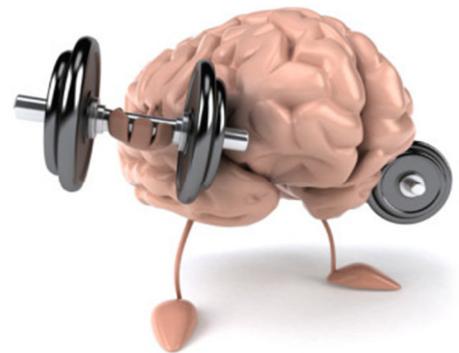


How to gain knowledge!

The HRS workout plan: Enhance your revision



Convert knowledge from your short term memory to your long term memory!

Your personal plan: What to do and what not to do...

What to do 	What not to do 
 Retrieval practice (Trying to remember what you've learned by short tests/use of cue cards rather than re-reading).	 Highlight large chunks of writing – Passively highlighting chunks of writing will achieve nothing.
 Question and elaboration (Ask difficult questions on the topic. E.g. why - what - how. 'Why does Macbeth use this imagery here?').	 Sit and read – A deep concentration will last approximately 2 minutes when trying to read to revise.
 Use concrete examples (Can you find a perfect answer / model example in class? Highlight and deconstruct different skills).	 Procrastinate – find any other job other than revision
 Spaced practice (Break revision into small and regular chunks. Little and often is the key).	 Cram late knowledge – leave it until the last minute
 Interleaving (Mix up topics and don't study the same material at once)	 Refuse to ask for help – suffer on your own and bury your head in the sand.



Your workout plan: How to train smart.

What to do	How to do it
 <p>1) Construct your revision plan</p>	<p>Remember to make this 'spaced' and 'interleave' different topics. Start as early as possible. Work out when you can and can't revise.</p>
 <p>2) Get hold of a checklist of the key topics</p>	<p>Try to split these into topics / units from your subject.</p>
 <p>3) Work out what you know and what you don't know.</p>	<p>Use colours or a key to highlight. Focus on the areas that you need to go over and not those that you know!</p>
 <p>4) Use prompt cards for: look, cover, write and check. Remember retrieval!</p>	<p>Keep doing this and don't be scared or upset about getting information wrong. Forgetting leads to better remembering</p>
 <p>5) Take your knowledge further by asking questions or elaborating</p>	<p>Use: what, why, when and how. Use a mind map / flow chart</p>
 <p>6) Find a perfect answer to deconstruct</p>	<p>Example essay, past paper, your own perfect answer or mark scheme.</p>
 <p>7) Apply your learning to exam questions</p>	<p>Use the real thing to test yourself fully. Get hold of past paper questions.</p>

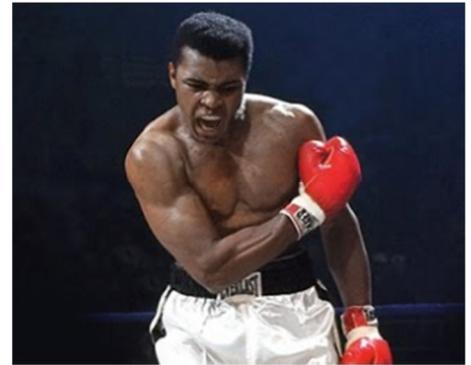
Step two: Allocate your revision – Remember; keep it spaced and interleave!

- 1) Allocate where you will not be able to revise first. E.g. Football training, birthday.
- 2) Space out your subjects and keep the times short. Be realistic.

Wee k	Mon	Tue	Wed	Thur	Fri	Sat	Sun
08/10 /18							
15/10 /18							
22/10 /18							
29/10 /18							
05/11 /18							

Revision: Muhammad Ali biography:

Muhammad Ali was born on the 17th January 1942. His birth name was Cassius Clay. Ali was born and raised in Louisville Kentucky and has one brother. Ali decided to take up boxing after his bike was stolen whilst he went to the shops. He approached a boxing coach who told him 'I won't help you find the boy that stole your bike and beat him but I'll teach you discipline through boxing'. Ali went from strength to strength when he started boxing and won a gold medal at the 1960 Olympics in Rome. At age 22 in 1964, Ali upset the World and beat the World's number one ranked boxer Sonny Liston to become the heavyweight champion.



