



HISTORIC
ENVIRONMENT
SCOTLAND

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ALBA

PART 2 TEACHERS' NOTES

GO ROMAN

THEME I:

THE LEGIONARY SOLDIER

LET'S
INVESTIGATE
NOTES AND
OBJECT
CHECKLIST



THE
ANTONINE WALL

FRONTIERS OF THE ROMAN EMPIRE



GO ROMAN THEME I: THE LEGIONARY SOLDIER



Men from three 'legions' of Roman soldiers were stationed in Scotland in the Antonine period: the Second Legion, the Sixth Legion and the Twentieth Legion. The legions were groups of around 5,000 professional soldiers, who had committed to the army for twenty-five years. Each legion had their own symbol.

Legionaries were all Roman citizens. They fought mostly on foot, using short swords, daggers and javelins, and were protected by helmets, body armour and shields. They wore woollen tunics under their armour and on their

feet leather sandal-like boots with studded soles. They were not supposed to marry, but many did and their families followed the legions around and lived outside the forts in a village known as a *vicus*.

Each fort on the Antonine Wall held around 500 men. When on duty, the soldiers were occupied with training, patrolling the Wall and carrying out maintenance or administrative tasks – as well as actual fighting if required.

The box contains the following replica objects on this theme:

- Shoes
- Shield
- Legionary's helmet
- Body armour
- Tunics
- Dagger and scabbard
TEACHER SUPERVISION REQUIRED
- Sword and scabbard
TEACHER SUPERVISION REQUIRED
- Spear head
TEACHER SUPERVISION REQUIRED
- Wax tablets and writing tools
- Water canteen

FURTHER RESOURCES AND ACTIVITIES

www.antoninewall.org/about-wall/building-wall/legions-auxillary-units This website has information about the three legions based on the Antonine wall.

www.nms.ac.uk/explore/games/discover-the-romans/discover-the-romans/dress-a-roman-soldier/

This website has a 'dress the soldier' activity.



ACTIVITIES



ACTIVITY 1: MAKE A LEGIONARY

Create 'paper dolls' of legionary soldiers, and make a set of clothes, armour and weapons for them to wear. Add lollipop sticks and turn them into puppets. Pupils could use different materials (e.g. cloth, foil etc.) to make the clothes more real. Or you could dress Action Man-type dolls. Images of legionary soldiers can be found here:

www.antoninewall.org/learning-centre/primary/downloadable-resources

ACTIVITY 3: ROMAN BOOT CAMP

Use drama to set up a Roman boot camp, where pupils learn how to use weapons, put on armour etc. You could use the weapons you made in activity 2. Can you drill them to form a tortoise or *testudo* formation? Take photographs and then pupils could use the photos to create a training manual or poster.

You could make up your own version of the traditional 'Port and Starboard' game, using the commands in Latin below

www.games4youthgroups.com/circle-games/port-starboard.html

Here are some commands in Latin:

- *Ad aciem* – Form battle line! (ranks facing the enemy)
- *Pila iacite* – Throw javelins!
- *Gladios stringite* – Draw swords!
- *Parate* – Get ready!
- *Percutite* – Charge!
- *Testudinem facite* – Form *testudo*! (tortoise formation with shields overhead)

ACTIVITY 2: MAKE WEAPONS

Using the real items as inspiration, pupils make life-size cardboard weapons, shield and armour. Templates for sword, helmet and legionary badges can be found here:

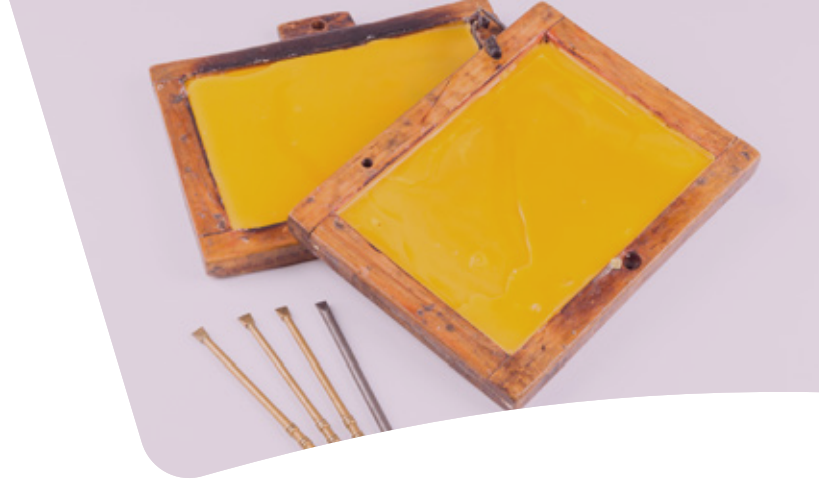
www.antoninewall.org/learning-centre/primary/downloadable-resources

ACTIVITY 4: ROMAN WRITING

Use the wax tablets to write messages. Download the resource Latin words and numbers from www.antoninewall.org/learning-centre/primary/downloadable-resources. This includes numbers and some simple words or phrases. Pupils could also experiment with the best techniques for writing and rubbing out using the writing tools.

