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Teaching & Learning Information for Parents & Carers

Topic Area: Interleaving



Rugby Free  
Secondary School

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Interleaving is a method used to help students revise and remember more for the exam. It is about what students do with their time when they revise. With the interleaving technique, learning is spread over time, in smaller chunks, rather than dedicating a whole day for one subject or topic.

Research says ‘Mixing it up boosts learning’ when compared to more traditional methods of block learning where students master one topic before moving on to the next in preparation for exams. Studies have highlighted that students who use interleaving perform better on the examination if the examination was more than one day away.

Evidence highlights interleaving strengthens memory recall because by revisiting material from each topic several times, in short bursts, students can enhance memory and recall.

## Interleaving



Support your child by doing the following:

- Be willing to talk to your child about their homework or study tasks and help them to access different materials they may need to look at.
- Help your child identify the important information within a source, article or video and encourage them to write down questions about the areas of their learning that they do not fully understand, make notes on the topic or create a mind map.
- Support your child to be proactive by thinking ahead and asking the teacher which topics are coming up next so they can actively start to understand them. Help your child take responsibility for their learning, prioritise their work, set themselves targets and get into a good routine with out of school learning.

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For further information, please visit the Rugby Free Secondary School YouTube Teaching and Learning page.

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