

Myth 4: “We learn better when we get to work it out for ourselves”

The Truth

At The Four Stones MAT, we believe that “the more the practice, the better the performance.” (Barak Rosenshine). In order to become proficient in a skill, deliberate / independent practice is required. Deliberate practice refers to practice that is purposeful and systematic – it requires focused attention with the specific goal of improving performance. To achieve this mastery, students should be engaged in deliberate practice every lesson, with homework set to support overlearning. Repeated practice is key, as “practice makes permanent - what we repeatedly do we get better at.” (David Didau). We do this in several ways:

- 1. Silent parts of lessons:** In some lessons, students will be required to complete deliberate practice tasks in silence to ensure that students can focus fully on the task that has been set, and so that teachers can circulate to provide 1:1 targeted feedback.
- 2. Choral response:** Some deliberate practice tasks require students to engage verbally through choral response activities. This involves all students giving a verbal response at the teacher's signal, and is used regularly in language lessons.
- 3. Paired activities:** In some lessons, students may be paired together to support one another with deliberate practice tasks. For example, to practise specific questions / to practise pronunciation.

Did you know?

Studies show that the amount of practice required is significant in order for students to master knowledge or a skill. This increased practice supports overlearning, which allows material to be recalled easily and doesn't take up working memory. Research into information-processing shows that students need to complete different activities that require them to rework the material that they have been presented with.

Further info

Click the image below for more information.

Success has to do with
deliberate practice.
Practice must be
focused, determined,
and in an environment
where there's feedback.

Malcolm Gladwell
PICTUREQUOTES.COM