

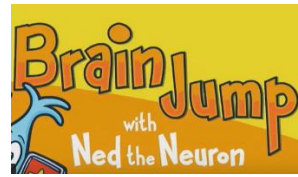
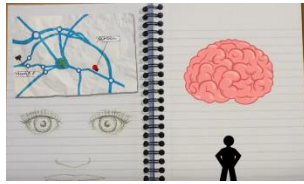
The Importance of Practice

Practice is critically important to help us consolidate learning. Whether you are learning to ride a bike or add adjectives to a sentence, practice helps you to improve. Sometimes, we can become surprised that children appear to understand something, but then a short time later they seem to have forgotten what they have learnt. Brain research tells us that this is to be expected unless we revisit the information or skill many times. Regular practice moves learning from short term to long term memory and develops our 'muscle memory'. This means that the more we do something, the more automatic it becomes.

These YouTube videos provide excellent explanations of the importance of practice to learning.

[The Learning Brain](#)

[Brain Jump with Ned the Neuron](#)



Every day, our teachers work hard to help students to revise and practise key skills. They do this in a variety of ways such as ...

- **Lesson Reviews**

Teachers may start a lesson by reviewing the key points from a previous lesson to consolidate understanding.

- **Warm-ups**

For example, if students have been learning about using adverbs (-ly words), to enhance their sentence writing, they will revisit this concept several times over the following weeks, even briefly or they may be asked to highlight the adverbs in a short paragraph.

- **Rotation activities**

For example, consolidating counting strategies with hands-on materials for a short amount of time each day.

- **Homework**

Revising and practising key skills in homework.

How can I help at home?

Homework – Homework helps child/ren to revisit what they have been learning in class.

You can apply this idea of regularly revisiting concepts and skills to homework and explain to child/ren that this strengthens their learning.

Make Connections - Discuss what they've been learning at school and help them make links to other areas. For example, if they are learning about measurement, help them to see the connections when baking. Making connections helps us deepen our understanding and commit the new learning to long term memory.

Questioning – If you are not getting great responses from the standard question 'How was your day?', try asking the same thing a different way. For example ...

'What was the most challenging thing that you did today?

'What is the most interesting thing that you have been learning about?

'Could you teach me something that you have learned?

This may help to reinforce what they have been learning in addition to improving the afternoon chat about school!