

Dig-ital Resource pack

The Romans of Stoke Mandeville (KS1 - KS2 / Primary) (History)

LESSON INFO :

A Key Stage 1 & 2 historical inquiry into life in Roman Britain. Addressing the change to the land and lives of people following the Roman conquest of Britain after AD 43. It is designed to be supplementary to the curriculum in history.

The lesson is focused upon the remains of Roman settlement found during archaeological investigation, undertaken as part of the HS2 project, near to the village of Stoke Mandeville in Buckinghamshire. The lesson encourages thinking about changes made over time to the land and lives of people who lived here.

Objectives -

- To address who the Romans in Britain were
- To answer questions about how life in Britain changed in the Roman period
- To evaluate the lasting impact of the Roman Empire on modern Britain

Teacher objectives:

To encourage discussion about the changes brought about by the Romans to Britain. Enable understanding about the concepts of change, continuity and contrast in historical discussions.

Students will:

Consider the legacy of the Romans in their everyday lives and gain a better understanding of the historic changes made to their local area.

Provided resources:

Coin designing print-out worksheet
Roman or not print-out cards

You will need :

Printer
Scissors
Pencils

Estimated time : 40 min

Introduction

Archaeologists are currently working on behalf of HS2 to excavate the ruins of St Mary's Church in Stoke Mandeville. They are uncovering a wealth of archaeology that will tell us more about the history and past communities of Stoke Mandeville. The church and churchyard of St. Mary's is one of the most important historical sites being investigated along the route, and we hope that the archaeological work will answer many questions about the building and its surrounding landscape.

The church of St Mary the Virgin was built in the late 11th century, shortly after the Norman Conquest in 1066. Unlike the modern church, also called St Mary's, the old church was not located in the centre of the village. Instead it stood in the middle of an agricultural landscape, on land owned by the bishop of Lincoln. Near to the church there were a number of other buildings, like barns and a mill. The mill is mentioned in the Domesday Book, which lists information about who owned land in England after the Norman Conquest.

The church was built in the bottom of a shallow valley, which was naturally very wet. People working the land in the medieval period took advantage of this, creating a number of artificial streams and ponds. These provided water to the nearby mill and were later used for growing watercress.

When the new church in the centre of Stoke Mandeville was opened in the late 1800s, St. Mary's fell into disrepair, although the churchyard continued to be used for burials until 1908. The ruins became dangerous and unstable, and the church was eventually demolished in 1966. In total the church and churchyard were used for over 800 years. The landscape around the church has evidence for even longer habitation. Excavations have also been taking place at the site of a Roman settlement to the east of the church, where buildings were arranged on either side of a central trackway. This settlement appears to have earlier Iron Age origins. High status Roman finds, such as a coin and decorated pottery, suggest that a Roman villa may have stood nearby.

As well as these packs for schools, we have a Field Museum on site, over a number of weekends over the summer. Inside the museum is a viewing platform giving a view of the ongoing excavations, as well as displays, films and interactives enabling you to explore the history of St. Mary's church and find out about archaeological discoveries in the area. Come and see the excavations, meet the archaeologists and find out more!

Learning Content : Who were the Romans in Britain?

(Teacher notes; this content is to establish the understanding that not all in Roman Britain were from Rome and the background of the invasion in 43 AD and the assimilation and change to the of culture Britain in a process known as 'Romanisation')

Ask the class - '*Who were the Romans?*' write on the board the class's ideas.

Before the Romans arrived in Britain, the island was inhabited by Iron Age people. These people lived in small tribes and built wooden round houses to live in. They were mostly farmers and had little contact with people outside of Britain. The Romans were known to some of the southern Iron Age Britons who traded with them from mainland Europe but in 43 AD the Romans invaded making the south of Britain a province / a part of the Roman Empire.

A lot of things changed in Britain after the Roman invasion. The way people farmed, built houses, dressed, spoke and even moved across the land changed as the Romans introduced their way of life. We will be investigating some of the ways life changed in this class! This process is known to historians and archaeologists as the 'Romanisation' of Britain. It meant that many of the 'Romans' in Britain were once 'Iron Age Britons' or the ancestors of them, who adopted the Roman way of life. A Lot of wealthy Iron age families sought to become Roman citizens and continued to be important people after the Roman invasion by adopting roman traditions and customs and encouraged others to do the same. Soon most people living in Britain were following a Roman way of life.

