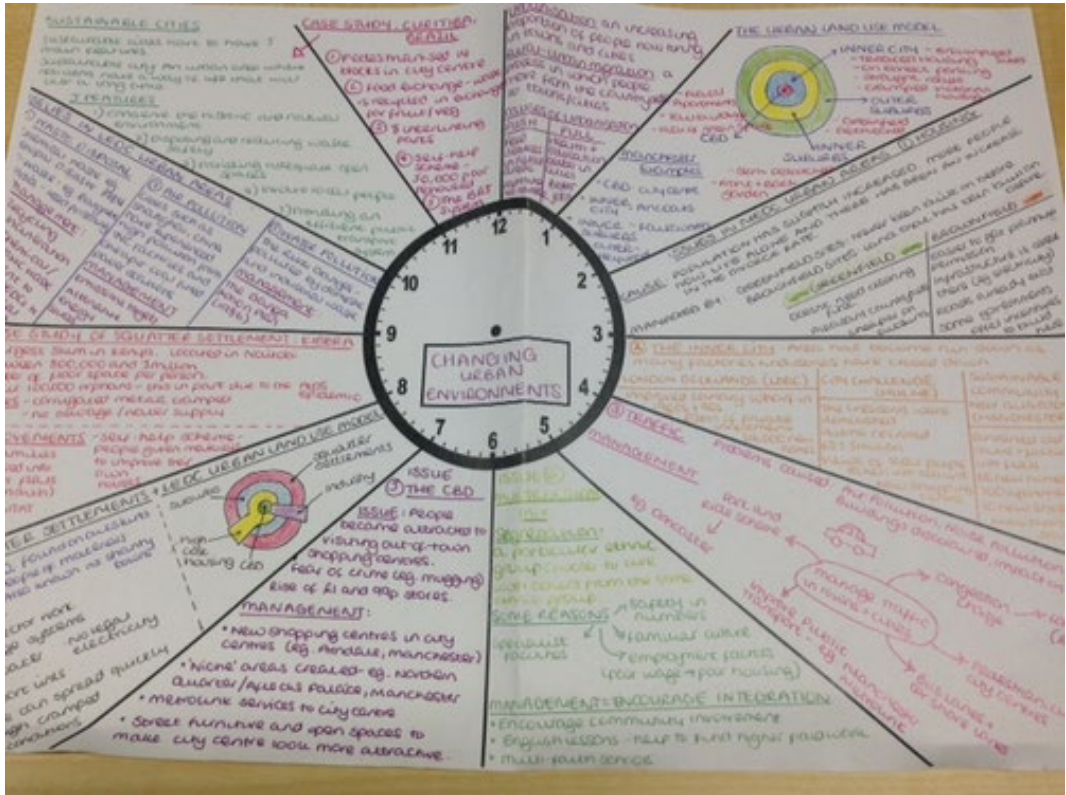
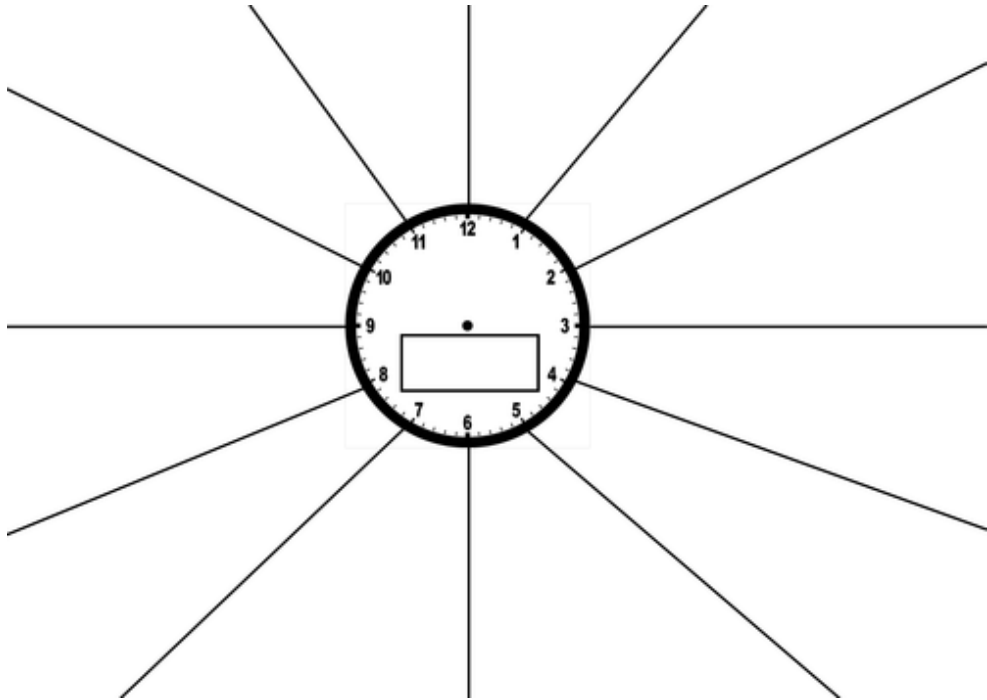


