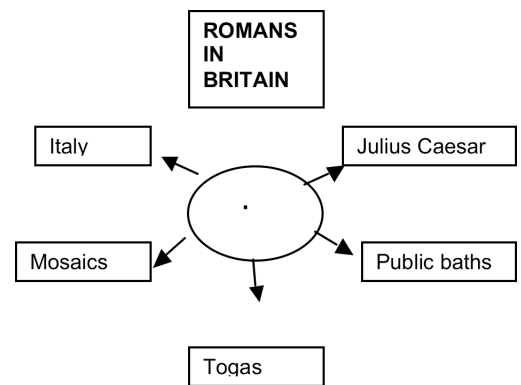


HISTORY LESSON – DYSLEXIC/ADHD YEAR 6 Resources: mind map of Romans, A3 info sheets on Romans in Britain, Roman music (beat drum)

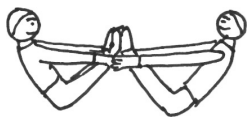
○ **Living Together: Romans in Britain–what we know**

- Look at couple of images
- What do you know
- In circle looking at spider diagram
- Italy – where they started
- Julius Caesar – a powerful ruler
- Public baths – rich Romans leisure time
- Togas – clothing for important people
- Mosaics – pictures made from small Coloured glass/pottery

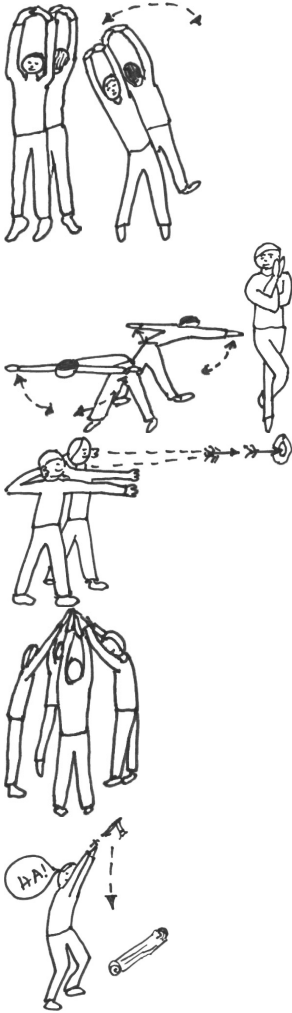


○ **Living Together**

- In pairs from A3 sheets find 1 fact each to share with group
- **Spring Clean/Walk Tall – story of Romans journey to Britain**



- The Romans are on a big boat sailing to Britain – they are tired and there are many soldiers on the boat, so they are sleeping back to back rocking forward and backward with the motion of the sea
- Soon they will be there so they begin to get ready, they need to stretch to prepare their bodies for the heavy armour they will wear – **sitting back to back elbow bends/shoulder rotations**
- They look around the big boat – **back to back – link arms twist side to side**
- This boat is very big and carrying many soldiers – turn to face partner – **boat pose – hold hands bend knees with partner, place one foot together and lift, then the other and maybe both**
- A drum begins to beat and they know they have to row – **boat rowing – holding hands forwards backwards – can sing row, row the boat.**
- After all the rowing the soldiers are very hungry, so they make a warm broth/soup to eat – **in pairs still holding hands go round in circle. Chakki chalanasana**
- The boat has landed, all the soldiers prepare to get off the boat – **come to stand with arms linked – squat to stand**
- They are ready for action – warrior – **turn back to back to do warrior**
- The soldiers march off the boat – **in pairs march around the room come back to place**



- They march towards the trees to make their camp – **Tree pose back to back with partner** the wind begins to blow making the trees sway – **tiryaka tad back to back**
- A bird flies out of the trees flapping it's wings – **version of trikonasana, Garudasana**
- The soldiers get their bow and arrows ready and fire into the forest to frighten away danger – **archer – side by side**
- **Group to build tents for camp**
 - They need to set up a camp and they have brought with them canvas and poles – **in 2 groups make a tent shape with your bodies**
- **Breathe Easy – continue story**
 - They chop down some wood to make a fire. It's getting dark – **woodchopper**
 - The fire needs air to make it grow – **blow the wood to make the flames grow**

- **Just Relax**

- Imagine how the soldiers would have felt after the long journey across the ocean to this new land.
- Feel the tired body on the floor, imagine the ground is a bit hard and you can feel the legs, back, arms and back of the head against the floor. The weight of the clothes on the body. The smell of the fire
- Review journey – talk through from beginning to end
- **Zoom In – Have pens and paper ready**
 - Sitting up in front of mind map on key words
 - Just for a few moments looking at the dot in the middle
 - Practice palming
 - After, do colourful mind map of story and ask partner if get stuck
 - Central aspect = child/teenager, as a Roman Soldier