Conquering a land believed to be 'wild' and 'uncivilised', as Iron Age Britain was thought to have been, made the Roman Emperor Claudius look very powerful. By taking over different lands, Romans could also make money by charging the local people taxes and could use the land to grow food and take useful natural minerals such as lead and silver. The Romans could also take and sell captives as slaves. There were large parts of the Roman Army that came across to Britain during the invasion and to protect the lands they had conquered. Many of the Romans in Britain that did come from Rome and were born as Roman citizens would have been part of the Roman Army.

One of the key ways in which Britain was 'Romanised' was through the change in the coins used as currency (money). The Romans introduced their own coins and made it easier for goods such as wool and leather made in Britain to be traded with the rest of the Empire.

Learning Exercise 1 - Design Your Own Roman Coin

Use the worksheet below to design and create your own Roman coin just like a **Roman Emperor!**

Coins were very important objects. They were not just a form of **currency** (money) but were also an important way for the leader of Rome to show that they were in charge. Coins were made with the name and image of the Emperor on one side. Emperors were often shown to be wearing a **crown** or **laurel wreath** (a circular headband made out of leaves). Without pictures or paintings, most people in the Roman Empire, including here in Britain, would have only known what the emperor looked like by seeing them on a coin!



Instructions:

On one side of your coin, draw a picture of you wearing a crown or wreath in the centre. Make sure to show that you are a very important person! Then write your name in capital letters around the edge. You can even make your name sound latin (the language of the Romans) by changing the ending:

For boys add 'us' or 'rius' to the end of your name (e.g. Markus or Theorius)

For Girls add 'a' or 'ria' to the end of your name (e.g. Elizabetha or Emmaria)

On the other side of your coin, draw something that represents you! Perhaps your favorite animal, or something that you enjoy or are proud of. On this side of the coin, Roman Emperors would also list their titles and achievements. Below are some examples that Emperors used to make them sound like the best Roman leader. Give

yourself some of these titles or make up some new ones like 'the best of all' or 'the great and smart one' !

Victorious = '*Imperator*'

Undefeated = '*Invictus*'

Father of His Country = '*Pater Patriae*'

Mother of her country = '*Mater Patriae*'

Lord and Master = '*Dominus*'

Most Noble = '*Nobilissimus*'

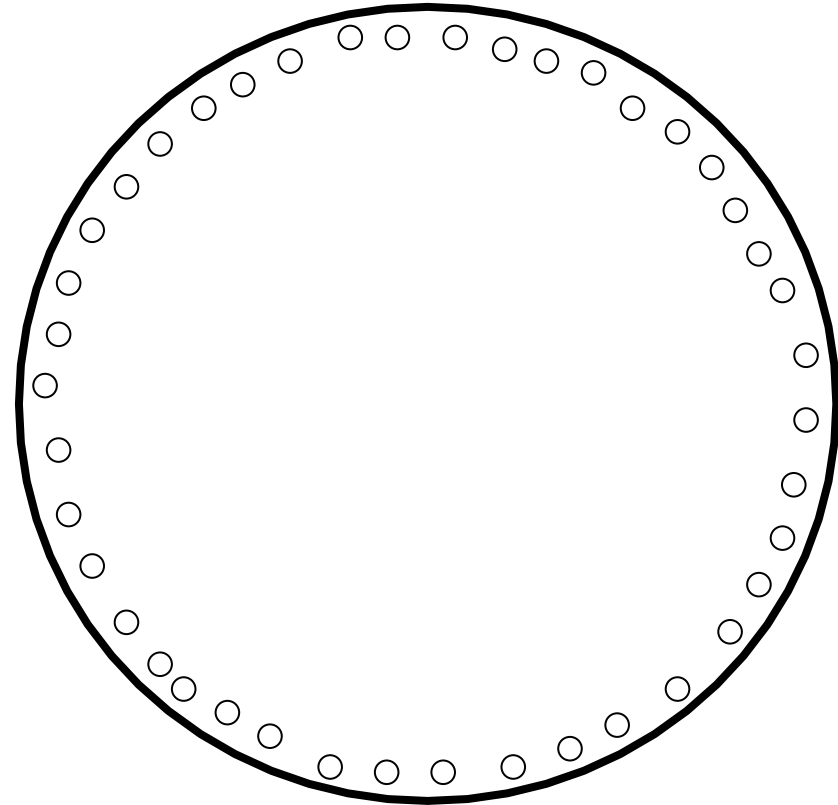
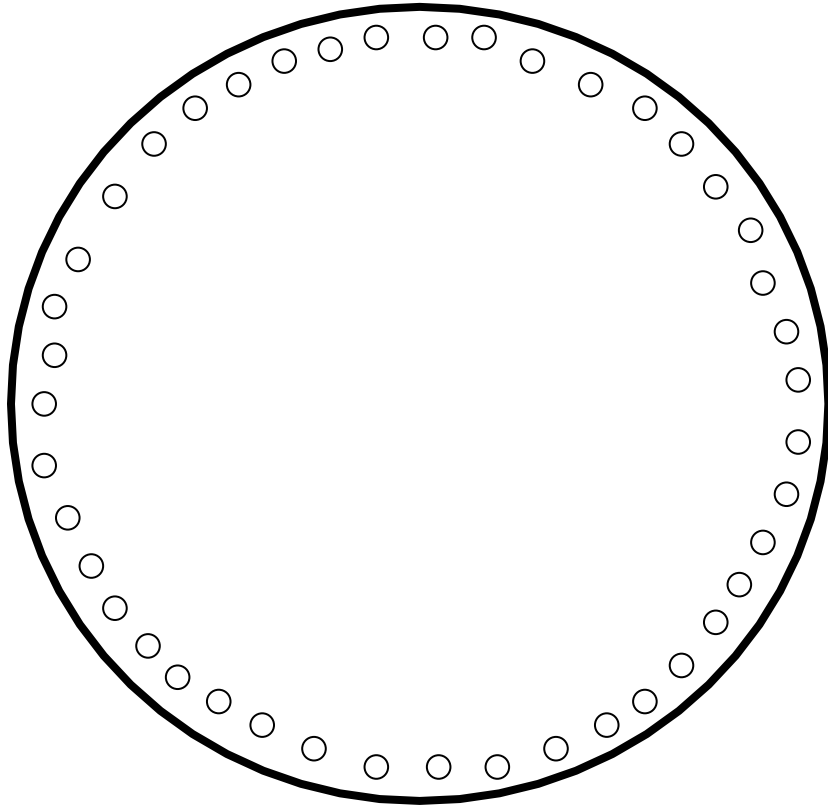


