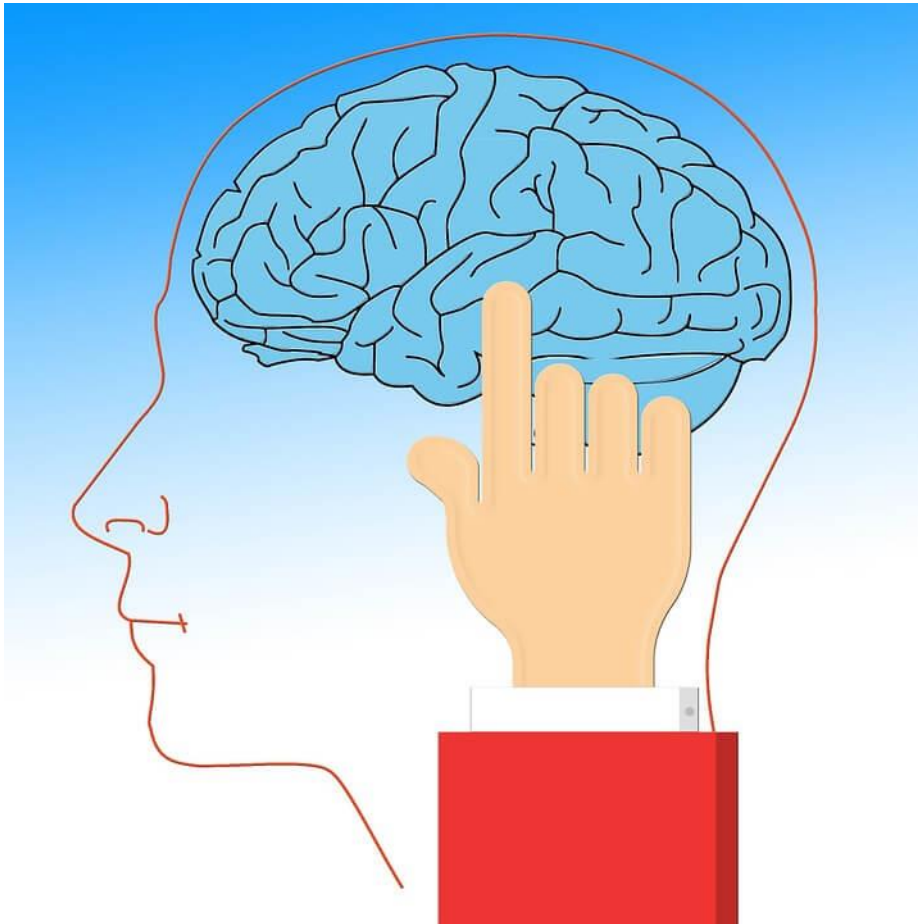


# Chunking as a memorisation technique for GCSE subjects!





# What is 'chunking' information?

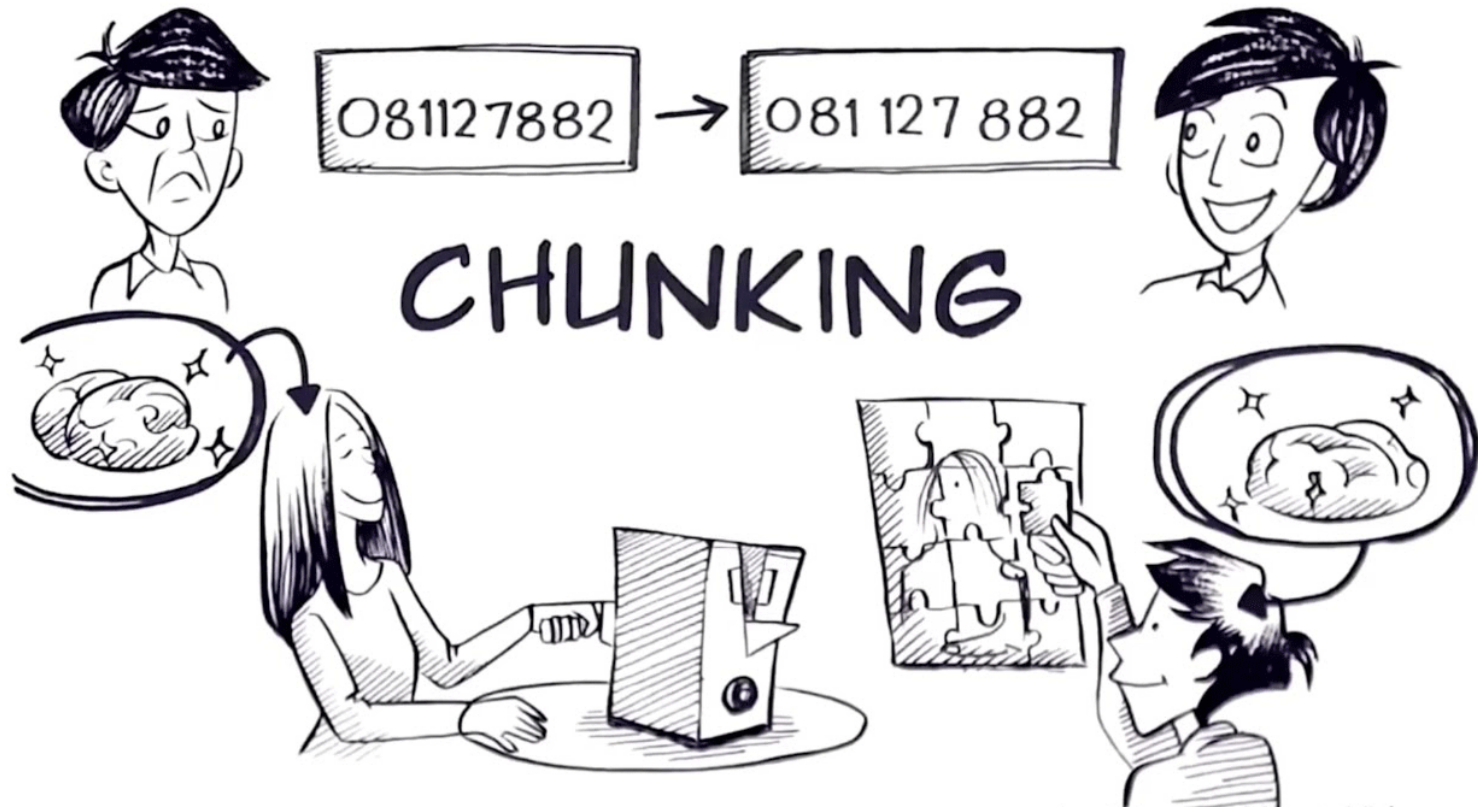


**Chunking** is a process by which individual pieces of an information set are broken down and then grouped together.

