

Key Vocabulary

amphitheatre - A place where Romans went to watch animals and people fighting

aqueduct - A system of pipes and channels which brings clean water into towns

barbarian - A violent person who lived outside the Roman Empire.

caldarium - Hot room in a bath-suite

camouflage - An aid designed to hide or disguise something

cavalry - Soldiers who fight on horseback

chariot - Cart with two wheels pulled by horses. Romans raced chariots, and Celtic warriors rode into battle on them.

colosseum - Large open air theatre where people watched gladiators fight and other shows and events including chariot racing.

cohort - Roman army unit

forum - Open space in the middle of a town for markets and meeting people

frigidarium - Cold room in a bath-suite, normally a cold plunge pool

Gaul - The Roman name for what is now France, Belgium and Holland.

gladiator - A slave trained to fight other gladiators or animals in amphitheatres.

hypocaust - Roman central heating - It works by hot air flowing through gaps between walls and flooring

Latin - The language spoken and written by the Romans

legend - A story made up about people in the past.

legion - A military unit of 5000 men, recruited from Roman citizens

Londinium - The Roman name for London.

mausoleum - A building erected to house the dead.

mosaic - A pattern made from coloured pieces of stones and pottery.

myth - A made up story often about gods and spirits told to explain the world.

pedagogue - A Roman slave who was trained as a teacher.

professional - A paid person trained to do a special job

Roman - A person who lives in or comes from Rome.

Roman Governor - The ruler of Roman Britain, who worked for the Roman Emperor.

senate - The Roman government, made up of senators.

senator - A person elected to be part of the government.

sewage - The dirty water and waste poured down sewers from drains and toilets.

sewers - Pipes or tunnels that carry away sewage

slave - Someone sold to another person to work for them for free

stylus - A metal pen for scratching words into wax or wooden tablets.

tax - Money or items given to the government.

tribe - A group of people who live in one part of a country and are ruled by a chief.

underworld - A gloomy place where Romans believed your soul went after you died.

villa - A large house in the country. Some villas were farmhouses and some were like palaces.

THE ROMANS



Year 4 (Geography/History Topic 1)



Dear Parents,

Our next topic is the **Romans**. Please help your children to prepare for this topic by helping them to learn some of the key words (in purple) and the facts on this sheet.

There are some homework activities on the back of this sheet. Your child can complete these at any time. Your child's teacher would love to see what they have created.

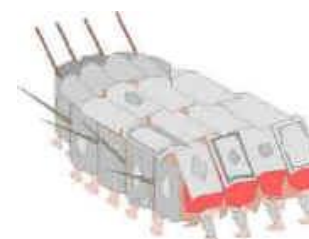
Thank you for your support.

Kind regards - Year 4

Roman Soldiers and the army

Roman soldiers had to be physically fit. They were expected to march up to 20 miles per day in line, wearing all their armour and carrying their food and tents.

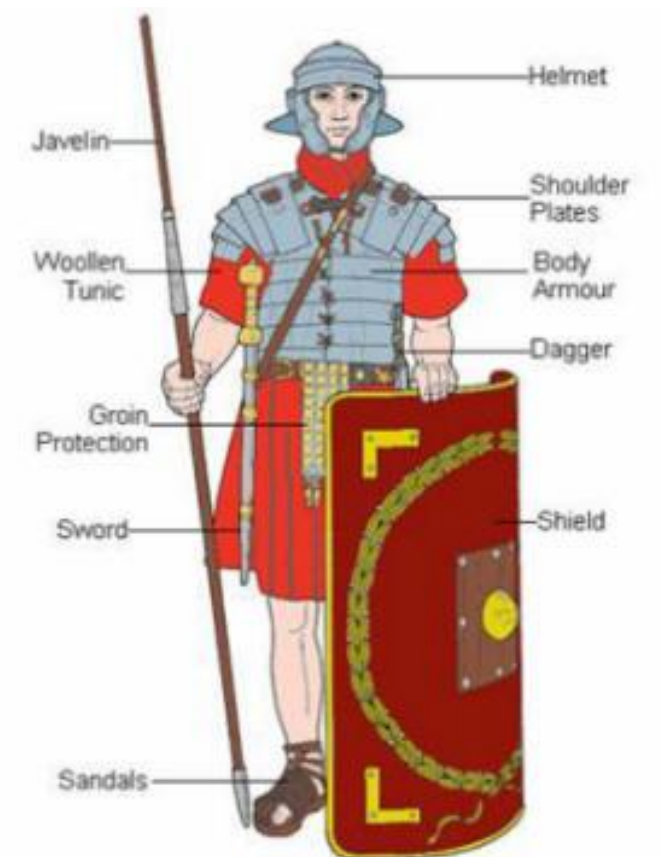
Roman soldiers were trained to fight well and to defend themselves. If the enemy shot arrows at them, they would use their shields to surround their bodies and protect themselves. This formation was known as 'the turtle' or 'Tortoise' - Why do you think it was called this?



