

Curriculum linked walk to school learning resources



Each month Living Streets publish short classroom activities linked to the WoW badge theme of that month. The activities link to a variety of curriculum areas and where possible are given a walking or healthy living related slant.

We do our best to create activities that are suitable for all children of primary school age and make a note on the activity if it is geared towards a particular key stage.

Please see below for the themed activities currently available from the Living Streets website. You can download them for free from: <http://www.livingstreets.org.uk/walk-with-us/walk-to-school/primary-schools/walk-once-a-week/learning-resources>

| When I Grow Up (2014-15 badge theme) | A Journey Through Time (2013-14 badge theme) | Around the world (2012-13 badge theme) |
|---|---|---|
| September: Scientist | September: Dinosaurs | January: India |
| October: Dentist | October: Cavemen and Cavewomen | February: Japan |
| November: Police | November: Ancient Egypt | March: Australia |
| December: Author | December: Roman Empire | April: Easter Island |
| January: Accountant | January: Middle Ages | May: Brazil |
| February: Artist | February: Great Fire of London | June: USA |
| March: Explorer | March: Pirates | July: Canada |
| April: Farmer | April: The Industrial Revolution | |
| May: Fire Fighter | May: The Sinking of the Titanic | |
| June: Chef | June: World War Two | |
| July: Teacher | | |

Think you'd like to be a scientist when you grow up? Why not give some of our science activities a go.

A thimbleful of a neutron star would weigh over 300 million tons

- Plant seeds and monitor how well they grow in different conditions
- Complete a survey of plant and animal types that are found in the school grounds
- Sound detectives – visit different locations, stop and listen to what you can hear around you
- Complete detailed, labelled drawings of plants
- Go out for a brisk walk and talk about how physical activity can affect heart rate and health
- Investigate different materials and decide which would work best if you were designing a shoe



Download more free WoW learning resources at:

<http://bit.ly/1ppb6gU>

The highest speed ever achieved on a bicycle is 167 miles per hour

Welcome to WoW

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www.livingstreets.org.uk/wtsbulletin

There are 62,000 miles of blood vessels in the human body – laid end to end they would circle the earth 2.5 times



Walk Once a Week: Scientist

Sept 2014



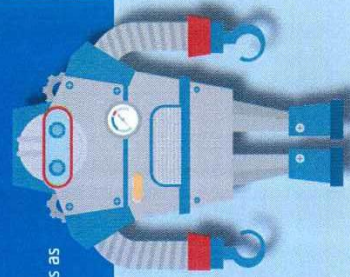
When I GROW up...

The theme of WoW 2014/15 is **When I Grow Up** which explores the dreams and aspirations of young people. September is scientist month.

A scientist is someone that studies, experiments and researches to learn and make discoveries about the world we live in. It is because of scientists that we know the world is round, how the body works and that we have computers, smart phones and the internet.

There are lots of different careers you can have as a scientist, from being an archaeologist who studies ancient human cultures to a zoologist who studies the animal kingdom.

- **Chemists** study chemical elements and compounds and how they work together in our bodies and the world around us. Dorothy Hodgkin was a famous British biochemist who won the Nobel prize in Chemistry for discovering the chemical structure of vitamin B₁₂.
- **Physicists** study the world around us and try to work out how and why objects exist and behave as they do. Famous physicists include Isaac Newton who first understood gravity and Albert Einstein who introduced the Theory of Relativity.
- **Biologists** study life and living organisms. You could spend your time underwater studying life in the sea as a marine biologist or work with DNA, isolating specific genes as a geneticist.
- **Engineers** apply scientific knowledge when designing, building, or maintaining engines, machines, or structures. You could build satellites and space rockets as an aerospace engineer or design bridges and skyscrapers as a civil engineer.
- **Geologists** study what the earth is made of and how it was formed. You could be a palaeontologist and study dinosaurs or study volcanoes as a volcanologist.



Research some more facts about scientists and start a scrap book called **When I Grow Up** that you can add to each month. You could do this as a class or to keep at home.

For more information visit:
www.childrens.universitymanchester.ac.uk/interactives/science

fold to A5

Living Streets (The Pedestrians Association) is a Registered Charity No. 1108448 (England and Wales) and SC039808 (Scotland). Company Limited by Guarantee (England & Wales). Company Registration No. 5368409.

Registered office: 4th Floor, Universal House, 88-94 Wentworth Street, London, E1 7SA.

Scavenger Hunt

Take a walk around your classroom, school grounds, garden or local park. Can you find something for each of the descriptions on the list? There's room to write down what you have found too.

Why not make a drawing or take a photo of the most interesting things you find to add to your 'When I Grow Up' book.

You could also use a microscope or magnifying glass to look at objects in more detail.

The average person accidentally eats 450 bugs each year of their life

| Can you find... | What did you find? | Tick |
|---------------------------------|--------------------|------|
| Something yellow | | |
| Something smooth | | |
| A flower | | |
| Three different types of leaves | | |
| An acorn, seed or nut | | |
| An interesting stone | | |
| Something shiny | | |
| Something brown | | |
| Something straight | | |
| Something round | | |



Can you find...

