

### A Parent Guide to Self-Quizzing

#### What are Knowledge Organisers?

A Knowledge Organiser (KO) is a simple document that outlines the key facts, definitions, vocabulary, and concepts students need to learn for a particular topic or subject. It forms the foundation of retrieval practice.

Knowledge Organisers at Atlantic are divided into weekly sections.

Each week, students spend 30 mins learning the section of information (homework). In addition to this, they spend dedicated time in class frequently revisiting the same information (Do Now activities, for example). Combined, this helps students to learn information. Learning is a process; please reassure your child and encourage them not to worry if they feel like they have not memorised all the knowledge after one 30 minute homework slot!

#### Self-Quizzing expectations:

To make the most of the Knowledge Organisers, students should focus on self-quizzing. It is expected that students complete **one page** of self-quizzing, as a minimum. This should take around **30 minutes**. Students should not leave blank lines on the page, including in between pieces of information, except for one line underneath the date and title, and the very last line at the bottom of the page. (If they are self-quizzing diagrams, they can use more than one line to copy the diagram into their practice book). The information students self-quiz should be numbered in their practice book with the same numbers used on the Subject Knowledge Organiser.

Each page should have the date on the top line on the right hand side, and the title (the subject that the student is self quizzing on) in the centre on the same line, with both underlined using a ruler. Students must also correct their answers in purple pen; this means ticking correct answers and filling in any that were incorrect.

Tutors will check your child's Subject Knowledge Organiser homework the next morning during AM Tutor Time. They will be looking for a **full page of self-quizzing** on the correct numbers of the Subject Knowledge Organiser, as well as for **purple pen ticks/corrections** and **good presentation** (including the **H/W, Title and Date underlined with a ruler**). The writing needs to be neat and legible. If your child's tutor feels that any of these elements are not up to standard, the tutor will enter a negative on Arbor.

Self-quizzing will be based on the "**Look, Say, Cover, Write, Check**" technique.

#### How to self-quiz, using 'Look, say, cover, write check':

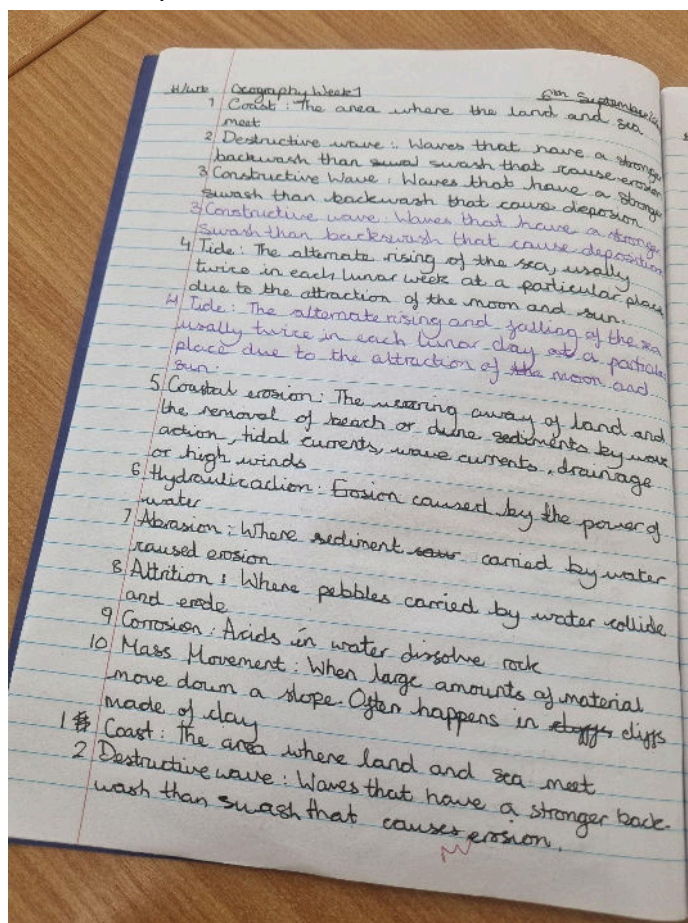
**Below are the steps your child should follow to complete effective self-quizzing (look, repeatedly say aloud, cover, write, check). Your child needs to:**

1. Identify the Subject Knowledge Organiser segment for the week.
2. Open up the practice book and on the top line, write 'H/W' in the margin, the Title (the subject they are completing) on the other side of the margin line and the Date on the right hand side (see the model on the next page). Underline all three with a ruler.
3. Place the Subject Knowledge Organiser segment in front of them. Start with the first numbered piece of information within the weekly segment. Read and memorise the piece of information - we recommend saying it aloud. Repeat this process several times, until they are confident enough to use their practice book to write the knowledge point down.

4. Close your Subject Knowledge Organiser or cover up the piece of information, and try to recall the knowledge. On the line directly beneath the H/W, Title and Date, write the correct number from the Subject Knowledge Organiser and the piece of information from memory.
5. Check it and correct any mistakes. Open up the Subject Knowledge Organiser and look at the piece of information – using a purple pen tick the piece of information in their practice book if they have recalled it correctly (word for word). If they have incorrectly recalled or missed any part of the information, they should use their purple pen to cross the knowledge point.
6. If they recalled the piece of information incorrectly, go back to step 3 and **in purple pen**, repeat the process again for the same piece of information (remember to cover up previous attempts in the practice book as well as the piece of information in the Subject Knowledge Organiser). When they have recalled the information correctly (word for word), tick the attempt and move on to the next piece of information within the weekly segment. Your child may find that they need to complete a few purple pen attempts before they recall the knowledge point word for word.
7. Repeat the steps above until they have recalled and written down all pieces of information within the weekly segment. If this has not filled one full page of the practice book, go back to the first piece of information within the weekly segment and repeat the process again, until they have filled an entire page.

### Student self-quizzing model:

The photo below illustrates what we expect:



### Why Self-Quizzing works:

Self-quizzing is a powerful, evidence-based revision strategy that helps:

- Strengthen long-term memory
- Identify knowledge gaps
- Reduce exam stress through familiarity
- Encourage independent learning habits

Unlike re-reading or highlighting, self-quizzing actively tests recall and builds brain power!

### How parents can support at home:

You don't need to be an expert in the subject—just guide the process.

- Support your child with the Look, Say, Cover, Write, Check Method
- Repeat the cycle regularly for best results.
- Ask Your Child questions about what they have quizzed on. For example:
  - “Show me how you used your KO today.”
  - “What’s one new thing you remembered?”
  - “Which part do you find hardest to remember?”
  - “Can I quiz you on five key terms?”