A chunk is a collection of basic familiar units that have been grouped together and stored in a person's memory.

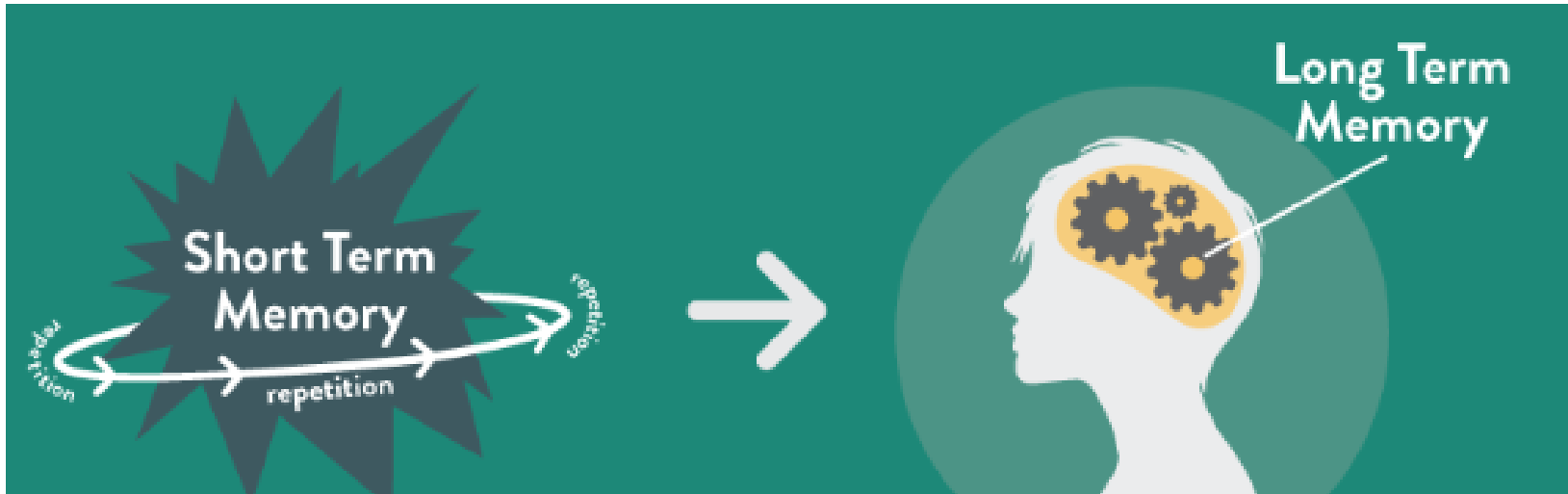
These chunks are able to be retrieved more easily due to their coherent familiarity.

