

Memory and Recall Techniques

Get into groups of 3 (maximum)

On plain paper or in one of your groups' PSHCE books draw 4 boxes - 2 on the front and 2 on the back...

Let's go



....on the B of the





These 4 athletes know how to leave the starting blocks and win....but how much do you know about them?



You will see this information again and again - you have your sheet of paper on your table for notes - 1 box per athlete.

You will be tested in 3 minutes time!

On your marks,

get set,





Linford Christie

1. **Born in Jamaica April 1960**
2. **First European to break the 10 second barrier for 100m**
3. **Still holds the British record for 100m with a time of 9.87 seconds – set 15th August 1993**
4. **With 24 major championship medals including 10 gold medals, he is the most decorated British male athlete**
5. **Won Olympic Gold in Barcelona in 1992 and the World title in 1993**



Usain Bolt

1. **Born in Jamaica August 1986**
2. **Same height now as he was at age 15 – 6 ft 5 inches**
3. **Can run at a speed of 23.7 mph**
4. **Holds the world record for the 100m sprint (9.58 secs) and 200m (19.19 secs)**
5. **First won Gold at Beijing in 2008 and he is the only person to break 3 world records in a single Olympic Games**

Mo Farrah



1. **Born in Somalia March 1983.**



2. **Came to England aged 8 and was separated from his twin brother who missed the plane as he was ill.**

3. **A huge football fan, his PE teacher bribed him to do athletics by promising him a football strip.**

4. **Became first British athlete to run 5000m in under 13 minutes (12:57:94). 2012 won 2 Olympic Golds for the 10,000 and 5.000 metres.**

5. **Runs a minimum of 130 miles every week – less in the run up to a race.**

Jessica Ennis-Hill



1. **Born in Sheffield January 1986**
2. **Her son Reggie was born in July 2014**
3. **She has had the same coach; Toni Minichiello since the age of 11**
4. **Started athletics when her parents took her to Don Valley in the summer holidays to 'get her out of the house'**
5. **She is 5 ft 5 inches tall and weights 8 st 13 lb – a frame considered too petite for heptathlon – she won Olympic Gold in 2012.**

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How did you do?

The right side of the slide features a decorative graphic composed of several overlapping, semi-transparent blue triangles and polygons. The colors range from a light sky blue to a deep navy blue. The shapes are layered, creating a sense of depth and movement. A thin, light blue line also extends from the bottom right towards the center of the slide.

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Key points

- ▶ The recall process can be engaging if notes are structured correctly
- ▶ Information gained needs to be revisited more than once - initially you create a nerve pathway to remember the information but the more times you visit this pathway, the more established it becomes
- ▶ The more unusual, bizarre and weird facts can be really effective when recall is required!
- ▶ A competitive element can be very powerful

Learning Outcomes for this module

The new module is based around memory and recall. Over the next term or so, you will be learning a variety of techniques to help you prepare for your formal examinations in the summer term. These sessions will help you:

- ▶ To understand how powerful the memory is
- ▶ To learn a variety of revision and recall techniques to allow you to maximise your chance of success in GCSE examinations

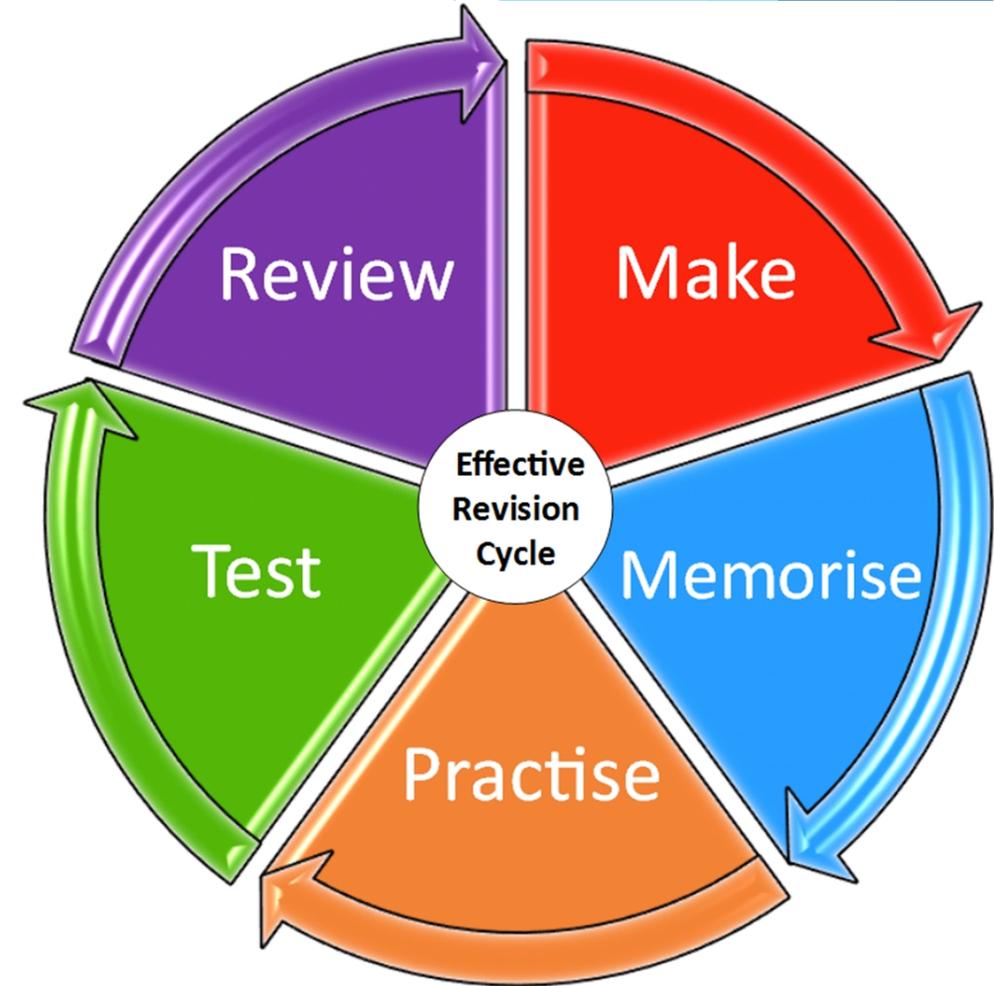
Why do this?

- ▶ As part of your GCSE studies, you will be required to store in your memory over 200 units of work from over 10 GCSE subjects
- ▶ If every unit had only 30 simple facts to recall, that is over 6000 facts to remember over 2-3 years
- ▶ In reality it is nearer 20,000!!
- ▶ During this block of PSHCE, you will be looking at a variety of different memory and factual recall techniques
- ▶ Even if you only find one technique useful and effective, then it will be a success as you will be

The Effective Revision Cycle

The effective revision cycle incorporates 5 key elements required to help your memory and recall skills:

1. Make - make resources to help remember key words, phrases, events
2. Memorise - develop techniques to remember the information
3. Practise - repeat the memorising



Summarising

- ▶ Learning to summarise notes is one of the most effective techniques for revision
- ▶ It allows you to take a large piece of text and summarise it in a few key sentences a diagram or a table
- ▶ It makes the revision process much quicker since once you have approached the initial body of text, you have a "slimmed down" version which you have to revise

Task

- ▶ You have a sheet with 2 paragraphs of information from 2 different subjects
- ▶ Your task is to summarise the information from the sheet in a n appropriate form which would help revision
- ▶ This could be 3 or 4 bullet points, a table or diagram (or combination of the 3)