





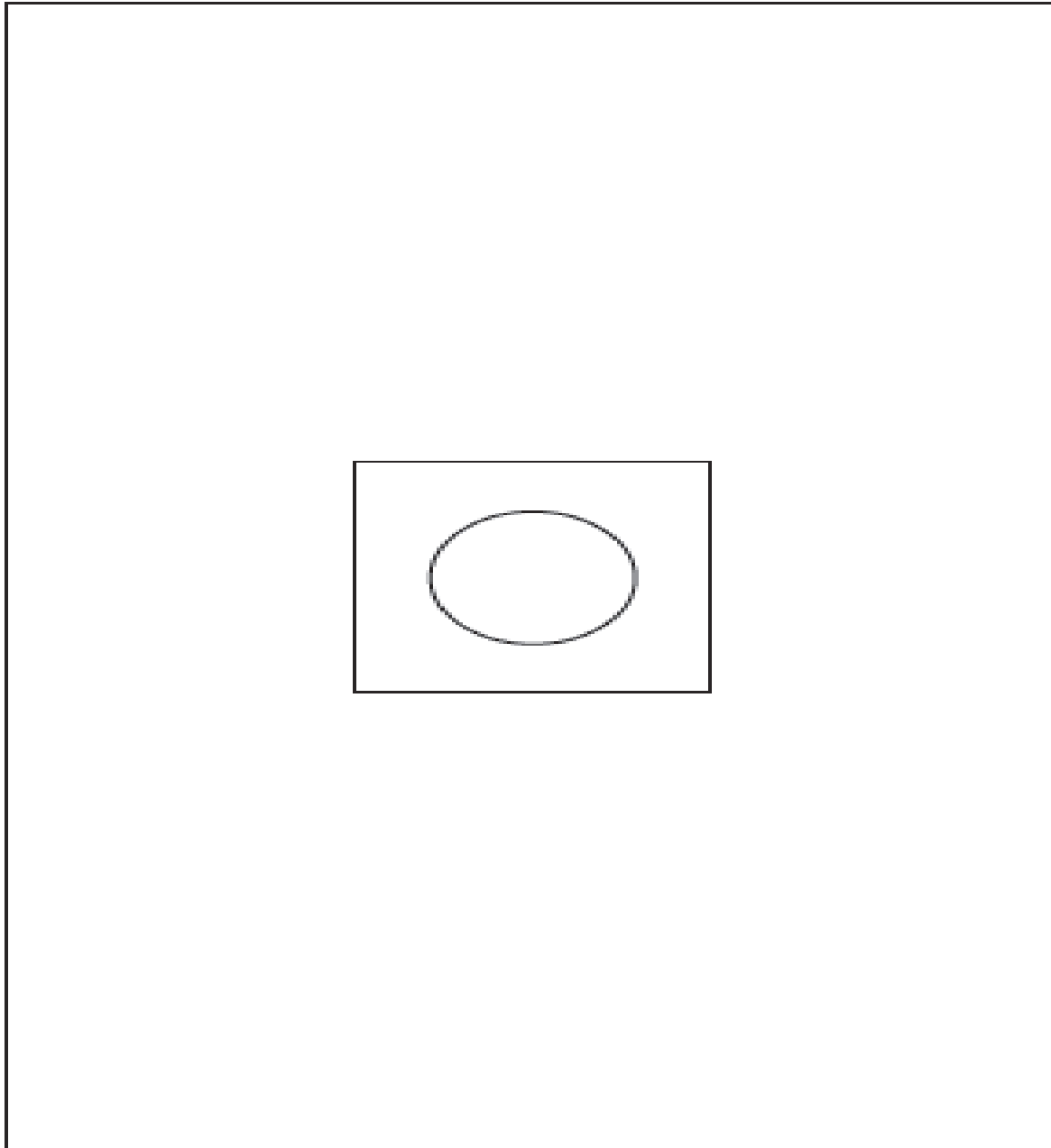


<p style="text-align: center;">Task 1</p> <p style="text-align: center;"><u>Romans - Design a Roman Shield</u></p>  <p>A Roman shield was called a scutum. It was quite light so that it could be held in one hand. It was curved so that it would fit around a soldier's body to protect him from blows.</p> <p>It was wide enough so that soldiers could join their scutums together in formation in battle. The metal protrusion on the front could also be used to attack the enemy by using it in a punching motion.</p> <p>Can you now design your own shield?</p> <p>Use the sheet below and remember to ensure that your decorative design shows off your strength. Designs often included wings, eagles or lightning bolts. You could also research some powerful Roman Gods to help you with your design. Once you have designed your shield you could always try to build a 3D model using different junk materials.</p>	<p style="text-align: center;">Task 2</p> <p style="text-align: center;"><u>Romans - Mosaic Patterns</u></p>  <p>The floors of Roman buildings were often richly decorated with mosaics. Mosaics were made from tiny coloured stones they called tesserae. Mosaics have been found that show scenes of history, as well as everyday Roman life. Mosaic floors were a statement of how wealthy and important you were. The bigger and more detailed the mosaic, the more impressive it was! You don't see lots of bright colours in Roman mosaics because they used mainly natural stones.</p> <p>I have attached some examples of Roman mosaics below with some activity sheets where you can create your own mosaic pattern. Although Romans used lots of natural colours you can use any colours you want. You could also tear pieces of different coloured paper to create your own mosaic pattern.</p>	<p style="text-align: center;">Task 3</p> <p style="text-align: center;"><u>Health and Well-Being</u></p> <p>Practise mindfulness daily - 10 minutes in the morning and evening. Imagine your breath is your favourite colour.