

# Revision Techniques

**Reflection and evaluation time:**

Revision Technique 3: 'Dual Coding'

*Effective? Useful? Pros and cons?*



# Revision Technique 6:

## *'Interleaved Practice'*

**What is it?** Interleaving is a process where students mix, or interleave, multiple subjects or topics while they study. Blocked practice, on the other hand, involves studying one topic very thoroughly before moving to another topic.

**Purpose:** When we mix up our study materials, we start to notice both similarities and differences in what we're learning; this can give a better and deeper understanding of the material. Another possible reason interleaving is effective is that it makes learning more difficult. This might sound like a bad thing, but the reality is that learning is simply more effective when it's challenging.

### **Your revision task:**

- Ø Choose a subject for revision.
- Ø Make a list of topics / areas of study covered across the course
- Ø Create a quiz/activity to test understanding for each topic/area of study in one single revision session (see the following slides for tips and ideas for how to revise using this strategy).

## Interleaved practice

### Blocked

- Fractions
- Fractions
- Fractions
- Perimeter
- Perimeter
- Perimeter
- Time
- Time
- Time

### Interleaved

- Fractions
- Perimeter
- Time
- Fractions
- Perimeter
- Time
- Fractions
- Perimeter
- Time

# Tips for 'interleaved practice'

- 1. Make sure the topics / subjects are somehow related.** For example: If you're studying a language, rather than spending a whole lesson focusing only on vocabulary or reading, you could mix it up by spending 10 minutes memorising vocabulary, 10 minutes reading or writing, 10 minutes practising pronunciation and then circling back to one of the previous skills.
- 2. Mix in new material with old material.** By reviewing both old and new materials in the same study session and returning to them repeatedly, you'll be able to space out your learning more effectively and will be far more likely to recall that information weeks, months or even years later.

# You could create a 'challenge grid':

Which movements can occur at a hinge joint?	Describe the difference between an open skill and a closed skill.	Name four bones and muscles in the lower body.	Which movement occurs when throwing a ball in cricket?
What is the function of synovial fluid?	Identify four functions of the skeletal system.	Describe the difference between skill and ability.	Which muscle is the agonist muscle when raising a dumbbell?
Give three examples of a self paced skill.	Describe the difference between abduction and adduction.	What is the difference between a tendon and a ligament?	Identify the bones that make up the shoulder joint.

Studied this week	Studied last term	Studied last year	Studied 3 weeks ago
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## Retrieval Practice Challenge Grid!

1. Convert the denary number 145 into an 8 bit binary number	2. Define the term 'array'	3. Give an advantage and disadvantage of using a P2P network
4. Explain how pipelining can increase CPU performance	5. Describe the differences between a HUB and a SWITCH	6. Describe 3 functions of an Operating System
7. Perform a two place right binary shift to this number: 01011110	8. Describe the functions of RAM and ROM in the operation of a computer system	9. Draw, label and describe a star network topology
10. The hexadecimal number 5C represents what denary number?	11. Using examples, what is the difference between a count controlled and condition controlled loop?	12. List two advantages and two disadvantages of solid state storage

This Term	Late Last Year	During Year 10	Very early in Year 10
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# Alternatively...

- Choose 4 topic headings from different sections of the course and write down everything you know about them without looking at notes. Add anything you learn from looking back at notes in a different colour to show what information you need to remember next time.
- Interleaving practice can be done using any of the techniques covered so far – quizzing, self explanation, flashcards, graphic organisers, dual coding.