

LOGO of the PROJECT

# UNEX Improving Reading Practices



**Title: Fast reading**

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## Title: Wedge-shaped Tables

**Keywords:** #fast reading, # peripheral vision

**Duration:** 4-6 min for the main exercise, it is good to use in combination with others

## Description:

Reading speed is highly dependent on 5 major factors.

1. **Articulation** or movements of the speech apparatus (vocal or silent) – are movements of the lips, tongue, in some cases jaws. In addition to the external signs, there is an internal monologue associated with the pronunciation of words in mind. The roots are in the way we all learned to read aloud, at the beginning - syllables, then words.
2. **The regression** or reversing moves of the eyes when reading. An unconscious act in which some people read the same words or fragments of them several times.
3. **Peripheral vision** or a small spot of clear vision. The field of peripheral vision without special exercises is relatively small and sees 8-12 characters, while after such exercises it expands to 2-3 times, and at the same time they are immediately perceived.
4. **Low attention span** - this is a dilemma: poor attention span is the cause of slow reading or vice versa? This is one of the proofs of why it is inherently natural for a person to perceive information and accordingly read quickly. The brain works much faster than a human reads. The problem with the brain is that you can't "pause" it. When brain understands the information supplied by the eyes, brain needs to do something so that it can constantly be in working order and at that moment it can concentrate.
5. **5. Lack of plan** - in fact, this reason is much broader, in the first place is the lack of a plan for reading, in the second place, clear goals, and in the third place - different methods of memorization. And most importantly, different reading strategies. In fact, reading a historical or geographical book is different than reading fiction.

## Objectives:

1. Improve reading speed.
2. Improve visual memory.
3. Development of peripheral vision.

## Activity(ies) (Stages):

Warm-up: Motivation and concentration are very important, you can use any exercise - such as "**Verbal rainbow**", two-handed drawing, or asymmetric gymnastics to warm up both halves of the brain.

As already mentioned, peripheral vision is the second most important factor on which reading speed depends. The larger the spot of clear vision is, the higher is the reading speed. The brain has

significantly more capacity than vision can provide. The expansion of the spot will give the brain more information that can be processed and remembered.

Wedge tables can be of two types - horizontal and vertical. The spot should extend on both axes. There are examples of both types of tables in the annexes. In the center along the horizontal or vertical axis are the numbers from 1 to 14, and on the left and right, respectively, at the top and bottom at increasing distance (up to 8 row, column) are written numbers. The purpose of the exercise is to move the eyes along the center line and say the numbers on the left and right (top – bottom) without moving the eyes. If the student makes a mistake, he returns two rows up (left). Exercise time is 1 min, it is recommended to try one horizontal and one vertical table. The data is recorded in a log. Numbers of more than one digit can be used to complicate the exercise. The exercise is performed from 35-40 cm to the sheet of paper.

Student feedback - (5 minutes) !!! Speed, difficulties in what?

## **Tips for trainers**

Turn on a metronome at 60 or higher tempo. It is important that the eyes do not move - you can use a translucent mirror, especially in the beginning, to help students master the technique correctly. Encourage your students to keep a diary. It is a good idea to perform the exercises for speeding up and expanding the field of peripheral vision sequentially in different order. It is important that students honestly record the results achieved.

## **List of resources, materials etc.**

The wedge-shaped tables horizontal and vertical (samples in the Annexes), but can be prepared by the teachers themselves. Metronome. Stopwatch. Log book.

## **Evaluation/Feedback**

After each exercise.