They fought with short swords, daggers for stabbing and a long spear for throwing. They also carried a shield for protection as well as wearing armour.

Around 2000 years ago, the city of Rome was the centre of a huge empire that stretched from Scotland to Syria! At its most powerful, Rome ruled more than 45 million people across Europe, North Africa and Asia. Its army was the most powerful in the world, and as it conquered more land, Rome grew from a town into an enormous capital. Ancient Rome was home to gleaming white marble temples, lavish palaces and spectacular gladiator shows. With over one million people living there, the city was also a dirty and dangerous place, with a maze of side-streets and slums.

A Roman Soldier



Roman Emperors

Did you know... There were in fact more than 71 Roman Emperors in total! WOW!



Roman Entertainment

The Colosseum

The structure has fallen into ruin, but even today it is an imposing and beautiful sight.

Most people used to go see people fight but today that may be cruel.

The Colosseum is 1 of the 7 wonders of the world

Some times gladiators fought animals such as kangaroos.



The Amphitheatre



1. The Roman amphitheatre was the centre of public entertainment in Rome, and all over the Roman Empire.
2. People would go to the Amphitheatre to see men fighting wild beasts or each other.

Chariot racing

Chariot Racing is a very popular entertainment
The charioteers wore leather helmets, knee pads and shin pads.
Their coloured tunics with sleeves were called "vests quadrigaria"



These men were usually slaves whose masters owned the chariots.

Board games

Board games were the first entertainment that would come to mind.

Board games needed counters but romans used pebbles.

Roman board games

- Knucklebones
- Tic tac toe
- Roman chess
- References



Roman Food

Typically, the Romans ate three meals a day.

Breakfast - **ientaculum**

Lunch - **prandium**

Dinner - **cena**



The **Poor Romans** *cena* was a simple meal of vegetables and porridge. Wheat was boiled to make the tasteless porridge. They added flavour to the porridge using relishes, vegetables, herbs and a little meat.

The **Rich Romans** *cena* - was often a several course meals with exotic food and wine. They ate boar (wild pig), venison (deer) goat, mutton, hare, chicken, peacock, geese, pheasant and ostrich. They also ate olives and dormice dipped in honey! Would you like that for dinner tonight?

Roman Roads

The Romans built the first roads in Britain. They built over 9000 kilometres of roads. The roads were so well built that you can still see some of them today. Many of our modern roads are in the same place as the Roman ones. You can tell if it is likely to be Roman because it will be straight. They built roads as straight as possible in order to travel as quickly as they could. Winding roads took longer and bandits and robbers could be hiding around bends. People would either ride on horseback, drive carts pulled by oxen, or they would walk.



Roman Bulla

Bulla: Children wore a locket called a bulla, which was given to them at birth. The Romans believed a bulla protected a child from evil.

A girl wore her bulla until her wedding night. A boy wore his until he became a citizen.



Roman Gods and Goddesses



The Romans adopted much of Greek Mythology into their own. They took most all of the Greek gods, gave them Roman names, and then called them their own. Here are some of the major Roman gods that came from the Greeks:

Roman God	From the Greek God	What were they the God of?
Jupiter	<i>Zeus</i>	Jupiter was the king of the gods and god of thunder and lighting. He was the Patron God of Rome.
Juno	<i>Hera</i>	Juno was Jupiter's wife and queen of the gods. Juno was considered the protector of Rome.
Mars	<i>Ares</i>	Mars was the god of war and Jupiter and Juno's son.
Mercury	<i>Hermes</i>	The messenger of the Gods. He was also the god of trade.
Neptune	<i>Poseidon</i>	He was the god of the sea and was the brother of Jupiter. He also was the patron of horses. Neptune's weapon was a great trident.
Venus	<i>Aphrodite</i>	She was the god of love and beauty.
Apollo	<i>Apollo</i>	He was the god of music, poetry, and archery. His twin sister was Diana.
Diana	<i>Artemis</i>	She was goddess of the hunt, archery, and animals. Her symbols included the moon, the snake, and the bow and arrow.
Minerva	<i>Athena</i>	She was the goddess of wisdom.
Ceres	<i>Demeter</i>	She was goddess of agriculture and the seasons. It's from the name Ceres that we get the name for cereal.
Bacchus	<i>Dionysus</i>	He was god of wine and the theatre. He was the youngest of the major gods and the only one born to a mortal.
Vulcan	<i>Hephaestus</i>	He was the blacksmith for the rest of the gods and was god of fire. The word volcano comes from the name Vulcan.

Which God do you think this is?



Homework Ideas:

1. Make a Roman style shield 
2. Romans wore clothes called Togas - create a Toga and take a photograph of you wearing it (Top Tip - a white bed sheet is handy for this). 
3. Create a mosaic picture using collage materials - keep it simple!
4. Research a Roman invention and make a poster to share your ideas - could you add some 3d bits?
5. Research, design and make a piece of Roman Jewellery - try making your own Bulla! 