</p> <ul style="list-style-type: none"> • Sit tall in a comfortable cross-legged position with head bowed and eyes closed. • Breathe in through your nose, feeling the warmth of your breath as it travels up from your lungs to the top of your skull, then out through your nose. Visualise your breath travelling over the top of your head and down your spine. • Let thoughts come and go as they please, but always come back to the breath.  <p>At the end of each day tell your family 5 things you have been grateful for.</p>
<p style="text-align: center;">Task 4</p> <p style="text-align: center;"><u>Health and Well-Being</u></p>  <ul style="list-style-type: none"> • Practise a daily fitness stretching routine to your favourite music. Include gentle head rolls, shoulder shrugs, arm stretches, side-stretches, leg stretches and superman pose to gently stretch your back. • Create an aerobic routine to music including running on the spot, shadow boxing, star jumps, squat thrusts and skipping. • Create a strength based routine including sit ups, press ups, slalom pose and arm pull repetitions using tins of food. 	<p style="text-align: center;">Task 5</p> <p style="text-align: center;"><u>Romans - Create a Roman banquet menu</u></p>  <p>Roman banquets were very extravagant and would last for hours. Can you create a menu for a Roman banquet?</p> <p>The Romans had some very strange tastes in food, have a look at the attached pictures below and see what you can come up with.</p> <p>You need to create a starter, main course and desert from the ingredients listed on the pages below. Would you eat the menu you created?</p>	<p style="text-align: center;">Task 6</p> <p style="text-align: center;"><u>Health and Well-Being</u></p>  <ul style="list-style-type: none"> • Play board games and card games with your family. <ul style="list-style-type: none"> • Bake together - have fun! • Cook together - help prepare vegetables. • Share movies/teach adults a console game and play against them!

