

# What is Retrieval Practice?

Retrieval practice is a teaching and learning strategy that can be used inside or outside of the classroom to help children learn. Retrieval practice focuses on getting information out of the memory. Through the act of retrieval, which involves recalling information through writing or verbally, that memory is then strengthened. Retrieval practice helps memory and therefore helps to improve learning. In lessons teachers will regularly quiz their classes on what they have studied previously. This is not a high stakes test or assessment, but instead a way to check what students can or cannot remember and to also help improve their memory, knowledge and confidence. There has been a lot of research published that tells us this is an effective strategy for all learners of all ages. The more children practice recalling information from memory, the easier that information will become to recall in the future.

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## What are the benefits of retrieval practice?

**It's a powerful strategy to help children learn.**

**It identifies where the gaps in knowledge are.**

**Regular retrieval practice can boost confidence.**

**It can be fun, enjoyable and rewarding!**

## **How is retrieval practice different from testing/assessments?**

**The focus is 'low stakes' this is different.**

**Quizzes & tasks are fun, engaging & enjoyable.**

**Scores & results are not formally recorded.**

**Cues & prompts can be provided to offer support.**

## **What are the different types of retrieval practice?**

**Multiple-Choice Questions and Quizzes**

**Verbal recall - talking about what we can recall.**

**Writing from memory about what we have studied.**

**Games that help children recall information.**