Design Your Own Roman Coin

Silver Coin of **Made in.....** **In the year**

(your name here)

(your town / village name)



Use this space to tell people what the drawings on your coin mean to you ...

A large rectangular box with a slanted top-right corner, intended for a written explanation of the coin's design.

Learning Activity 2 - Roman or not cards

Even though the Roman Empire's control of Britain ended hundreds of years ago, many of the things the Romans introduced here are still used by us today. Many of the things we use, words we say and foods we eat were first introduced to the British Isles by the Romans!

This is what we call the '**legacy**' of the Romans - where parts of life from when Britain was part of the Roman Empire have been passed down generations and survive in some form today. It means that long after the Roman's themselves left Britain, we still use a lot of Roman things today!

Instructions:


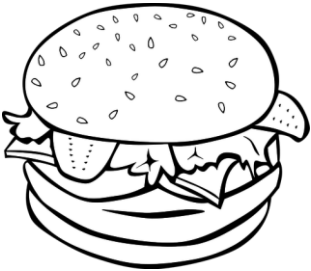
In small groups, can you identify which of these 18 things that we use or eat today were first introduced to Britain by the Romans!

Sort them into 2 piles; 'Roman' and 'Not Roman'. But don't turn them over until all groups have sorted their cards.

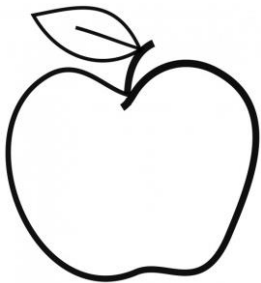
Once all groups have 'locked-in' their choices, as a class, turn one card over at a time and read them the answers to discover what the Romans did or didn't bring to Britain.


Teachers - get each group to take turns, choosing a card and suggesting if it is Roman or not. Turn over and discover the answer - go around the class until all cards have been read.


Print these pages, cut out the cards and fold them in half making them double-sided, 1 set per group.

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| <h2 style="text-align: center;">Roads</h2>  | <h3 style="text-align: center;">ROMAN !</h3> <p>Before the Romans there were no proper roads in Britain - there were just muddy tracks. The Romans built over 10,000 miles of very straight roads across Britain to help them travel quickly!</p> <p>A lot of the roads we use today still follow the same path that the Romans once took!</p> |
| <h2 style="text-align: center;">Fast Food</h2>  | <h3 style="text-align: center;">ROMAN !</h3> <p>The Romans were probably the first to introduce street stalls and 'fast food' in Britain.</p> <p>Small hot food shops called '<i>thermopolia</i>' could be found in British Roman towns. They might even have sold items that looked a bit like burgers! But instead of ketchup, Romans seasoned their food with a</p> |

