UNDERSTANDING SPIRAL CURRICULUM
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Visualize the spiral shape. It is like winding in a continuous and gradually widening (or tightening) curve, either around a central point on a flat plane or about an axis so as to form a cone.¹ Imagine forming circles from your hair strands using your forefinger or opening a bottle of wine using a cork screw.

The term curriculum refers to the lessons and academic content taught in a school or in a specific course or program.²

In the Philippines, the Department of Education follows the concept of spiral curriculum in teaching the K-12 program. Spiral Curriculum is an approach to education that introduces key concepts to students at a young age and covers these concepts repeatedly, with increasing degrees of complexity. This approach is also known as a "spaced" or "distributed" approach.³

In Spiral Curriculum, topics or lessons are first given in simple form and as the students increase their grade level the lessons or topics are becoming more difficult and more complex and the coverage becomes broader. As the students step to one level higher, they retain the knowledge they acquired from their lower level because such concept will also be discussed in their higher level. Moreover, the students shall not forget what they have learned from the most basic lessons in their lower level because the lessons or topics from each level are interconnected with each other. Students may find the approach of the spiral curriculum boring because for them revisiting past lessons or topics is just a waste of time. However, what the students didn’t know is that through this kind of curriculum, they can master the subject matter and it won’t be difficult for them to understand the newly introduced lesson or topic.

The spiral curriculum will not only benefit the students but also the teachers. The approach will help the teachers not waste their time introducing or revisiting the basic concepts of their

¹ https://en.oxforddictionaries.com/definition/spiral
² http://edglossary.org/curriculum/
³ https://www.reference.com/education/definition-spiral-curriculum-331ff5861fa7c9de#
topics or lessons because it is only a review of what the students had already taken in the lower level. Moreover, teachers will be able to focus and emphasize to the more complex subject matter or new lesson because students already have a prior knowledge about the topic to be discussed. The teacher would only connect the past lessons to the newly introduced one.

It may seem that the spiral curriculum approach is redundant for others but what the Department of Education aims in adopting this kind of approach is for the students to have mastery in the subject matter which can only be done if the lesson or topic is always been the subject of discussion for it is how the brain works.