# An every day example...



How do you tell people your phone number?

# Why do we need to 'chunk' information?



**Short-term memory** has a fairly limited capacity; it can hold about seven items for no more than 20 or 30 seconds at a time. Unlike sensory and **short-term memory**, which are limited and decay rapidly, **long-term memory** can store unlimited amounts of information indefinitely.

Lets test this theory out...



Write down what you saw...





Write down what you saw...

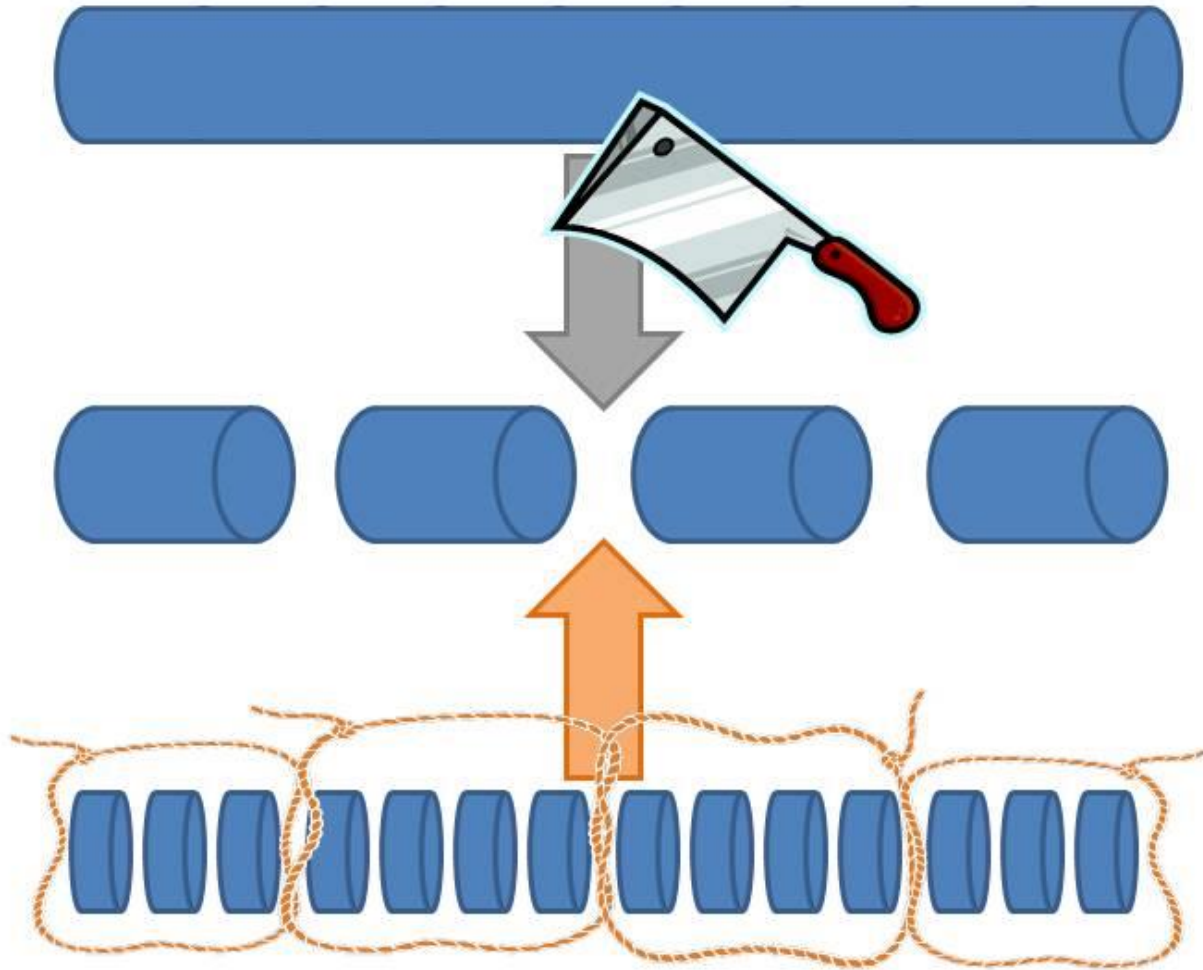


Write down what you saw...



