



RUNNING DICTATION

Move, listen, remember, write.

A simple strategy with a big impact.



THE IDEA

Students listen to short chunks of text, run to read it, memorise it, and then write it down.

It develops listening, vocabulary, spelling, memory and stamina.

It gets students moving and keeps energy high.



IN THE CLASSROOM

Display 4–6 short texts around the room.

Text chunks can be sentences or short paragraphs.

Students work in pairs or small groups.

Read the first text aloud. Students run, read, remember and return to write it.

Repeat for each text.

Students check and improve their writing.

Use for vocabulary, topic texts or exam practice.

HOW TO USE IT

1



LISTEN

Read the text aloud.

Read it clearly and at a steady pace.

Students listen carefully.

Example: The Arctic is getting warmer because of climate change.

2



RUN

Students run to read.

Students run to the text.

They read it silently.

They memorise it.

*Read it once or twice.
Don't try to write it yet!*

3



WRITE

Students return and write.

Students run back to their desk.

They write down as much as they can remember.

Encourage full sentences and correct spelling.

*Use your best spelling.
Write full sentences.*

4



CHECK

Check and improve.

Students compare with the original text.

They correct spelling and punctuation.

Discuss key words and meanings.

*What did you remember?
What words were tricky?*



WHY IT WORKS

It combines movement, listening and memory.

It improves focus, vocabulary and sentence accuracy.

It is active, engaging and suitable for all levels.



EAL UPGRADE

Pre-teach key vocabulary and check understanding.
Use shorter, simpler texts or remove difficult words.
Provide a word bank or sentence starter if needed.



TRY IT TOMORROW

Prepare 4 short texts (sentences or short paragraphs).
Display them around the room.
Try a full running dictation with your class.
Review and celebrate effort and improvement.



TEACHER LANGUAGE

"Listen carefully."
"Read it. Remember it."
"Run back and write."
"Check your answers."
"Great effort!"

**DUNCAN
ROSE**

EAL • LANGUAGE • LEARNING