Design a Roman Shield



Mosaic Examples



Mosaic Examples



Mosaic Examples

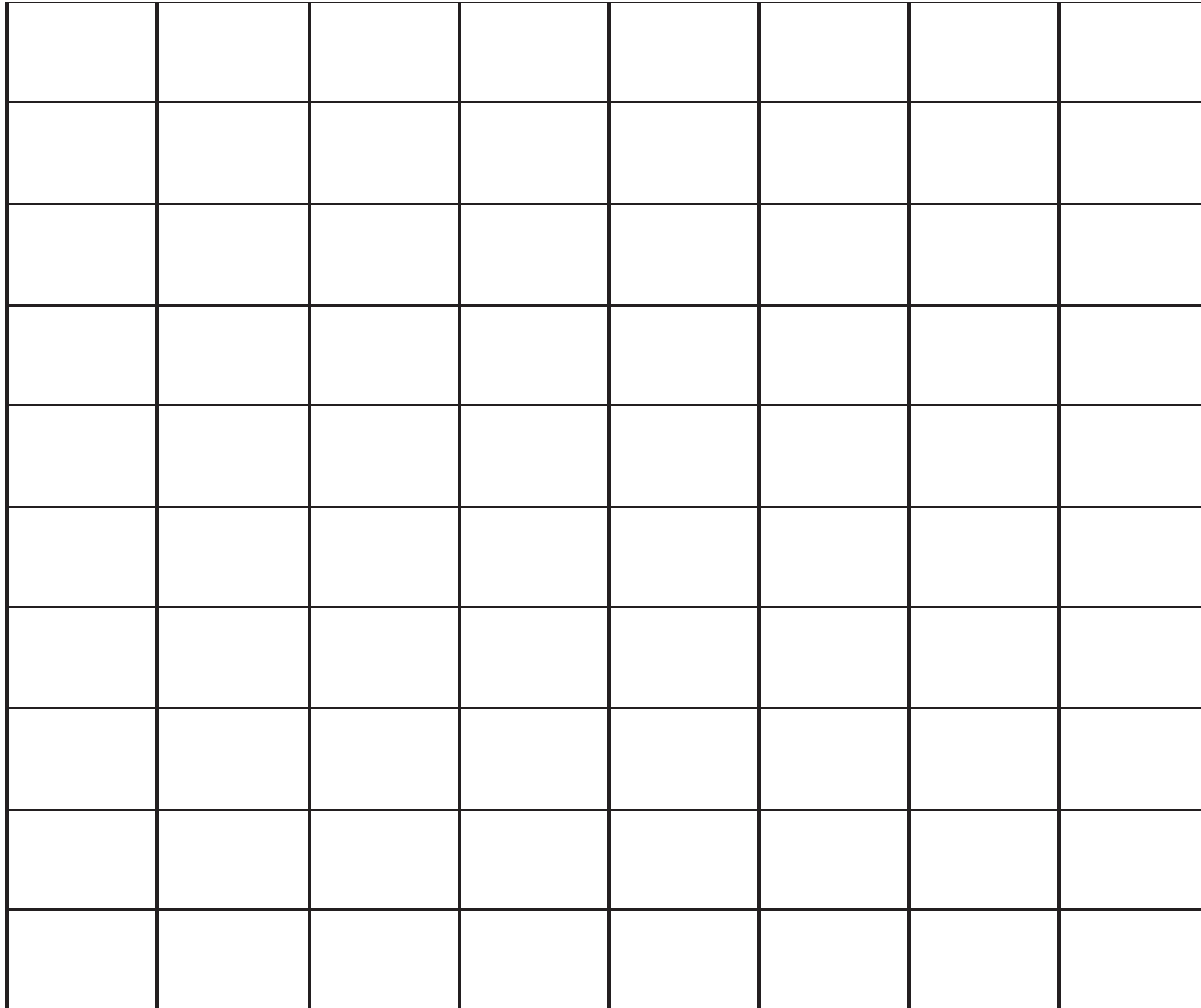


Mosaic Examples