After winning his heavyweight title, Ali became concerned with the Civil rights movement of how black men and women were treated in America. Ali converted to Islam to become a Muslim. This is when he changed his name from 'Clay' to 'Ali'. At the time, this was seen as hugely controversial and lost Ali several fans. In 1966, Ali caused further controversy by refusing to fight in the Vietnam War. This battle went to the US Supreme Court and Ali was stripped of his titles and boxing licence in the peak of his boxing career.

In 1971 Ali was allowed to return to boxing to fight Joe Frazier in the first of his 3 super fights (Ali lost one and won two of these bouts). It was noted that Ali did not have the speed of his younger years but had become a more composed boxer. Frazier was ranked the second best boxer of this era behind the formidable George Foreman. Foreman knocked the majority of his opponents out in seconds and had never fought beyond the fifth round. Ali decided to fight Foreman in Zaire. This was known as the 'rumble in the jungle'. The bout was held in Zaire as the President wanted to convince the World that his Party wasn't corrupt and he believed this fight would prove the Country was a good and safe place. Ali shocked the World again by using 'rope a dope' tactics. He rested on the ropes whilst Foreman punched Ali over and over again. Foreman became so tired in round six that Ali sprang a counter attack and knocked Foreman out to shock the World for a second time and become the Heavyweight champion again.

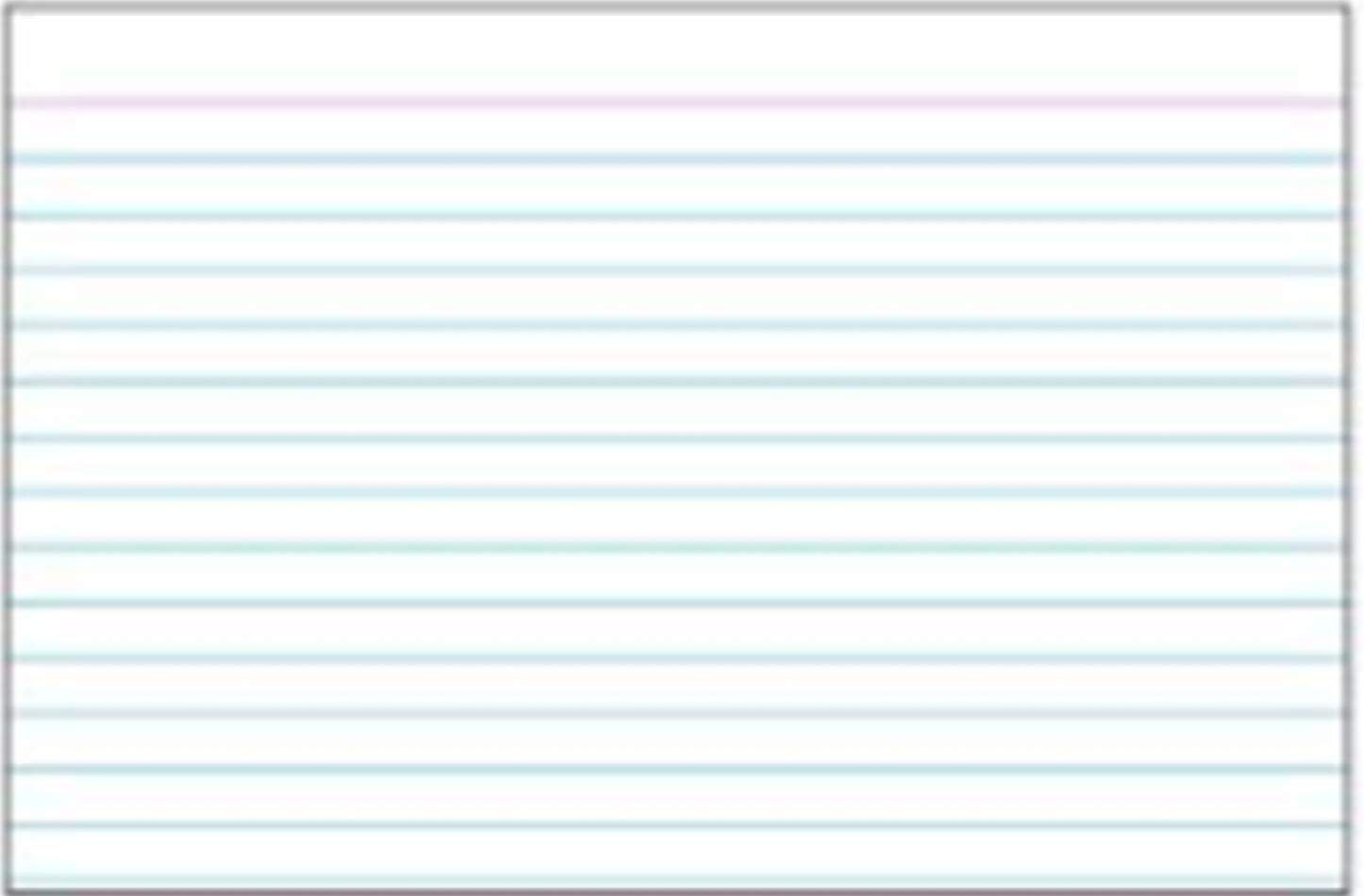
Ali has been married 4 times and has seven daughters and two sons. After retiring, Ali developed Parkinson's disease. Many believed this was because of the volume of punches that Ali had taken in his career. Ali went on to live a happy peaceful life on a ranch whilst devoting himself to being a Muslim. Ali was renowned as an athlete that inspired millions and stood up for what he believed in, no matter the consequences. Ali sadly passed away on June 3rd 2016 aged 74. Millions lined the streets for his funeral.