Write down what you saw...

# 2 Views of Chunking



# Transport



# Sports Equipment



# Appliances



# Animals



Write down the transport parts...



# So much to remember in PE!

## Content of paper 1:

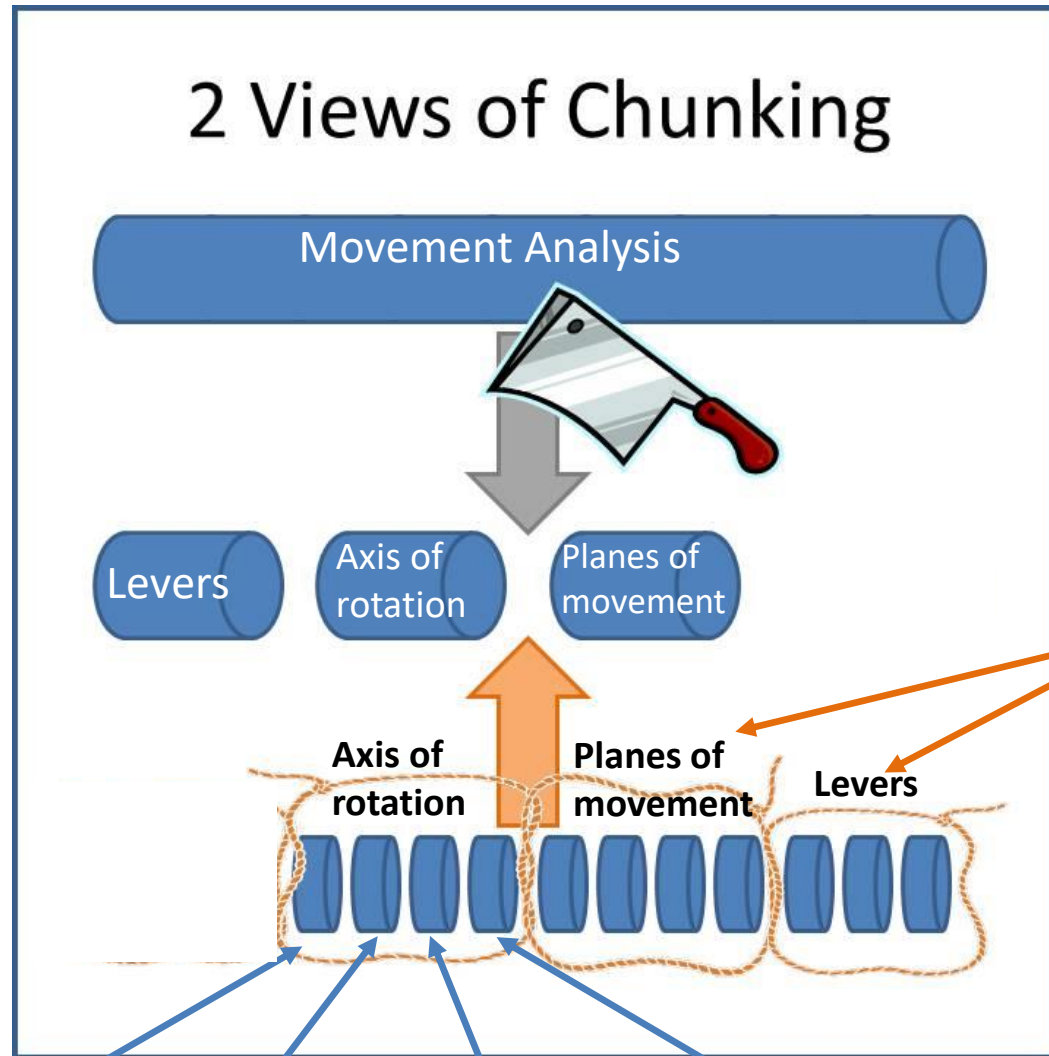
- Major bones and muscles
- Functions of skeletal system
- Types of synovial joints
- Movement types at joints
- Components of joints
- Roles of muscles/antagonistic pairs
- Levers
- Planes of movement
- Axis of rotation
- Cardiovascular system
- Respiratory system
- Aerobic and anaerobic exercise
- Short term effects of exercise
- Long term effects of exercise
- Components of fitness
- Principles of training
- Training types
- Prevention of injury

