

Sample itinerary for KS1-3 **Romans** topic. **One class.**

Class/Location	Time and activity
Everyone School Hall	0900-1015 Interactive demonstration Start with <u>rolling out a timeline</u> from today back to the end of the Roman era and earlier to help the children gain some chronological understanding. Interactive with students holding objects from periods throughout history to illustrate our time-line. Interactive demonstration <u>Dressing a teacher</u> as a Roman legionary in full kit and armour- learning about their training and fighting techniques and some of the weaponry that they would have used.
	1015-1030 Break
Everyone Outside	1030-1100 Outdoor demonstration <u>'Fire lighting'</u>- example of fire lighting using the Roman 'flint and steel' technique to safely light a ball of straw
2 separate classes Classroom and playground (Rotation)	1100-1200 Activity <u>Legionary's marching pack</u> Handling session. Children enjoy a detailed insight into the life of a Roman soldier with a close examination of their equipment and what it meant to be part of the Imperial army Activity <u>'Warrior Training'</u>- a hugely popular activity using Hands on History swords and shields (softer and safer child-sized materials) where the children can be put through their paces as ancient warriors as they prepare to do battle with their terrible teachers.
	1200-1300 Lunch
Everyone Outside	1300-1330 Outdoor demonstration <u>'Roman bow'</u> A controlled demonstration of a replica Roman bow: shooting our specialist safety arrows for height.
Everyone School hall	1330-1500 Interactive demonstration <u>Dressing a family</u> - A great opportunity to meet some more Romans at home. Outfits for a family and the accessories that went with them which helped them in their various roles. There is also a rather remarkable Roman waiting to be introduced, but he was not part of the family, but he could make them famous.
Everyone School hall	Interactive demonstration Finish with <u>Roman medicine and surgery</u> Hands on History have created a means by which we can diagnose, and cure patients using Roman ideas about health and healing (which they borrowed from the Greeks) and even perform surgery with the removal of a lower leg. Guaranteed survival rate and unforgettable experience for the patient and those watching. <u>'Roman Quiz' and 'Question and Answer' session at the end if time allows</u>