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| | fermented fish sauce called 'garum'. |
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| <p>Apples</p>  | <p>ROMAN !</p> <p>The types of apples we commonly eat today were first introduced in Britain by the Romans. The Roman armies brought with them sweet, large apples from the Mediterranean and planted them as they went across northern Europe.</p> <p>Before then small sour crab-apples known as 'wildings' were the only type of apples found growing in Britain.</p> |
| | |
| <p>Coins</p> | <p>NOT ROMAN !</p> <p>Archaeologists have found over 40,000 Iron Age (celtic) coins that were made before the Romans came to Britain! Most of these coins do not have writing on them and they probably weren't even used to buy things with!</p> <p>When the Romans came they brought their own coins with</p> |

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|  | <p>them and introduced the idea of currency (the value of coins as money to buy things with).</p> |
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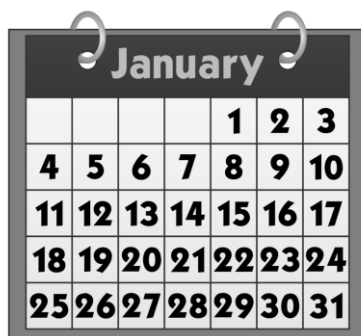
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| <p>Olive Oil</p>  | <p>ROMAN!</p> <p>Olive oil was an essential item for the Romans. They cooked with it, healed themselves with it and even cleaned themselves with it !</p> <p>We know that the Romans brought large amounts of olive oil to Britain because archaeologists have found the remains of many large pottery jars (amphorae) that they used to store and transport it here.</p> |
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| <p>Grapes</p> | <p>ROMAN!</p> <p>The Romans introduced a lot of new fruits to the people in Britain. Grapes were brought</p> |



from the Mediterranean by the Romans and grown in England.

Roman vineyards (fields where grapes grow) have been found as far north as Lincolnshire. We may have even found the remains of Roman vineyards in Buckinghamshire!

The Calendar



ROMAN!

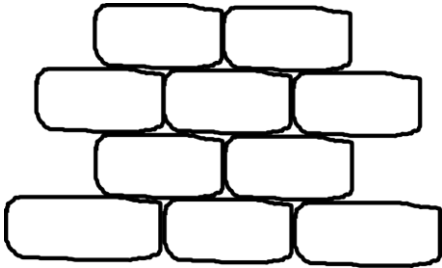
The 12 month calendar we use today was first introduced by the Roman Emperor Julius Caesar in 46 AD. It hasn't changed much since then!

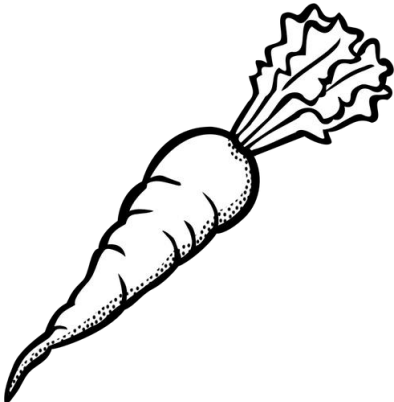
Many of the months are also named after important Roman people. For example the month August is named after the first Roman Emperor *Augustus*!

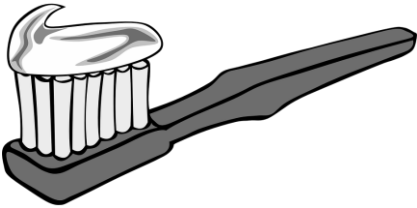
Bricks

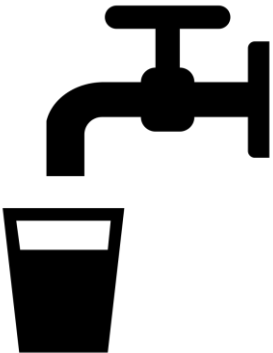
ROMAN!

Bricks were introduced to Britain by the Romans. They used them

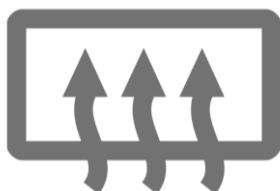
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|  | <p>to build military forts, new towns and countryside villas!</p> <p>After the Romans left Britain very few people made bricks. Instead, people reused ones that were already made. They took them from disused Roman walls and forts and made them into new buildings!</p> |
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| <p>Carrots</p>  | <p>ROMAN!</p> <p>The Romans introduced a lot of the vegetables we grow and eat in Britain today - including carrots. They didn't just grow them for food though. The Romans actually used carrots as medicine!</p> <p>In ancient Rome carrots didn't just come in orange, they were red, black, yellow, and white!</p> |
| | |
| | <p>NOT ROMAN!</p> <p>Toothbrushes, like we use today, weren't first brought to</p> |

