

Knowledge Organiser - History - What The Romans Did For Us

The Roman Army

As the Empire grew bigger the army had to fight further away from home. Being a soldier became a full-time job - they were no longer sent home when a battle ended.

These full-time soldiers were well-trained and disciplined. They had to be tough and confident in the use of a number of weapons. They would march over 20 miles a day with heavy things to carry and they were also skilled engineers and craftsmen because they had to build roads, bridges and forts.



Recruits had to be at least 20 years old and they joined for 25 years after which they were given money and land to farm in their retirement.

A centurion commanded 80 men divided into ten sections of eight. Six centuries of eighty men formed a cohort, and ten cohorts made up a legion (about 5,000).

Spread of the Roman Empire

Rome reached its peak of power in the 2nd century around the year 117 AD under the rule of the great Roman emperor Trajan. Virtually all of the coastline along the Mediterranean Sea was part of the Roman Empire. This included Spain, Italy, France, southern Britain, Turkey, Israel, Egypt, and northern Africa.

Rome ruled much of Europe around the Mediterranean for over 1000 years. However, the inner workings of the Roman Empire began to decline starting around 200 AD. By 400 AD Rome was struggling under the weight of its giant empire. The city of Rome finally fell in 476 AD.

Key Vocabulary

AD	used to show dates after the birth of Jesus
BC	BC is a way of dating years before the birth of Jesus. The bigger the number BC, the further back in history it was.
aqueduct	a man made channel for delivering water to Roman towns
emperor	the leader of the empire
barbarian	a term used by Romans to refer to people who live outside the Roman Empire
toga	garment woven from white wool
amphitheater	where gladiator fights, animal hunts, sea battles and theatre shows happened
mosaics	a pattern produced by arranging together small pieces of stone
conquered	to overcome and take control of a place by military force
legion	a large selection of Roman army, made up of 5000 soldiers

Daily life of Romans

Clothing



Men wore a knee-length tunic and important men would wear a toga. Women wore a longer tunic than men and would wear a dress called a stola over their tunics. Boys wore a knee-length tunic and a bulla (locket around their necks) to protect them from evil spirits. For girls this piece of jewellery was called a lunula. Romans wore leather sandals on their feet.

School



Roman children started school at the age of seven. Wealthy children could be taught by a tutor, whilst others went to public school. Poor children could not go to school and were often sent out to work young.

Food



The Romans ate a wide variety of foods, sourced from across the empire. The diets of the rich and poor were very different. They generally ate 3 meals a day and dinner was usually the biggest.

Housing



Poor Romans lived in small, cramped houses called insulae. These could house up to 30 Romans. Rich Romans lived in villas domus and they had slaves to run the household.

Jobs



Roman citizens could work as farmers, merchants, soldiers, craftsmen, entertainers, lawyers, teachers and in the Roman government.

Leisure



The Romans would visit bath houses as a social activity. For the wealthy, dinner parties would feature music, dancing, and poetry readings. Going to watch the games was very popular and in Rome the famous colosseum could seat about 50,000 spectators who came to watch events including gladiatorial combats and wild animal hunts.

What the Roman's did for us?

When the Romans came to Britain, the soldiers built 10,000 miles of roads. They built the roads straight so that the army could travel quickly from place. Many of the roads we use today are built on top of old Roman roads.

The Romans built many towns in Britain, such as York, Bath, St Albans, and London.

The Romans liked to make sure towns had clean, fresh water. They dug wells and built aqueducts to bring clean water to the towns from the hills.

Roman houses were the first in Britain to be built using concrete and glass, and they were the first to have central heating.

The Romans gave us our calendar, with seven days in a week, 365 in a year, and 366 in a leap year. Many of the months are names after Roman gods and emperors.

55—54BC Julius Caesar leads two Roman military expeditions to Britain but are driven back by the Celts.

43AD Romans invade Britain. It becomes part of the Roman Empire.

49AD Romans make Colchester the capital of Roman Britain.

100AD More than 8,000 miles of Roman roads in Britain are completed. Troops and goods travel easily across the country.

122—128AD Emperor Hadrian builds a wall on the Scottish border.

250AD The Picts (Scotland) and the Angles, Saxons and Jutes (from Germany and Scandinavia) start threatening Roman lands.

401—410AD Romans withdraw from Britain. Anglo Saxons migrants begin to settle.

Knowledge Organiser - Geography - What The Romans Did For Us

Counties of England



The Lake District National Park



The Lake District is a region of spectacular countryside in **Cumbria**, in the northwest of England. It covers 885 square miles (2,292 square kilometres) and contains many lakes and more than 100 mountain peaks. The Lake District is a **National Park**, which means it is protected for future generations. The area is also known as the Lakes and Lakeland. National Parks are for everyone to enjoy whilst respecting the environment and other users.

Counties of North England

Greater Manchester, Lancashire, Cheshire, Cumbria, County Durham, Merseyside, Northumberland, North Yorkshire, South Yorkshire, East Riding of Yorkshire, Tyne and Wear, West Yorkshire

The Lake District, also known as the Lakes or Lakeland, is a mountainous region in North-West England. A popular holiday destination, it is famous for its lakes, forests and mountains (or fells) and its associations with the early 19th century writings of William Wordsworth and the other Lake Poets.



By 100 AD the Romans had reached the Lake District. In southern England the Romans built roads, elaborate villas and settlements. The north, including the Lake District, was at the frontier of the Roman Empire, so needed military bases. Here the Roman soldiers built roads, forts and temporary camps to protect the borders and supply routes.



What is Geography?

Geography is the study of the Earth's landscapes, peoples, places and environments. It is, quite simply, the study of the world we live in. Geography is part of your everyday life; you use it every day without even realising.

Key Vocabulary

National Park	a protected area because of wildlife, beautiful countryside or cultural heritage
vegetation belt	regions of the world that are home to certain plant species determined by the climate
rivers	a river is a moving body of water that flows from its source on high ground, across land, and then into another body of water, which could be a lake, the sea, an ocean or even another river
mountain	a landform that rises high above its surroundings, taller than a hill, it usually has steep slopes and a rounded or sharp peak
human geography	this focuses of the study of human interaction with the environment such as buildings or networks
physical geography	the study of natural features of the world such as rivers, coasts, mountain, ecosystems, weather and climate
environmental geography	this focuses on how human geography and physical geography interact together
county	a small area of the UK containing lots of towns and villages
city	the largest type of settlement, containing lots of buildings and lots of people
region	an area of land that has common features