

How to revise effectively in History

GCSE History



Exam Board: OCR B

GCSE (9–1) History B (Schools History Project)

J411/12 The People's Health, c.1250 to present
with The Elizabethans, 1580–1603

Modules:

- People's Health c.1250 – present day
- The Elizabethans, 1580 – 1603

Exam: 1 hr 45 minutes

Resources:

- Past papers/Mark Scheme: <https://www.ocr.org.uk/qualifications/gcse/history-b-schools-history-project-j411-from-2016/assessment/>
- Example Answers: <https://www.ocr.org.uk/Images/369873-the-elizabethans-1580-1603-candidate-style-answers.pdf> + <https://www.ocr.org.uk/Images/369878-the-people-s-health-candidate-style-answers.pdf>

1. Knowledge Organisers

- Paper copies given to students
- Use these in conjunction with the revision booklets to complete retrieval activities

EE UNIT 1 **ELIZABETH AND HER COURT**
THE POWER OF THE QUEEN

Elizabethan Court

- Not a place but a group of people. It was mobile and was wherever the queen was.
- Around 500 courtiers lived with Elizabeth and worked for her.
- Her close personal advisors, government officials, ladies-in-waiting and servants lived with Elizabeth at Whitehall Palace London.
- The Queen was the most important member of the Court. Daily life revolved around her.
- Banquets and dances were all turned into glamorous ceremonies designed to impress the Queen and anyone who saw them.
- The court travelled with the Queen when she staged at her other palaces and was rather like a large family.
- Some people went to Court to meet the Queen's ministers and get appointed to important jobs or positions in government and to meet the Queen. This was called patronage.

Privy Council

- Group of key ministers selected by Elizabeth to help

Privy Chamber

- Courtiers did not have constant access to the queen.
- She had her own private space, the Privy Chamber, with her own servants and ladies-in-waiting. This private household was at the heart of Court.
- Only her most trusted courtiers were ever invited into the Privy Chamber.

Elizabeth's secretaries of state

William Cecil

- Main minister for 40 years – heavily relied on
- Correspondence passed through him
- Moderate Protestant but more willing to suppress Catholics than the queen
- Avoided foreign religious disputes which could lead to costly wars
- Loyal but knew how to manage the queen

Sir Francis Walsingham

- Responsible for foreign affairs
- Strong Puritan. Believed Catholics were a threat and should be repressed
- "Spy master" – ran a network of informers uncovering plots against Elizabeth
- Hardworking, well educated

Living conditions – Medieval England (1250-1500)

HOUSING

Countryside

- Lord of the manor would live in large manor house
- Peasants' houses – small huts made of woven sticks covered in mud, animals brought into houses at night, open fires burned in houses creating smoke, wooden shutters not glass windows

Towns

- Houses built close together and only wealthy had gardens
- Overhanging roofs 'jetties' → stagnant puddles
- People were meant to clean the drains and street near their house but not everyone did

WATER

Countryside

- Fresh water from springs or wells
- Streams often shared with animals so water may not be clean

Towns

- Conduits – lead pipes which brought spring water to some towns
- Water sellers sold water from leather sacks

WASTE

Countryside

- Midden (waste heap) in the garden
- Some cesspits near houses in villages
- Waste used for fertiliser

Towns

- Public latrines (toilets) in market squares
- Rakers removed waste from towns
- Cesspits were used and cleared by gongfarmers who took it outside towns to be used on fields.

FOOD AND DIET

- Diet – linked to wealth
- Bread – key part of diet for most people and bad harvests could cause starvation, poorer people ate rye bread which could contain a fungus causing disease (ergotism/St Anthony's Fire)
- Meat and fish – not everyone could afford to eat meat regularly, Church banned people from eating meat on Friday so people ate fish instead, wealthy ate cheese, eggs, nuts and fruit, honey
- Pottage – thick vegetable soup eaten by peasants
- Ale and cider – drinks were healthier than water in towns. Small beer (weak) – main source hydration

Living conditions – Early Modern England (1500-1750)

HOUSING

- 16th century most people who lived in towns continued to live in medieval wooden houses
- By the 17th century houses were being increasingly built from stone or brick
- Houses in towns often just one room wide and three storeys tall
- Houses were overcrowded, sharing beds common, poorer families might be squashed into a cellar
- Houses were still draughty and damp causing respiratory diseases
- Respiratory diseases also caused by burning wood and coal in open fires → smoke in towns
- Streets were often unpaved and became muddy when it rained, animal waste would mix with the mud + rainwater

WATER

Rich

- In some towns companies piped water into houses e.g. Hugh Middleton New River 1609
- Water could still be bought from a water seller and servants would wash your clothes
- Bathubs were used using water heated by a fire and soap was made from olive oil – time + \$\$\$

Poor

- Collected water from conduits (free) or bought from water seller if they could afford it
- Bathed in a river or used brushes on their skin

WASTE

- Growth in towns caused problems with waste disposal
- Scavengers or rakers collected ash, food waste and sold it to market gardeners
- Flushing toilet was first invented in 1596 but very expensive and only for the very rich
- Privies (toilets in sheds) some emptied into rivers e.g. Fleet Ditch, London
- Most privies emptied into a cesspit (well overflowed) Piles of excrement could build up in gardens, yards and alleyways causing disease
- Animals roamed streets in towns leaving excrement and spreading bacteria

FOOD AND DIET

- Rich ate large quantities of meat and fish, white bread, small amount of fruit + vegetables, drank wine/ale more than water
- Diet – 80% protein led to digestive problems and caused gout (severe joint pain)
- Poor ate bread, vegetables, sometimes eggs, cheese, fish and meat, pottage (vegetable soup)
- Healthier diet than the rich in many ways but lacked vitamin C and iron
- Also poorest in society often faced periods of hunger and starvation
- Meat sold from market stalls would rot quickly

2. Retrieval Work Booklets

- Physical booklet (given to students)
- For them to complete retrieval practice activities e.g. PAST QUESTIONS, look/cover/write/check, timelines
- Bank of past questions sent to students
- Video of how to answer past questions on YouTube

History Work Booklet
2024-25



Retrieval Practice

Name _____

Form _____

Teacher _____

3. Seneca

- Quiz is set as weekly homework
- They must achieve 80% to consider it completed (can redo as many times as they like)
- Students can access using school email and password so can revise without assignments being set



 Continue with Google

 Continue with Microsoft

OR

Continue with email

New to Seneca?
[Sign up](#)

4. Holiday Revision

- One booklet, two topics
 - People's Health c.1250 – present day
 - The Elizabethans 1580 – 1603
- Use knowledge organisers and the work they have done in class to complete the activities
- Particular focus on past questions. Completing these is the best practice.

The People's Health 1250-Present Revision Book