They may be interested to find out more about the Vindolanda writing tablets – records written by Romans based at Vindolanda on Hadrian's Wall – at one time the oldest handwritten documents found in Britain. These were written on thin slivers of wood rather than on wax tablets. The information they provide reveals a huge amount about day to day life in Roman Britain. They also include a letter from the wife of one of the fort commanders, inviting a friend to her birthday party!

V-Mail: Letters from the Romans and Vindolanda Fort near Hadrian's Wall, Katharine Hoare, 2008 is a great book for children about the Vindolanda writing tablets.



HANDLING BOX OBJECT CHECKLIST RECEIVED AND RETURNED



THE LEGIONARY SOLDIER

Object	Quantity	Notes	Tick received	Tick returned
1. Shoes	1 x pair of adult shoes 1 x pair of child's shoes		<input type="checkbox"/>	<input type="checkbox"/>
2. Shield	1	Not stored in the box.	<input type="checkbox"/>	<input type="checkbox"/>
3. Legionary's helmet	1		<input type="checkbox"/>	<input type="checkbox"/>
4. Body armour	2 x shoulder pieces 1 x body piece	HEAVY HANDLE WITH CARE.	<input type="checkbox"/>	<input type="checkbox"/>
5. Tunics to wear underneath	2 x tunics	Child sizes	<input type="checkbox"/>	<input type="checkbox"/>
6. Dagger and scabbard	1 x dagger 1 x scabbard	CHILDREN TO HANDLE UNDER SUPERVISION.	<input type="checkbox"/>	<input type="checkbox"/>
7. Sword and scabbard	1 x sword 1 x scabbard	CHILDREN TO HANDLE UNDER SUPERVISION.	<input type="checkbox"/>	<input type="checkbox"/>
8. Spear head	1 x spearhead	CHILDREN TO HANDLE UNDER SUPERVISION.	<input type="checkbox"/>	<input type="checkbox"/>
9. Wax tablets	4		<input type="checkbox"/>	<input type="checkbox"/>
10. Writing tools	4		<input type="checkbox"/>	<input type="checkbox"/>

Received

Returned

LET'S INVESTIGATE!



1

Look at the objects.
Were they for protecting the soldier,
or for attacking
enemies - or both?

2

Talk about the
questions on the
cards for each
object.

3

Dress up in
the objects.

4

Strike a pose - are
you attacking,
defending, injured, or
resting? Take a
photograph as a
record.

5

Finally, sketch
one of the
objects.

GO ROMAN THEME 1: THE LEGIONARY SOLDIER

All of these objects are replicas (copies) of things worn or carried by Roman legionary soldiers when they invaded Scotland. A legionary was a highly trained professional soldier who was a Roman citizen. He served in the army for 25 years. They had to buy their own weapons and uniform, and keep them in sparkling condition.



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SHOES

TAKE A LOOK

- Look closely at both pairs of shoes
- Look at how they are the same
- Look at how they are they different
- Look at the materials they are made from
- Think about how these shoes tie up
- Compare them to your shoes and think about how they are the same or different

WHAT DO YOU THINK?

- Do you think these would keep your feet warm?
- Do you think the Roman soldiers wore socks?
- Why do you think there were slits in the leather?
- What do you think the studs in the bottom are for?

Write notes and ideas from your discussions in the notes section below

NOTES



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GO ROMAN THEME 1:
THE LEGIONARY SOLDIER

SHOES



The shoes with the high ankle were worn by soldiers on duty.

The soldier's shoes were called *caligae*.

They had slits to let the air in and stop the feet getting too sweaty.

The shoes with the closed toes are copies of shoes found at Bar Hill Roman fort.

The studs in the bottom were to stop the soldier slipping around, and helped them last longer as they marched over long distances.

Around 70 pairs of shoes have been found at Bar Hill fort on the Antonine Wall. Some are even for women and children.



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GO ROMAN THEME 1:
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SHIELD

TAKE A LOOK

- Look at the size and shape of the shield
- Think about where and how you could hold it
- Pick it up carefully and feel the weight of it
- Look at the metal bit in the centre and think about what this could be for

WHAT DO YOU THINK?

- How many different ways do you think a Roman soldier could use his shield?
- Why do you think the middle part was made of metal?
- Which part of the soldier would not be protected by the shield?

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GO ROMAN THEME 1:
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INFORMATION

SHIELD



This shield was known as a *scutum*.