## Content of paper 2:

- Trends in participation
- Factors affecting participation
- Strategies used to increase participation
- Commercialisation of sport
- Ethics in sport
- Drugs in sport
- Violence in sport
- Skilful movement
- Classification of skills
- Goal setting (SMART)
- Mental preparation
- Types of guidance
- Types of feedback
- Health, fitness and well-being
- Diet and nutrition

All of these mini topics need to be 'chunked' and gradually memorised...

# Example of chunking a topic



**Repeat process for these!**

**Names of axis    Link to diagram    Definitions for each    Sporting actions for each**

# Using Flash Cards to Chunk Information...

**Front**

**Name the  
three axis of  
rotation.**

**Back**

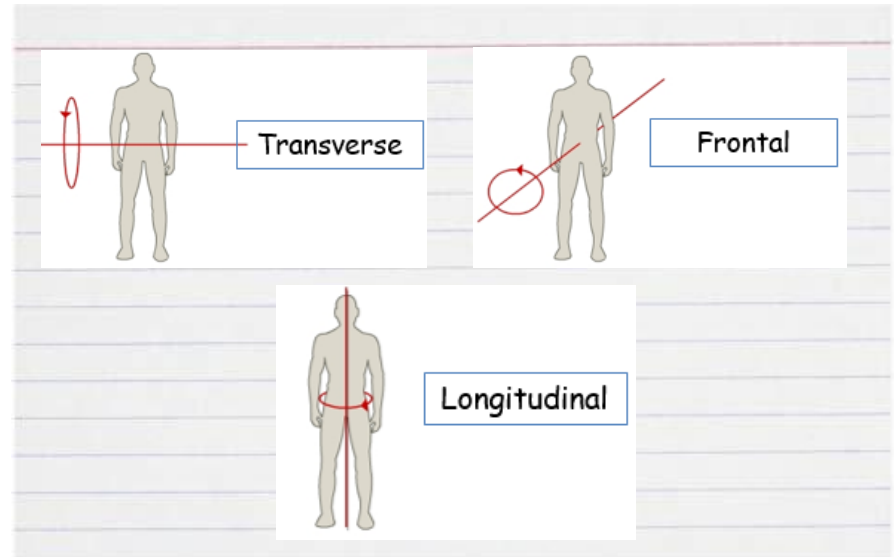
**Transverse  
Frontal  
Longitudinal**

# Using Flash Cards to Chunk Information...

**Front**

Sketch the  
three axis of  
rotation and  
name them.

**Back**



# Using Flash Cards to Chunk Information...

## Front

What are the definitions of the three axes of rotation?

## Back

**Transverse** - Horizontal axis which runs from side to side

**Frontal** - Horizontal axis which runs from the front to the back of the body

**Longitudinal** - Vertical axis which runs from the top to the bottom of the body

# Using Flash Cards to Chunk Information...

## Front

**Give a sporting example of each axis of rotation.**

## Back

**Transverse** - Front flip in diving

**Frontal** - Cartwheel in gymnastics

**Longitudinal** - Flat spin in ice skating

# Which subjects is this process useful for?

**Every subject!!!! For example:**

**History** – Grouping dates or linking events (e.g. causes and consequences)

**Science** – Cells, different kinds of cells, components of cells, roles of components

**Geography** – Tectonics, different plate boundaries, types of plate, location of plates, movement of plates

**Technology** – Manufacturing processes

**English** – Grouping key quotations from Romeo and Juliet into their scenes

# What are your barriers to doing this (if you don't do GCSE PE?)

1. **Time** – to make the flash cards
2. **Effort** – to repeatedly try and get the information into your long term memory

## Your next steps...

1. Figure out the topics that can be grouped together (your teacher should be able to guide you on this).
2. Start creating these cards little and often (4 or 5 per night).
3. Spend short amounts of time repeatedly memorising each chunk of information until you can recite it.





# 2 Views of Chunking