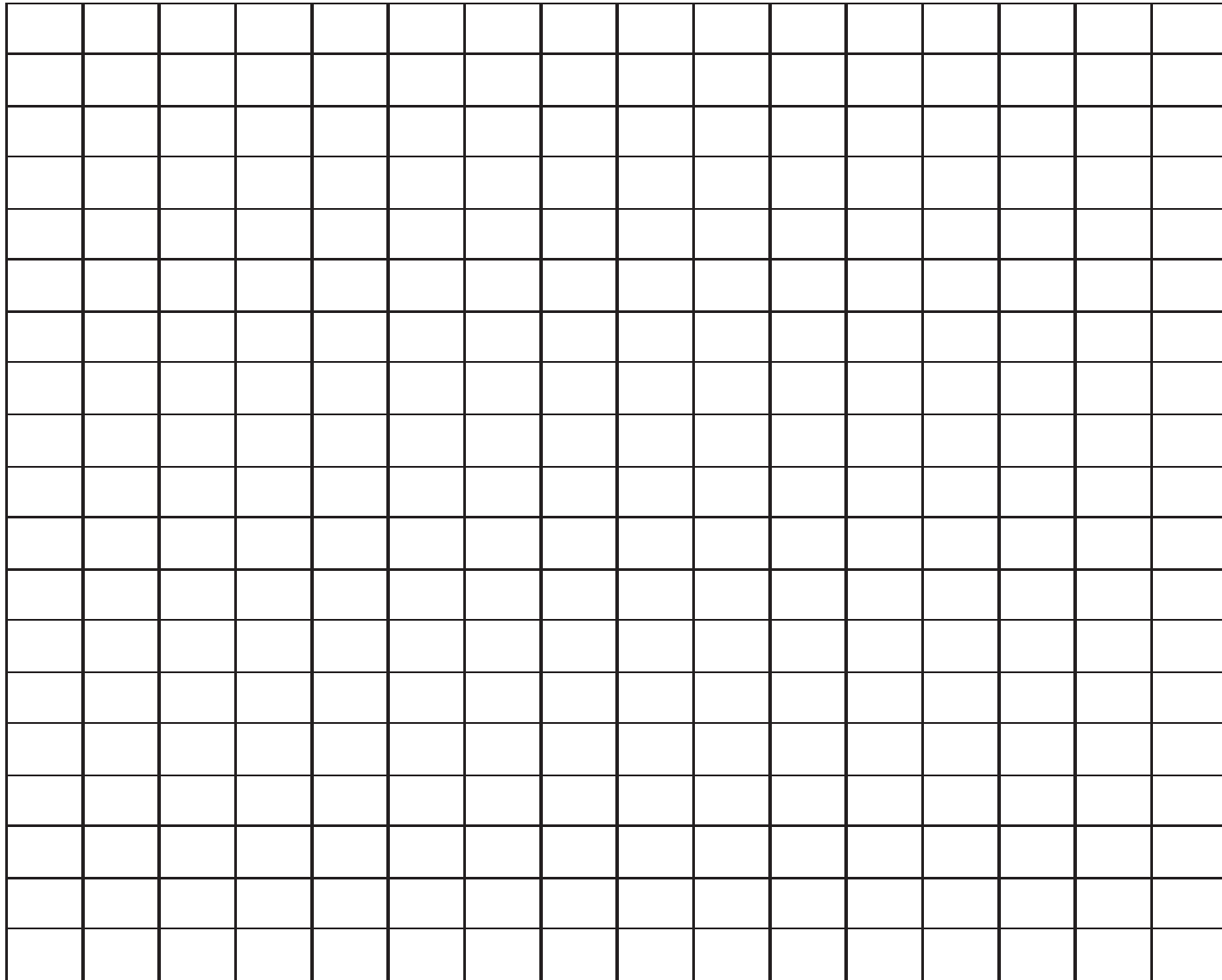
Roman Mosaic Colouring Sheet

Colour in the tiles to create a pattern or a picture.