Rectangular shields like this were used by legionaries. Other types of soldiers had oval shields.

The metal part protected his hand as he held the shield.

The shield protected the soldier's body.

This *testudo* 'shell' was so strong that a chariot could be driven across the top!

Roman soldiers could group together and put their shields over their heads to defend themselves against attack from above for example from arrows. This was called the *testudo* - or tortoise formation.



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HELMET

TAKE A LOOK

- Look at the different materials this helmet is made of
- Look closely at all the different parts and how they are all joined together

WHAT DO YOU THINK?

- What materials is this helmet made of?
- How many sections is the helmet made of?
- Which part of the head does each section protect?
- What do you think the parts on top of the head might have been used for?

Write notes and ideas from your discussions in the notes section below

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HELMET



This type of helmet was known as a *galea* and was worn by legionaries.

The different sections of the helmet protected the skull, the back of the neck and the sides of the face.

It is made of metal

The parts on top of the head might have been used to add a crest made of brightly coloured feathers. This helped soldiers spot the officer in charge during a battle, for example.



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BODY ARMOUR



TAKE A LOOK

- Look closely at the different parts of the armour
- Look at how those parts are joined together
- Look at the different materials the armour is made from

WHAT DO YOU THINK?

- Which parts of the body does this armour protect?
- Why do you think it was made in sections, rather than one piece?
- Do you think the soldier wore anything underneath?
- Compare it to the armour worn by the archer. Which would you prefer to wear? Why?

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BODY ARMOUR



INFORMATION

Legionaries wore this armour in battle to protect themselves from being stabbed by swords.

The metal hinges and leather straps helped the soldier move more freely.

The thin metal plates were lighter than one complete piece of metal and fitted better.

Soldiers would have worn a tunic underneath for warmth, protection and to stop the armour rubbing.



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DAGGER

HANDLE UNDER ADULT
SUPERVISION ONLY!



TAKE A LOOK

- Look at the different materials the dagger and its case are made from
- Look at the loops on the case
- Look carefully at the decoration on the case

WHAT DO YOU THINK?

- What do you think the loops on the scabbard are for?
- What animal can you see on the case?
- Why do you think the soldier carried a dagger as well as a sword?

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GO ROMAN THEME 1:
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INFORMATION

DAGGER

HANDLE UNDER ADULT
SUPERVISION ONLY!



This is a short dagger, or *pugio* in its case or scabbard, which was carried by legionaries.

As well as being used as a weapon, this was also used as an eating utensil.

The dagger was used as a general purpose tool by legionary soldiers, almost like a Swiss army knife!

On the case is a picture of Romulus and Remus and a wolf. This was a story about how Rome was originally built.



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SWORD



HANDLE UNDER ADULT
SUPERVISION ONLY!

TAKE A LOOK

- Look at the different materials the sword and its case are made of
- Think about how the loops on the case may have been used to carry the sword

WHAT DO YOU THINK?

- What materials are the sword and case made from?
- How would the soldier carry the sword and scabbard?
- What stops the soldier from cutting his own hand on the sword?

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SWORD

HANDLE UNDER ADULT
SUPERVISION ONLY!



This is a sword or *gladius*, the most important weapon of the Roman soldier, and its case or scabbard.

The sword is metal with wood and leather on the handle, while the case is made of wood, held together by metal bands.

Soldiers had to buy and look after their own uniform, armour and weapons.

They practised with wooden weapons before moving on to the real metal ones.



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SPEAR HEAD

HANDLE UNDER ADULT SUPERVISION ONLY!

TAKE A LOOK

- Look at the how the spear head has been flattened and shaped
- Look at the rounded end and think about what it may have been attached to

WHAT DO YOU THINK?

- What shape is the tip?
- What would the other end be attached to?
- Would it be easy to throw?
- What would be good about throwing the spear at your enemy?
- What was the disadvantage?

Write notes and ideas from your discussions in the notes section below

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THE ANTONINE WALL FRONTIERS OF THE ROMAN EMPIRE

GO ROMAN THEME 1: THE LEGIONARY SOLDIER



SPEAR HEAD

HANDLE UNDER ADULT
SUPERVISION ONLY!

This is the
head of a javelin
or *pilum*, a
spear which the
soldiers threw.

The spearhead
was attached to a
long metal pole.
When complete, it
was around 2m
long!

In battles, soldiers
began their attack by
throwing the javelin.
Then they rushed in
with their swords and
daggers to fight at
close quarters.

Throwing the spear
meant that soldiers
could stay away from
the enemy for a little
longer. But if they
missed their target,
then their spear was
gone and wasted!



