	Biology (T)
Session 5	ICT(O)			Maths (P)		History (T)	Music (T)
Session 6						RE (P)	
Session 7							

Spaced throughout the week

Done more sessions in the week so less to do at the weekend

Personalise your timetable to suit yourself. You could Add times to your timetable (see below)

NAME:

Week A	Interleaved and Spaced Revision Schedule (O=Organise, P=Practice, T=Test)						
WEEKDAY 30 min sessions	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 - 8.30	Chemistry (O)	ICT (O)			German (T)	Chemistry (T)	RE(T)
12.15 - 12.30	Maths (O)	Eng Lang (O)		Maths (P)	Eng Lang (P)	History (T)	Physics (T)
4- 4.30			History (P)		Music (P)	Eng Lang (P)	Biology (T)
4.45 - 5.15	History (O)		Eng Lit (O)	Eng Lit (P)	Chemistry (P)	RE (P)	Music(T)
6.30 - 7		Music (O)	RE (O)	German (P)		Biology (P)	Maths (T)
7.15 - 7.45	German (O)	Physics (O)	Biology (O)			Physics (T)	ICT (T)
8 - 8.30				ICT (P)		Eng Lit (T)	Chemistry (T)

Do more revision on weekdays to avoid filling your weekends Give yourself some nights off (but transfer the sessions to other days)

As long as you fill the slots your need (no. of GCSEs x 3 = slots needed per week) then your can make the timetable fit your preferences.

Creating prioritised revision

- On the Master Subject/Unit sheet **delete/cross out the subjects that you do not study**.
- For each of your subjects **colour code** (e.g. red/yellow/green) each unit to show how confident you are that you will achieve the highest marks.
- Be relative in your categorisation – for each subject you should have 5 red (the hardest), 5 yellow (fairly tough) and 5 green (the easiest)
- When you start to follow your revision timetable start with your weakest topics in each subject.

My Subject and Units										
PHYSICS	BIOLOGY	CHEMISTRY	P.E	R.E	ENG. LANG.	ENG. LIT.	GERMAN	MATHS (H)	HISTORY	ICT
FOR EXTRA INFO SEE 'EXPANDED TOPICS'	FOR EXTRA INFO SEE 'EXPANDED TOPICS'	FOR EXTRA INFO SEE 'EXPANDED TOPICS'	FOR EXTRA INFO SEE 'EXPANDED TOPICS'		FOR EXTRA INFO SEE 'EXPANDED TOPICS'	FOR EXTRA INFO SEE 'EXPANDED TOPICS'	4 ASSESSMENT ELEMENTS; SPEAKING, LISTENING, READING & WRITING			COURSEWORK COMPLETION
Physics 1: Energy. Specific heat capacity required practical	Biology 1: B1 Cell biology	Chemistry 1: C1a Atomic structure	P.E 1: Anatomy and Physiology 1	RE1 : Buddhist beliefs	English Lang 1: Component 1 Reading: question type	English Lit 1: An Inspector Calls: plot	German 1: School	Maths Higher 1: Number fractions, decimals, percentages, HCF, LCM	History 1: Medicine 1 - Medieval medicine c1200 - 1499	ICT 1:
Physics 2: Energy. Ek and Ep	Biology 2: B1 Cell biology	Chemistry 2: C1b Periodic table	P.E 2: Anatomy and Physiology 2	RE2: Buddhist practises	English Lang 2:Component 1Reading: the 'HOW' question	English Lit 2: An Inspector Calls: theme	German 2: Hobbies and free time acitivies	Maths Higher 2: Algebra - expressions, formulae, linear equations, linear simultaneous equations, sequences and proof	History 2: Medicine 2 - Renaissance medicine c1500 - 1699	ICT 2:
Physics 3: Energy use in the home	Biology 3: B2 Organisation	Chemistry 3: C2 Bonding and structure - Ionic	P.E 3: Anatomy and Physiology 3	RE3: Christian beliefs	English Lang 3: Component 1 Reading: the Evaluation question (5)	English Lit 3: An Inspector Calls: characters	German 3: family and relationships	Maths Higher 3: Ratio	History 3: Medicine 3 - 18th & 19th century medicine c1700 - 1899	ICT 3:
Physics 4: Electricity. Circuits	Biology 4: B2 Organisation	Chemistry 4: C2 Bonding and structure - Covalent	P.E 4: Levers	RE4: Christian practises	English Lang 4: Component 1 Writing: what makes a good story	English Lit 4: An Inspector Calls: past exam questions	German 4: House and home	Maths Higher 4: Perimeter, area and volume	History 4: Medicine 4 - Modern medicine c1900 - Present	ICT 4:

