

For ever and a day (Lesson Plan)

Existing lesson plans can be amended easily to make them memory friendly:

- Pause the lesson half-way through.
- Hold a recall event (on a different topic) e.g. five-minute mindmap, ten question multiple-choice test, short cloze activity.
- Complete the original lesson.

Suggested timings for a forty-minute lesson:

Time	Activity
0 to 15 minutes	First half of original lesson.
15 to 25	Recall event on another topic.
25 to 40 minutes	Remainder of the original lesson.

Effect on understanding, memory and performance.

Item	Effect of Memory Friendly Learning
Understanding	Understanding is increased due to the interleaving effect caused by switching from the original topic to another in the middle of the lesson.
Memory	The recall event in the middle of the lesson uses the spacing effect to improve long-term memory.
Performance	Improvement in performance will tend to be slower, however, long-term performance will be enhanced.

Some links dealing with spacing and interleaving:

<http://www.greatmathsteachingideas.com/tag/interleaving/>

<https://www.gwern.net/docs/spacedrepetition/2014-rohrer-1.pdf>

<https://classteaching.wordpress.com/2014/06/12/spacing-and-interleaving/>

<http://gocognitive.net/interviews/benefits-interleaving-practice>

<http://gocognitive.net/interviews/spacing-improves-long-term-retention>