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WAX TABLETS AND PENS

TAKE A LOOK

- Look at the different materials these tablets and writing tools are made of
- Try to work out how they were used for writing
- Think about what the holes on the tablets are for

WHAT DO YOU THINK?

- What are these made of?
- Do you think any parts are missing?
- Can you work out how to use them?
- What kind of things would the Romans want to write?
- What would be the advantages of using these to write with?
- Can you think of any disadvantages?

Write notes and ideas from your discussions in the notes section below

NOTES



WAX TABLETS AND PENS

INFORMATION

The wooden tablet with wax was called a *tabula*. The metal writing tool or pen was called a *stylus*.

The holes were where leather strips would tie two tablets together, to make a sort of book.

The pointed end of the writing tool or pen was for writing in the wax, the flat end was for rubbing out and smoothing the wax down again.

Romans used wax tablets like these to write letters, give orders and instructions, keep records and report on events.



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GO ROMAN THEME 1:
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OBJECT INFORMATION

1. SHOES

- The shoes with the high ankle were worn by soldiers on duty.
- They were called *caligae*.
- They had slits to let the air in and stop the feet getting too sweaty.
- The studs in the bottom were to stop the soldier slipping around, and helped them last longer as they marched over long distances.
- The shoes with the closed toes are copies of shoes found at Bar Hill Roman fort.
- Around 70 pairs of shoes have been found at Bar Hill fort on the Antonine Wall. Some are even for women and children.

3. HELMET

- This type of helmet was known as a *galea* and was worn by legionaries.
- It is made of metal.
- The different sections of the helmet protected the skull, the back of the neck and the sides of the face.
- The parts on top of the head might have been used to add a crest made of brightly coloured feathers. This helped soldiers spot the officer in charge during a battle, for example.

5. DAGGER

- This is a short dagger, or *pugio* in its case or scabbard, which was carried by legionaries.
- The dagger was used as a general purpose tool by legionary soldiers, almost like a Swiss army knife!
- As well as being used as a weapon, this was also used as an eating utensil.
- On the case is a picture of Romulus and Remus and a wolf. This was a story about how Rome was originally built.

7. SPEAR HEAD

- This is the head of a javelin or *pilum*, a spear which the soldiers threw.
- The spearhead was attached to a long metal pole. When complete, it was around 2m long!
- In battles, soldiers began their attack by throwing the javelin. Then they rushed in with their swords and daggers to fight at close quarters.
- Throwing the spear meant that soldiers could stay away from the enemy for a little longer. But if they missed their target, then their spear was gone and wasted!

2. SHIELD

- This shield was known as a *scutum*.
- Rectangular shields like this were used by legionaries. Other types of soldiers had oval shields.
- The shield protected the soldier's body.
- The metal part protected his hand as he held the shield.
- Roman soldiers could group together and put their shields over their heads to defend themselves against attack from above for example from arrows. This was called the *testudo* – or tortoise formation.
- This *testudo* 'shell' was so strong that a chariot could be driven across the top!

4. BODY ARMOUR

- Legionaries wore this armour in battle to protect themselves from being stabbed by swords.
- The thin metal plates were lighter than one complete piece of metal and fitted better.
- The metal hinges and leather straps helped the soldier move more freely.
- Soldiers would have worn a tunic underneath for warmth, protection and to stop the armour rubbing.

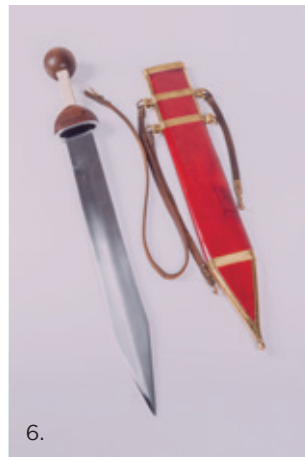
6. SWORD

- This is a sword or *gladius*, the most important weapon of the Roman soldier, and its case or scabbard.
- The sword is metal with wood and leather on the handle, while the case is made of wood, held together by metal bands.
- Soldiers had to buy and look after their own uniform, armour and weapons.
- They practised with wooden weapons before moving on to the real metal ones.

8. & 9. WAX TABLETS AND PENS

- The wooden tablet with wax was called a *tabula*. The metal writing tool or pen was called a *stylus*.
- The pointed end of the writing tool or pen was for writing in the wax, the flat end was for rubbing out and smoothing the wax down again.
- The holes were where leather strips would tie two tablets together, to make a sort of book.
- Romans used wax tablets like these to write letters, give orders and instructions, keep records and report on events.

WHAT'S IN THE BOX



- 1. Shoes
- 2. Shield
- 3. Legionary's helmet
- 4. Body armour
Tunics to wear underneath

- 5. Dagger and scabbard
- 6. Sword and scabbard
- 7. Spear head
- 8. Wax tablets
- 9. Writing tools



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