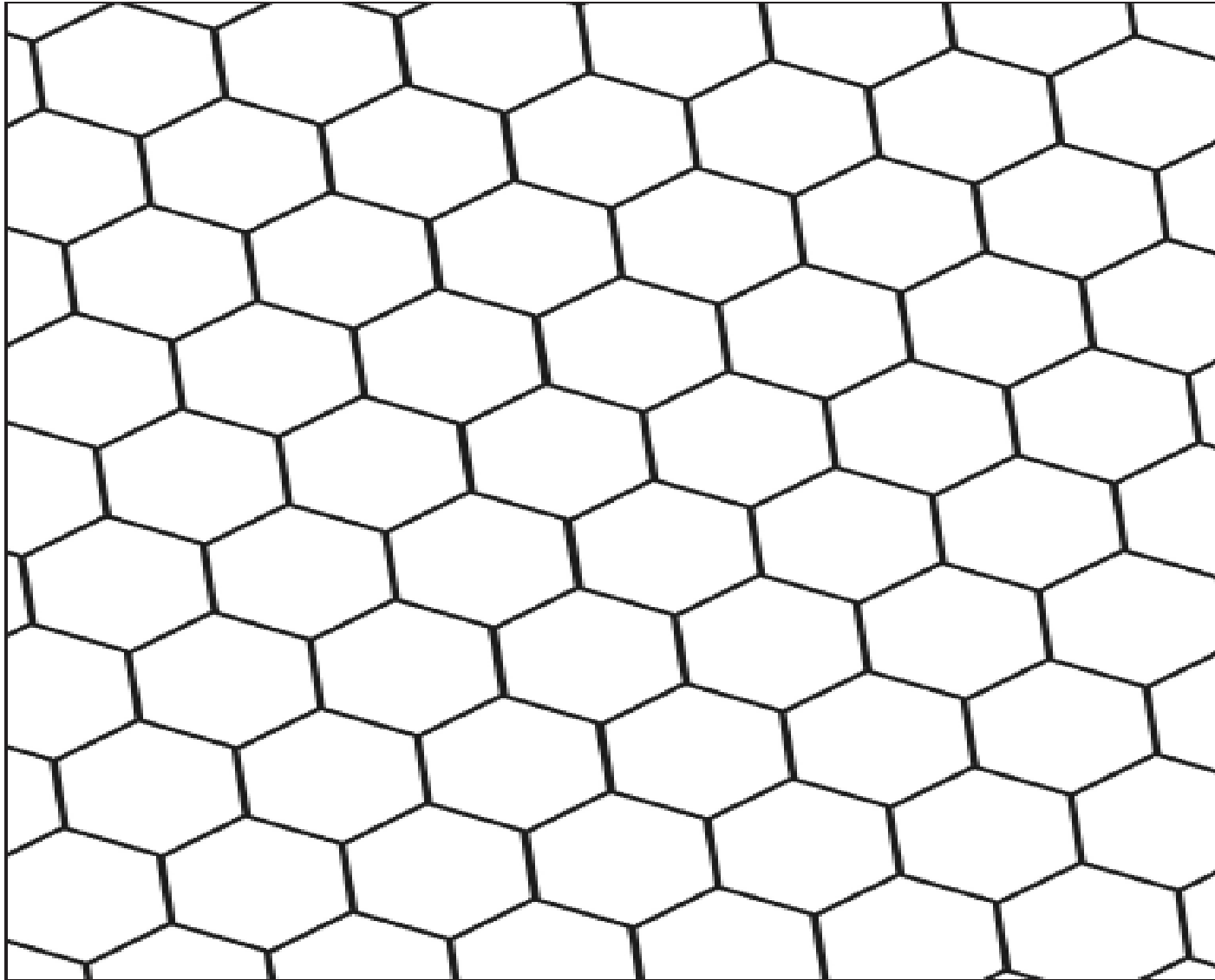
Roman Mosaic Colouring Sheet

Colour in the tiles to create a pattern or a picture.



