

# INTERLEAVING

INTERLEAVING IS **LEARNING & PRACTISING RELATED TOPICS SIMULTANEOUSLY**

AND IT INCREASES REMEMBERING

**INTERLEAVING LEADS TO:**

- 💡 Better understanding
- 💡 Stronger neural connections
- 💡 Improved retrieval from long-term memory

## BLOCKED PRACTICE



## INTERLEAVED PRACTICE

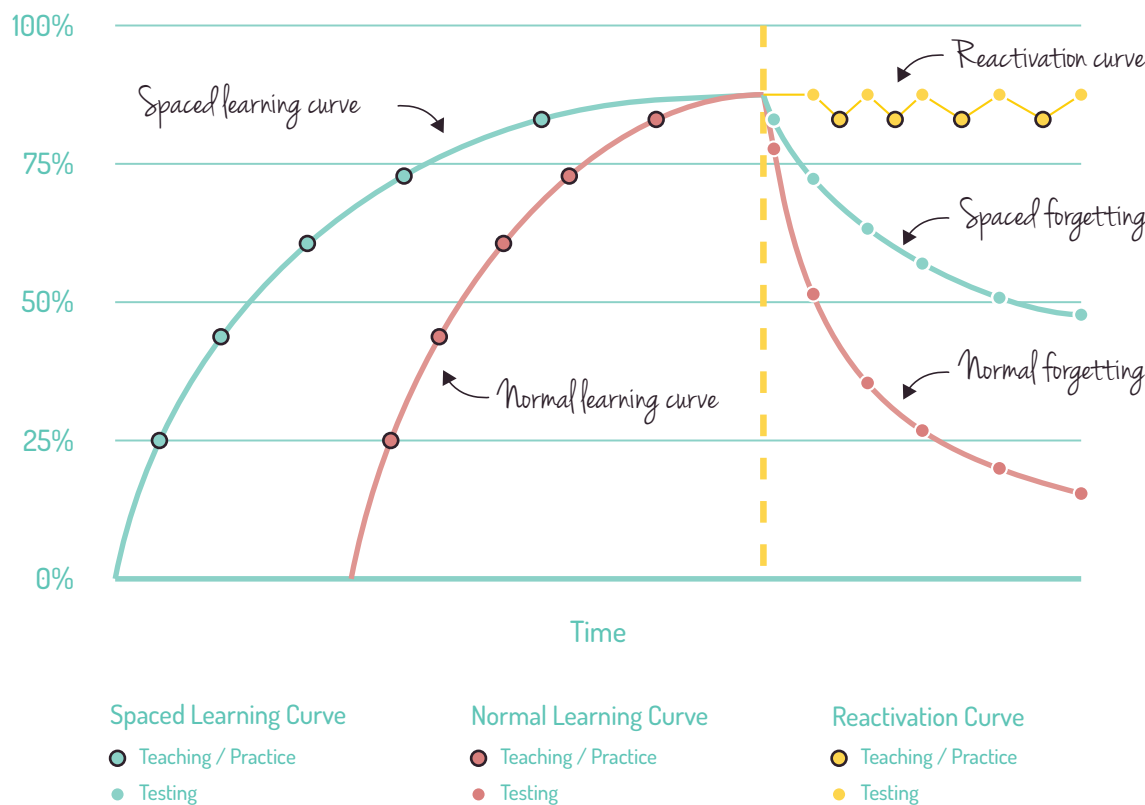


### What can be interleaved?

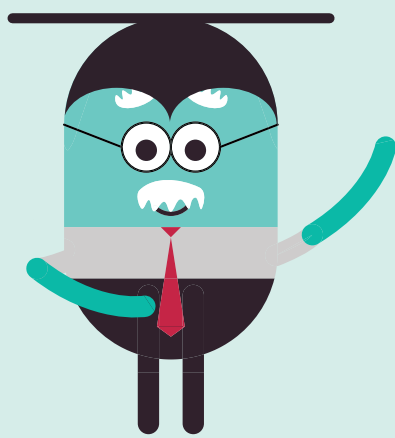
- ✓ Different topics
- ✓ Old and new learning
- ✓ Blocks and leaves

WE SHOULD PROVIDE OPPORTUNITIES, **THROUGH INTERLEAVING**, FOR STUDENTS TO **REACTIVATE** PREVIOUSLY LEARNED KNOWLEDGE.

### THALHEIMER'S REACTIVATION CURVE



Why not try teaching in distinct blocks...



Topic 1

Topic 2

Topic 3

...and interleaving during practice?

**Worksheet**

Topic 2	Topic 1
Topic 3	Topic 2
Topic 1	Topic 3
Topic 2	Topic 1

**Checkpoint**

Topic 2	Topic 1
Topic 3	Topic 2
Topic 1	Topic 3
Topic 2	Topic 1