Section three: An example checklist

Early life	
Knowledge	Ranking
Born Jan 17 th 1942	
Was called Cassius Clay initially	
Had one brother	
Took up boxing as bike was stolen	
Won gold medal in 1960 aged 18	
Was Heavyweight champion aged 22 against Sonny Liston	
Controversy	
Became concerned with the Civil rights movement	
Converted to become a Muslim and lost several fans	
Refused to fight in the Vietnam War as he believed it was wrong.	
Was taken to the US Supreme court	
Lost his boxing licence in the peak of his career.	
Return to boxing	
Ali returned to boxing in 1971	
This was the first of three fights against Joe Frazier	
Ali lost this first Fight to Frazier but won the next two	
Ali did not have the speed of a few years previously but was a smarter boxer.	
George Foreman was the number one ranked boxer.	
Ali fought Foreman in Zaire as the corrupt President wanted to show the Country in a good light.	
This was called the 'Rumble in the Jungle'.	
Ali used Rope a dope tactics to win the bough and become the Heavyweight champion again.	
Family and personal life	
Ali was married four times	
He has 7 daughters and two sons	
Ali developed Parkinson's disease when he retired.	
Ali passed away June 3 rd 2016 aged 74	

Section Four: A Cue card: Write, cover and constantly test.

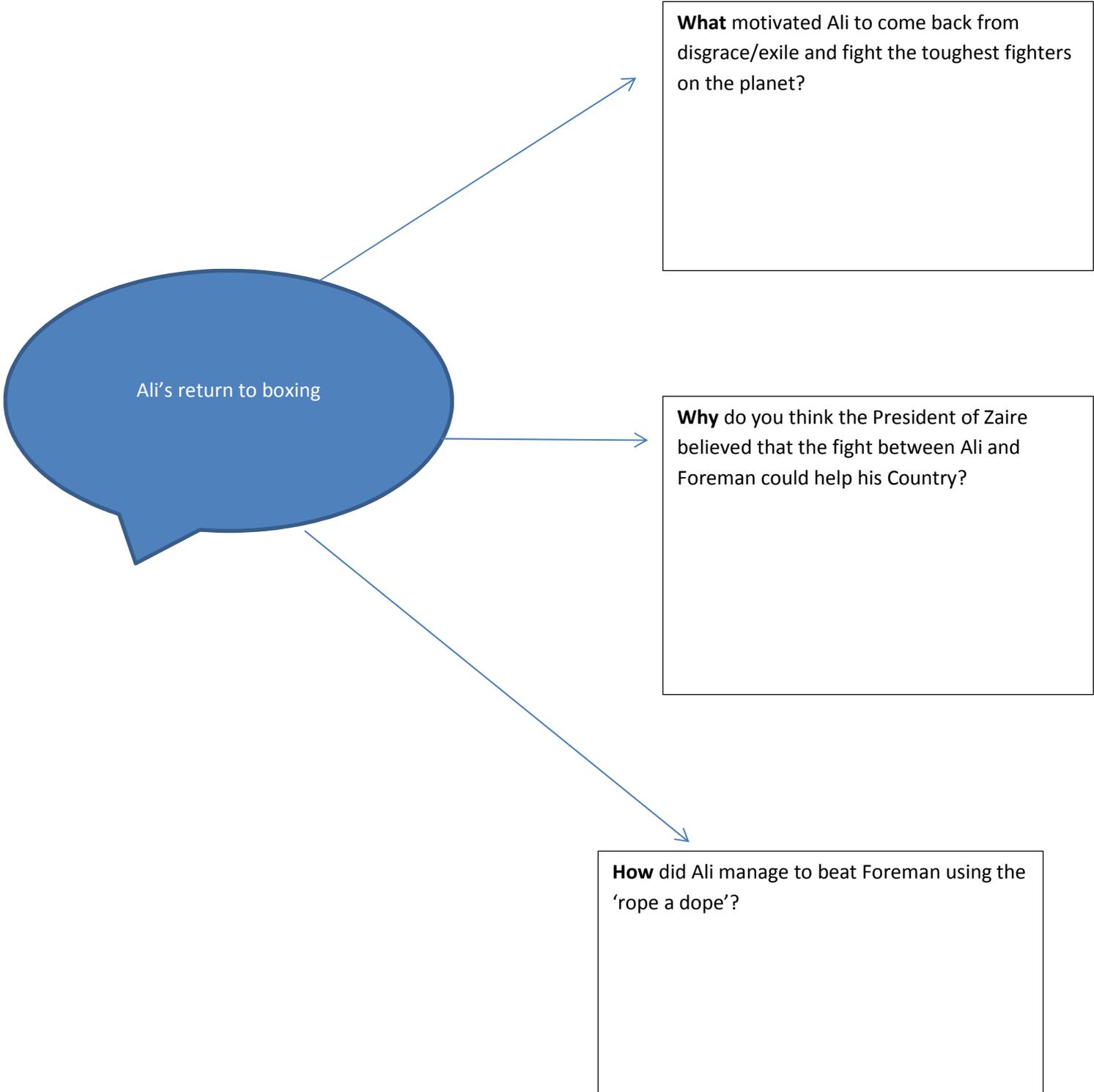
Return to Boxing



A large rectangular box with a black border, containing 15 horizontal lines for writing. The lines are colored in a repeating pattern: purple, blue, cyan, and green.

Section Five: Elaboration techniques (From memory)

Return to boxing



Ali's return to boxing

What motivated Ali to come back from disgrace/exile and fight the toughest fighters on the planet?

Why do you think the President of Zaire believed that the fight between Ali and Foreman could help his Country?