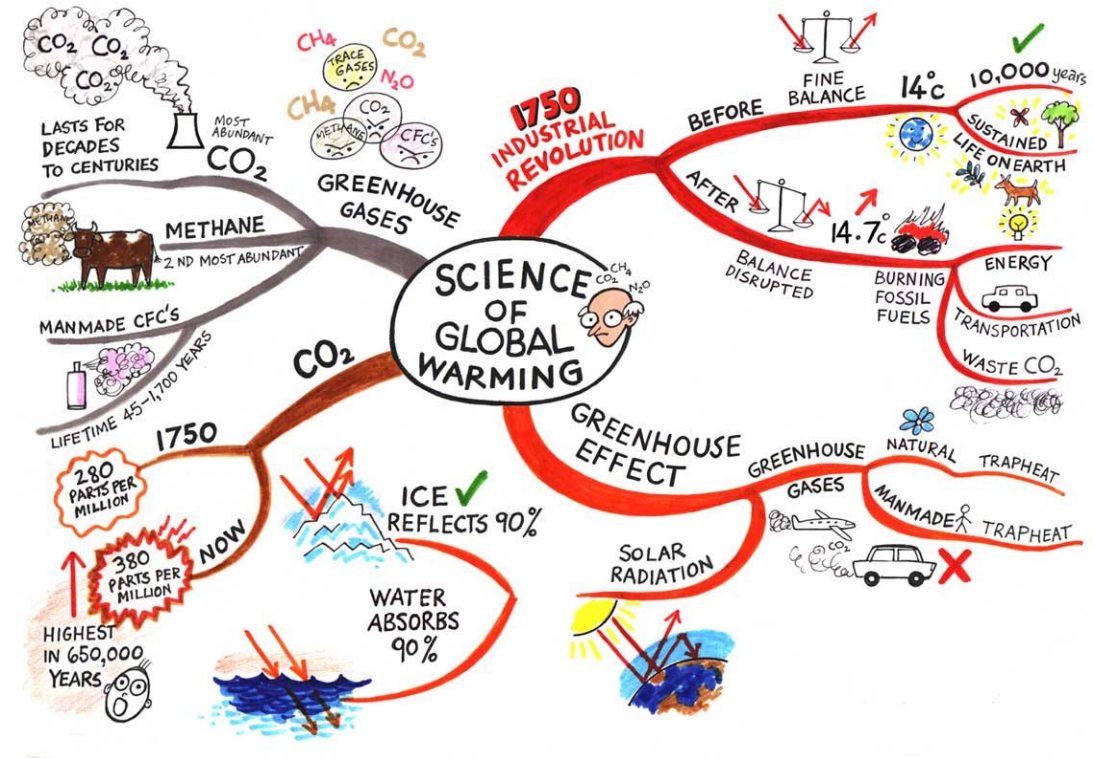
