

# A guide to Interleaved and Spaced Revision for parents

## Spacing and Interleaving create a desirable difficulty

- Interleaving involves mixing up the subjects revised throughout a period of time rather than block studying a subject. **Long-term retention** and the ability to apply knowledge improves as a result of this.
- Interleaving makes the brain continually retrieve because each subject is different from the last. Challenging the brain to retrieve knowledge from different subjects will **strengthen memory**.
- The **spacing** effect boosts memory as revision is more effective if spread out and revisited regularly over time.
- To **revise successfully** encourage your child to interleave and space different revision throughout each study session, within the same week

## Planning Time for Revision

Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Revision 1							
Revision 2							
Revision 3							
Revision 4							
Revision 5							
Revision 6							
Revision 7							

- The revision calendar your child has produced shows the 15 weeks leading up to the start of the GCSE examinations.
- Each week is shown as a seven-day week. Each day is divided into seven 30 minute slots (i.e. 7 x 30 minutes = 3.5 hrs every day).
- In a school week there are 34 x 30 minute slots available (4 slots x 5 days in the week + 7 slots x 2 days at the weekend). A holiday week has 49 slots available.
- Every subject studied has been divided into 15 topics/units by subject teachers. The calendar runs for 15 weeks and this therefore ensures each subject gets at least 15 hours revision time.
- Pupils have taken their number of subjects and multiplied this by 3, to work out the minimum number of slots they should fill in every week.

You can download a version of the digital revision calendar from the school website to complete with your child at home under the 'PUPILS' tab and 'REVISION MATERIALS'

## How to help your child to use the interleaved and spaced revision programme

- 1) Your child should have deleted any subjects they do not study from the Master Unit tab.
- 2) For each subjects your child studies they should have **colour coded** each unit to show how confident they are that they will achieve the highest marks. This should be relative – for each subject there should be 5 red (the hardest), 5 yellow (fairly tough) and 5 green (the easiest). It is best if this is based on evidence and staff at school can help with this.
- 3) Once the colour coding is completed your child should choose one red from each subject (or their weakest area). Write it into the revision calendar tab three times in the week. Making sure it is **interleaved** with different subjects and that the three sessions are **spaced** throughout the week.
- 4) Where the subject/unit is placed earliest in the week they should label it "O" (**Organisation**). It is 30 minutes for them to get their 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. They should give everything a read through, highlight key things/use post-its/ flash cards and re-familiarise themselves with the unit.
- 5) Where they have placed the subject/unit for the second time in the week they should label it "P" (**Practise**). It is 30 minutes for them to revise the subject/unit. They should make the process active by creating flash cards, mind maps, Cornell Notes or any other memory techniques.
- 6) Where they have placed the subject/unit for the third and final time in the week they should label it "T" (**Testing**). It is 30 minutes for them to test what they are now able to successfully retrieve. They should use a recognised testing method like answering questions verbally, answering practise questions and doing past papers. Ideally they should finish by self-marking using the revision guide, model answers and mark schemes.
- 7) At the end of their testing session your child should **amend** the colour for the unit to yellow or green according to how confident they now feel/their test marks indicate.

- Your child should repeat this process for subsequent weeks by choosing each subject's next red/hardest unit
- Your child should keep recolouring their Master Subject/Unit tab to keep track of their progress
- Hopefully, by the time your child's exams begin they will have mainly green and perhaps a few yellow topics.