Condensed subject list

My Subject and Units										
PHYSICS	BIOLOGY	CHEMISTRY	P.E	R.E	ENG. LANG.	ENG. LIT.	GERMAN	MATHS (H)	HISTORY	ICT
FOR EXTRA INFO SEE 'EXPANDED TOPICS'	FOR EXTRA INFO SEE 'EXPANDED TOPICS'	FOR EXTRA INFO SEE 'EXPANDED TOPICS'	FOR EXTRA INFO SEE 'EXPANDED TOPICS'		FOR EXTRA INFO SEE 'EXPANDED TOPICS'	FOR EXTRA INFO SEE 'EXPANDED TOPICS'	4 ASSESSMENT ELEMENTS; SPEAKING, LISTENING, READING &			COURSEWORK COMPLETION
Physics 1: Energy. Specific heat capacity required practical	Biology 1: B1 Cell biology	Chemistry 1: C1a Atomic structure	P.E 1: Anatomy and Physiology 1	RE1: Buddhist beliefs	English Lang 1: Component 1 Reading: question type	English Lit 1: An Inspector Calls: plot	German 1: School	Maths Higher 1: Number fractions, decimals, percentages, HCF, LCM	History 1: Medicine 1 - Medieval medicine c1200 - 1499	ICT 1:
Physics 2: Energy. Ek and Ep	Biology 2: B1 Cell biology	Chemistry 2: C1b Periodic table	P.E 2: Anatomy and Physiology 2	RE2: Buddhist practises	English Lang 2:Component 1Reading: the 'HOW' question	English Lit 2: An Inspector Calls: theme	German 2: Hobbies and free time acitivies	Maths Higher 2: Algebra - expressions, formulae, linear equations, linear simultaneous equations, sequences and proof	History 2: Medicine 2 - Renaissance medicine c1500 - 1699	ICT 2:
Physics 3: Energy use in the home	Biology 3: B2 Organisation	Chemistry 3: C2 Bonding and structure - Ionic	P.E 3: Anatomy and Physiology 3	RE3: Christian beliefs	English Lang 3: Component 1 Reading: the Evaluation question (5)	English Lit 3: An Inspector Calls: characters	German 3: family and relationships	Maths Higher 3: Ratio	History 3: Medicine 3 - 18th & 19th century medicine c1700 - 1899	ICT 3:
Physics 4: Electricity. Circuits	Biology 4: B2 Organisation	Chemistry 4: C2 Bonding and structure - Covalent	P.E 4: Levers	RE4: Christian practises	English Lang 4: Component 1 Writing: what makes a good story	English Lit 4: An Inspector Calls: past exam questions	German 4: House and home	Maths Higher 4: Perimeter, area and volume	History 4: Medicine 4 - Modern medicine c1900 -	ICT 4:
Physics 5: Electricity required practical	Biology 5: B3 Infection and response	Chemistry 5: C2 Bonding and structure - metallic	P.E 5: Effects of exercise	RE5: Causes of war, reasons for war, Just War	English Lang 5: Component 1 Writing: how to structure a story	English Lit 5: A Christmas Carol: plot	German 5: food and drink	Maths Higher 5: Probability	History 5: Historic environment; Surgery on the Western Front c.1914 - 1917	ICT 5:
Physics 6: Particles of matter	Biology 6: B3 Infection and response	Chemistry 6: C3 Qualitative chemistry	P.E 6: Components of fitness	RE6: Terrorism, weapons of mass	English Lang 6: Component 1 Writing: title types	English Lit 6: A Christmas Carol: theme	German 6:Digital Technology	Maths Higher 6: Number - surds, bounds, estimation	History 6: American West 1 - Early settlement of	ICT 6:

Colour coded topics

- At the end of your testing session **amend** the colour for the units you have revised according to how confident you now feel/ what your test marks indicate.

	PHYSICS	BIOLOGY	CHEMISTRY	
3	FOR EXTRA INFO SEE 'EXPANDED TOPICS'	FOR EXTRA INFO SEE 'EXPANDED TOPICS'	FOR EXTRA INFO SEE 'EXPANDED TOPICS'	FOR 'EXP
4	Physics 1: Energy. Specific heat capacity required practical	Biology 1: B1 Cell biology	Chemistry 1: C1a Atomic structure	P.E 1 Phys
	Physics 2: Energy. Ek and Ep	Biology 2: B1 Cell biology	Chemistry 2: C1b Periodic table	P.E 2 Phys

	PHYSICS	BIOLOGY	CHEMISTRY	
3	FOR EXTRA INFO SEE 'EXPANDED TOPICS'	FOR EXTRA INFO SEE 'EXPANDED TOPICS'	FOR EXTRA INFO SEE 'EXPANDED TOPICS'	FO 'EX
4	Physics 1: Energy. Specific heat capacity required practical	Biology 1: B1 Cell biology	Chemistry 1: C1a Atomic structure	P.E Phy
	Physics 2: Energy. Ek and Ep	Biology 2: B1 Cell biology	Chemistry 2: C1b Periodic table	P.E Phy

- Keep recolouring your Master Subject/Unit tab to keep track of your progress during the course of your revision.
- Hopefully, by the time your exams begin you will have mainly greens and perhaps just a few yellow topics