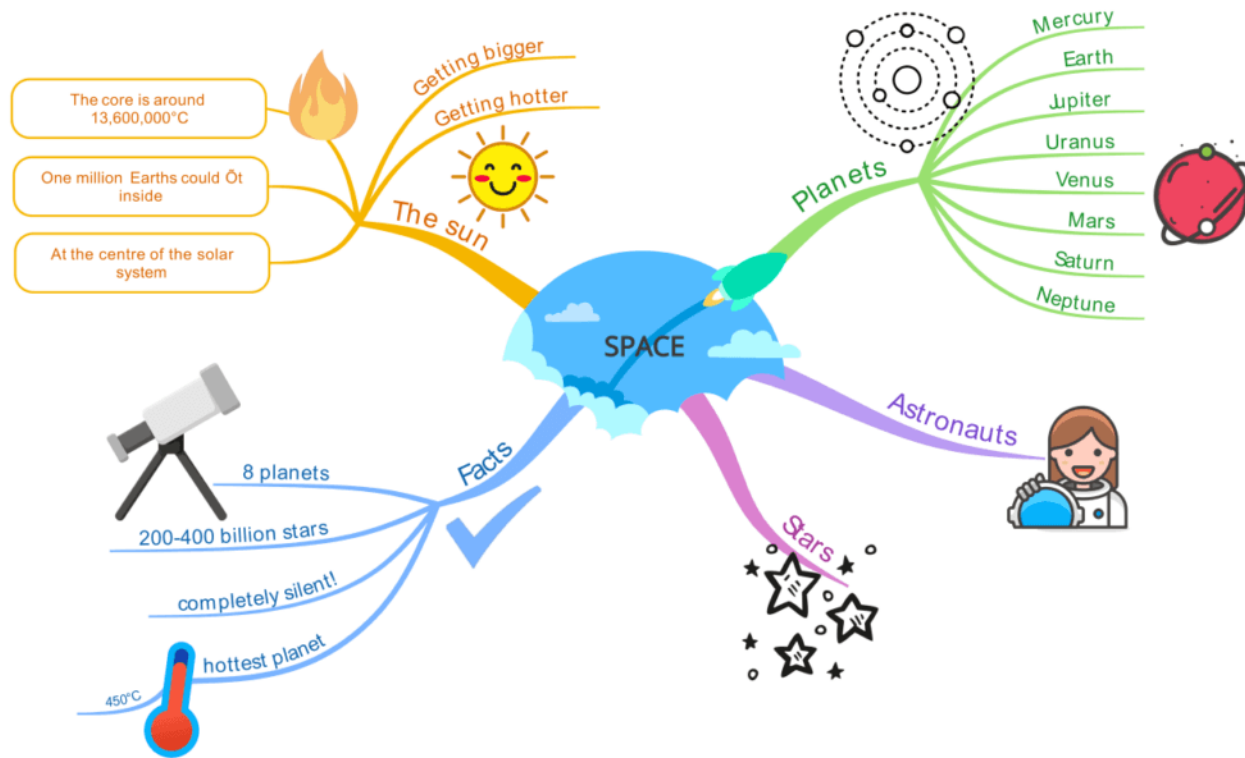
Clock revision