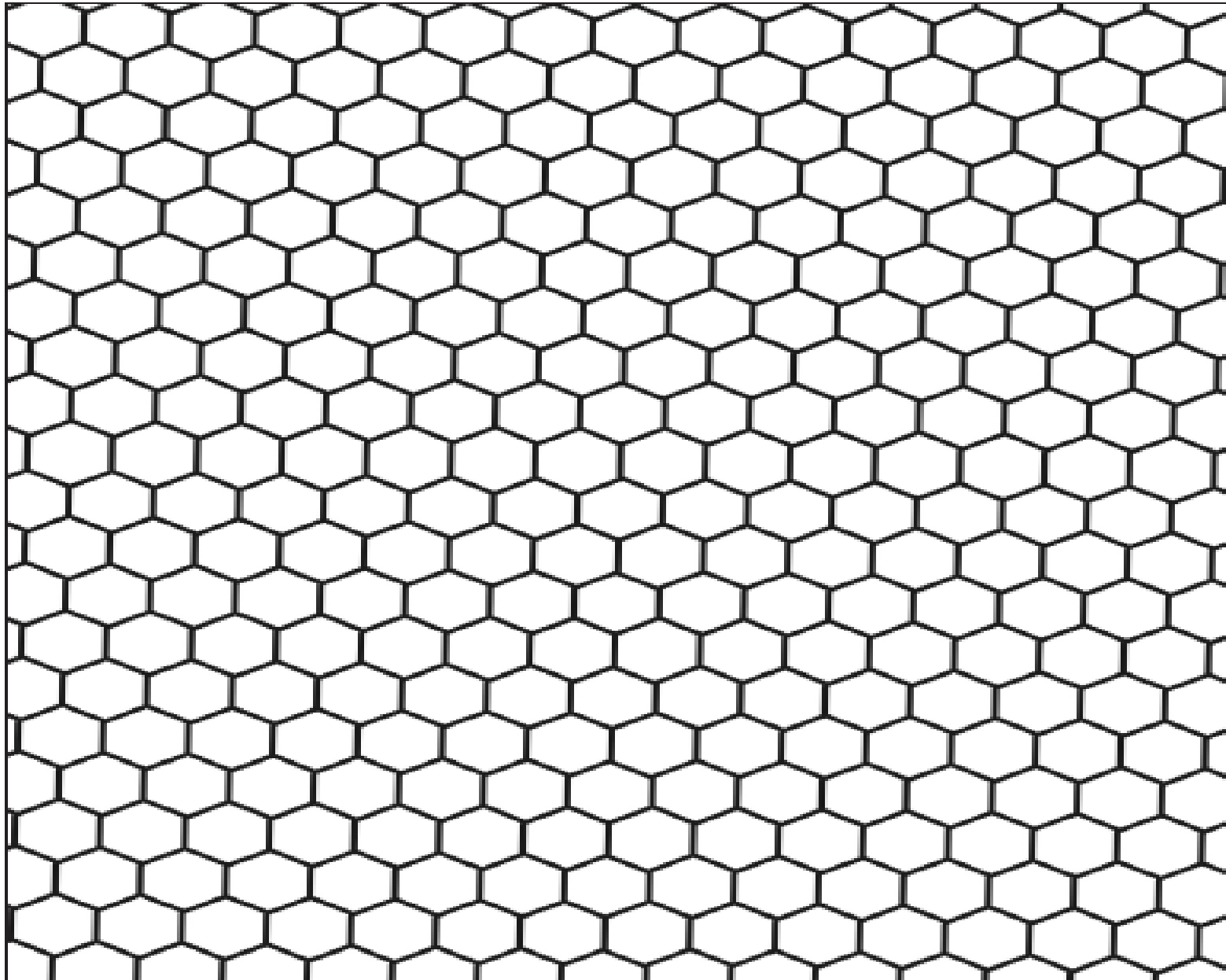
Roman Mosaic Colouring Sheet

Colour in the tiles to create a pattern or a picture.



Roman Mosaic Colouring Sheet

Colour in the tiles to create a pattern or a picture.



Sumptuous Starters

Design a starter using the following ingredients:



olives



cheese



bread



fruit



salad

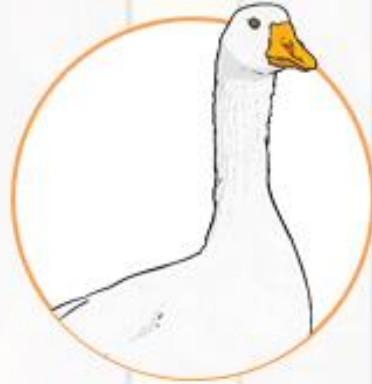


Fun Fact

Food was cut into bitesize chunks so that Romans could eat with their fingers.

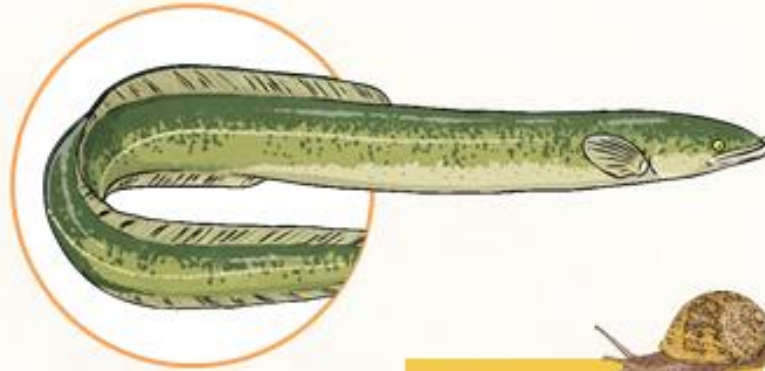
Marvellous Mains

Create a main meal using the following ingredients:



Stuffed meats

- goose
- duck
- boar
- goat
- lamb
- hare
- peacock
- pheasant



Fish

- eels
- oysters
- mackerel

Make your menu extra special by including delicacies like snails and dormice!

Fun Fact

Roman banquets would last for hours and lavish entertainment was provided between each of the courses.



Delectable Desserts

Create a dessert using the following ingredients:



fruit



honey



nuts



pastries (e.g. tarts)



Fun Fact

Food was served to guests whilst they reclined on couches surrounding small tables.

A Roman Meal

Starter

Main Course

Dessert



The Romans

t r t c o l o s s e u m
e p b o l u c l o t t j
m a o s g j h u s m c w
p n s i l a a s o o u s
l t u m h l r q l s d u
e h x c l i i q d a e t
e e c i e w o i i i u s
a o v l c x t a e c q u
t n d c a e s a r o a g
r o m a n r b a t h i u
e t g l a d i a t o r a

Roman
temple
aqueduct
bath

gladiator
Caesar
toga
Colosseum

mosaic
pantheon
Augustus
soldier

villa
chariot