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| <div><div>Toothbrushes</div><div></div></div> | <p>Europe until the 1600's. The idea for a small bristled brush to clean your teeth originally came from China!</p> <p>In Britain the first mass produced toothbrush wasn't invented until 1780! Before then only very wealthy people could afford to use them as they were expensive and made by hand.</p> |
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| <div><div>Plumbing</div><div></div></div> | <div><div>ROMAN!</div><p>The Romans brought plumbing to Britain! This meant that fresh water could be brought by over ground pipe-line structures called <i>aqueducts</i>, to the people living in the new Roman towns and forts.</p><p>The supply of clean water also meant that people in Britain had access to baths and toilets - but they had to share! The Romans built sewers that helped to keep the streets and houses clean.</p></div> |
| | |
| | <div><div>ROMAN!</div></div> |

Underfloor Heating



The Romans built heating systems called *hypocausts* underneath the floors of their villas. They made many piles of tiles on the ground, called *pilae stacks*, and then layered a stone floor on top of them. This meant that they could pump hot air beneath the floor and warm the room from beneath!

It was very expensive to have a *hypocaust* - you only find them in the best Roman buildings!

Asparagus



ROMAN!

The Romans introduced a lot of the vegetables we grow and eat in Britain today!

Asparagus was the favorite vegetable of Roman Emperors. One Emperor even had fleets of ships that he would send to collect the best asparagus just for him. A recipe for cooking asparagus even appears in the oldest surviving Roman cookbook!

Garlic



ROMAN!

The Romans introduced Britain to the bulbs of garlic we use to cook with today.

Garlic was a symbol of strength to the Romans and was dedicated to Mars, the Roman god of war. Roman soldiers believed if they ate garlic before a battle they would have more courage and strength to fight. But it also gave them really smelly breath!

Rosemary



ROMAN!

The Romans probably brought rosemary to Britain.

The name 'rosemary' comes from the Latin term *ros marinus* meaning "dew of the sea" because it grows best on the coast of the Mediterranean sea. This strong smelling herb would have been used to season food but was also an important medicine that was said to have almost magical healing powers.

Pencils

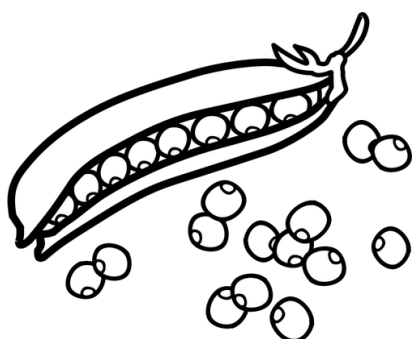


ROMAN !

Romans used a writing instrument called a stylus - an early form of a pencil!

Stylus were thin metal rods that Romans used to write on wax tablets - a board made of wood and covered with a layer of wax. Students would use these to help them study! Other early styluses were made of lead and were used to write on Papyrus (an early form of paper).

Peas



NOT ROMAN!

The Romans may have brought with them a lot of the fruits and vegetables we grow and eat in Britain today, but peas were not one of them!

Before the Romans arrived in Britain people were growing peas and beans to eat. However the peas were probably much smaller and more bitter - not like the type you get with fish and chips today!

Socks



ROMAN !

Long before the Romans people used to wrap their feet in cloth or leather to keep them warm. However, the Romans in around the 2nd century AD were the first to make socks, as we would recognise them today!

The word sock also comes from latin (the language of the Romans) - the term '*soccus*' meaning a low-heeled shoe.

Conclusion:

Ask your students to reflect on the work they have done during this workshop. If there was anything surprising or interesting they found out. How many of the things did you guess were Roman?

A Lot of things in Britain changed after the Roman invasion, we have taken a look at some of those things today. What do you think life in Roman Britain was like? Do you think the changes the Romans made to the way people lived were good or bad?

We have found the remains of part of a Roman settlement here in Stoke Mandeville! We have found some very interesting things from our archaeological excavations, digging the site to find out more about the people who once lived there. We have found a number of clues that suggest it was a relatively high-status settlement and that there was probably a number of wealthier people living there. One of the best finds from our excavations was a pair of tweezers that were once gilded (covered) by a thin layer of gold! We have also possibly found the remains of a vineyard where grapes may have once grown - did it surprise anyone to learn that the Romans introduced grapes to Britain and that they tried to grow them here?!

Homework ideas -

- Look up and create an additional card of something the Romans introduced to Britain to add it into the exercise (can even 'play' it again with everyone's submissions in the next class!
- Make a poster on life in Roman Britain and what you would have liked or disliked about living at that time.