A way of revising which can break a topic down into 12 sub-categories.

Make notes in each chunk of the clock. Revise each slot for 5 minutes, turn the clock over and check: what can you remember from certain sections of the clock. 'e.g. what was in section 2-3'.



Mind maps – and blank mind maps. Test yourself by drawing the shape and trying to fill it in.



Self-quizzing using your knowledge organisers that you have been given or have found

- Pick a section
- Write down everything you remember from it without looking
- Look back over it on the original
- Add in anything you have forgotten in a different colour pen so you can see what you still need to re-revise
- Do the same topic a couple of hours later and see if you can remember more

History Knowledge Organiser: Britain, Health and the People

1. Britain: Health and the People Timeline:

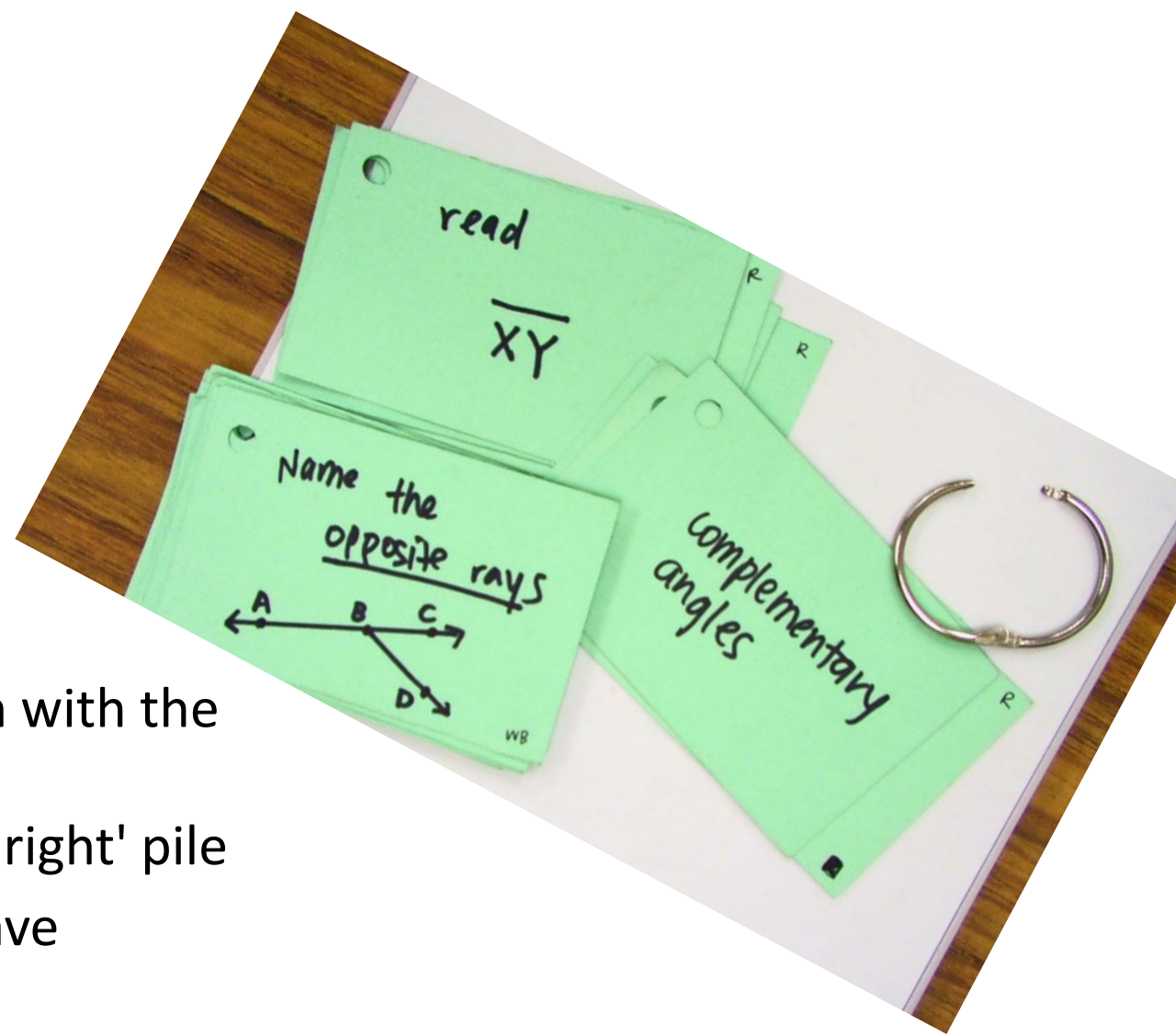
Period	Beliefs	Key developments and events		Individuals		
1. The Middle Ages 476-1445AD	A period of turmoil and recovery after the Fall of Rome. The rise of the Catholic Church.	Fall of the Roman Empire The Black Death	Islamic/Christian medicine	Bacon Rhazes Ibn-Sina	Ibn Nafis Galen (Ancient Greece)	
2. The Renaissance 1445-1750AD	An age of discovery , where people refocused on education, and beauty .	The Printing Press The Great Plague Challenging Galen	The 'New World' The Reformation Renaissance Art	Vesalius Harvey Paré	Paracelsus Gutenberg	
3. The Enlightenment/ Industrial Revolution 1750-1900AD	A period with a huge boom in population , a focus on science and eventual government help .	Dissection Cholera outbreaks Germ theory	Public Health Acts Antiseptic/aseptic surgery Anaesthetics	Jenner Hunter Pasteur	Koch Simpson Lister	Halsted Snow Chadwick
4. Modern Day 1900AD-Today	A period of governmental involvement in public health and science and technology .	Magic Bullets World War One World War Two	The welfare state The NHS Antibiotics	Ehrlich Lloyd George Beveridge	Bevan Gillies McIndoe	Fleming Florey & Chain