How did Ali manage to beat Foreman using the 'rope a dope'?

Section Six: Deconstructing and answer.

Explain why Ali decided to fight Frazier three times (4 marks)

Mark scheme

1 mark = Basic awareness of the fights between Ali and Frazier

2/3 marks = Basic to good explanation of the reason Ali had the motivation to fight three times.

4 marks = full and in depth response with clear explanation.

Ali fought Frazier the first time because he wanted to show the World he could fight and beat the best fighter on the planet after he was exiled from boxing. Ali lost this fight so he wasn't able to prove this. Ali then went on to beat the number one ranked boxer called Foreman. Many thought he got lucky against Foreman and couldn't beat Frazier. Ali didn't like this criticism so decided to fight Frazier to prove once and for all that he was the best. This time he won and proved he was number one. Ali then went on to have some easier fights. The reason the third fight occurred was largely due to the press hyping it up. The press marketed the score as 1-1 and managed to manipulate the fighters into a decided which Ali won again.

- Highlight what you like about this answer.
- Do you think it's missing anything?
- What could you add?
- Does it meet the criteria of the mark scheme?

Section Seven: Your exam!

You would not have been able to answer these at the start or without revision. These are related to Ali's return to boxing.

What year did Ali return to Boxing after his exile? (1 mark)	
Explain how Ali was a different boxer when he made his return to the ring than when he was young (2 marks)	
Explain one way in which 'Rope a dope' helped Ali to win the boxing match against George Foreman (2 marks)	
Explain why the President of Zaire wanted this fight in his Country and paid millions to stage it in Zaire (4 marks)	