2. Galen and Hippocrates:

- Before the Middle Ages, two doctors had been extremely important in the empires of **Ancient Greece and Ancient Rome: Hippocrates and Galen**.
- Before Hippocrates and Galen, most people believed that diseases were **supernatural punishments from the Gods**, which could be healed through **offerings and prayer**.
- Hippocrates is known as the "father of medicine": he argued that doctors should **observe patients** to find out what was wrong with them.
- Hippocrates believed that there were **four fluids in the body**, called **humours**, which needed to be kept in balance to keep patients healthy. This could be achieved by controlling **exercise and diet**. Medicine was seen as a last resort.
- **Galen**, a Greek doctor in the Roman Empire, **built on Hippocrates' ideas** and made them **popular**.
- Both doctors wrote a huge number of **books**, many of which remained in use up to the 19th century.

Using your cue cards

- Answer your question to yourself
- Check it
- If you got it right, put it in one pile
- If you got it wrong, put it in another
- Once you have done all the cards, start again with the ones you got wrong
- If you get them right, move them to the 'got right' pile
- If you got it wrong, repeat again once you have finished going through them all.
- Come back to the same cue cards later in the day or the next day to see if you can manage them again.



Using Seneca

- Be specific about the topics
- Check the areas you know are on your topic list for revision
- Look beyond the ones your teacher may have set
- Use your Microsoft 365 login to access paid examples

The screenshot displays the Seneca AQA GCSE Geography app interface. On the left is a navigation menu with the following items: '1 The Challenge of Natural Hazards', '1.1 Natural Hazards', '1.1.1 Types of Natural Hazards' (highlighted in green), '1.1.2 Factors Affecting Hazard Risk', '1.1.3 Consequences of Natural Hazards', '1.2 Tectonic Hazards', '1.3 Weather Hazards', '1.4 Climate Change', '2 The Living World', '3 Physical Landscape...', '4 Urban Issues & Cho...', and '5'. The main content area shows a video player with a play button and a progress bar at 0:00 / 0:32. The video content includes a title 'Meteorological hazards', a definition: 'Meteorological means involving the weather or climate.', and examples: 'Heatwaves, climate change and tropical storms are all examples of meteorological hazards.' Below the video is a question: 'What are the types of natural hazard?' with two image options: 'Meteorological' (selected) and an image of a destroyed building. A text input field 'Type your answer here...' is at the bottom. The top right shows 'Typing Speed: OFF' and '0/1'.