What did you find?

Tick

| | | |
|--|--|--|
| Something rough, scratchy or prickly | | |
| Something that makes a noise | | |
| Something that smells nice | | |
| Something made of metal | | |
| Something made of plastic | | |
| A bird or animal | | |
| An insect | | |
| Something the same width as your thumb | | |
| A twig shaped like the letter Y | | |
| Something that starts with the first letter of your name | | |
| | | |
| | | |

At over 2000 kilometres long, The Great Barrier Reef is the largest living structure on Earth



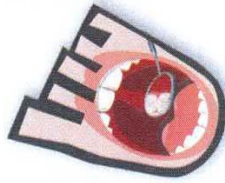
Think you'd like to be a dentist when you grow up? Why not give some of our activities a go.

The visible part of your tooth is called the crown

- Write instructions for a younger child telling them how to clean their teeth.
- Create a display showing how many teaspoons of sugar or sugar cubes are in different drinks.
- Design a poster to go in a dentist's waiting room, about what foods and drinks can be bad for your teeth.

Answers

| | | | |
|---|--------------|----------------|-----------------------------|
| 1 | Human | Human teeth | Fish fingers, mash and peas |
| 2 | Horse | Horses teeth | Grass |
| 3 | Robin | Robin beak | Worm |
| 4 | Cat | Cat teeth | Mouse |
| 5 | Shark | Shark teeth | Fish |
| 6 | Red squirrel | Squirrel teeth | Pine cone |



Our teeth are covered in enamel which is the hardest substance in the body

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www.livingstreets.org.uk/artsbulletin

Wisdom teeth are called this because people used to think they were a sign you were becoming wiser!



Walk Once a Week: Dentists



When I Grow Up...

The theme of WoW 2014/15 is **When I Grow Up** which explores the dreams and aspirations of young people. October is dentist month.

A dentist is someone who helps prevent and treat problems with your teeth and gums. Becoming a dentist involves at least five years study at dental school, followed by one or two years of supervised practice.

The dentist you visit will usually be based in a local dental practice. Some dentists work in other locations such as hospitals or go out to visit people in their homes.

As well as dentists, there are several other careers in dentistry, such as dental nurse, dental hygienist and dental technician.

For healthy teeth you should visit the dentist twice a year and clean your teeth for at least two minutes at least twice a day, after breakfast and last thing at night.

You get two sets of teeth in your life. Baby teeth (or milk teeth) appear when you are about six months old and by the time you are two and a half you should have 20 teeth. Baby teeth start to fall out when you are about six years old to make space for your adult teeth.

By 13, you should have 28 adult teeth. It is important to look after them by eating a balanced diet not too high in sugary foods or drinks.

When you are between 18 and 25 years old, you might also grow four 'wisdom' teeth at the back of your mouth.

We have four different types of teeth:

- Incisors which are sharp to help cut your food.
- Canines are pointed which help to hold and tear food.
- Pre-molars have a flat chewing surface to crush your food.
- Molars are your back teeth. They are flat to chew and grind your food into small pieces.

Research some more facts about dentists to add to your

When I Grow Up scrap book.



For more information and activities visit:
www.childrensuniversitymanchester.ac.uk/interactives/science/teethandeating

fold to A5

Match the tooth to the animal to what they eat

(write the relevant numbers in the blank circles next to the teeth and food)

Did you know? Some animals, such as horses, have special dentists to look after their teeth.



Our teeth are like trees and have roots which are hidden beneath the gums.



Think you'd like to be a police officer when you grow up? Why not give some of our activities a go.

- Imagine you are in the police and walking your local beat. Describe or draw what you can see.
- Can you make a story up about your day as a police officer?
- Imagine you are in the police and a child asks for help to cross the road – what instructions would you give them?
- Can you think of any animals or vehicles that help the police? Draw a picture of them helping the police to fight crime.
- Look up the meanings of any code words in the NATO phonetic alphabet you don't know.



There are over 100,000 police officers in the 43 police forces of England and Wales

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Scotland has one large force, with over 17,000 police officers. It was formed in 2015 when the previous eight Scottish forces joined together



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Walk Once a Week: Police officers



Nov 2014

When I Grow Up...

The theme of WoW 2014/15 is **When I Grow Up** which explores the dreams and aspirations of young people. November is police officer month. Police officers work in partnership with the communities they serve to maintain law and order, protect members of the public and their property, prevent crime and improve the quality of life for all people.

The work of a police officer is both challenging and diverse.

Police officers work closely with members of the criminal justice system, schools, local businesses, health trusts, housing authorities, town planners and community groups to provide advice, education and assistance to those who want to reduce crime or have been affected by crime.

There is no formal qualification to become a police officer. Good police officers have honesty and confidence. They also have social awareness and a responsible attitude. They can remain calm in sometimes difficult or frightening situations.

Aside from being a police officer you can also volunteer to be a police community support officer (PCSO) or a special constable. Special constables are volunteer police officers who have the same powers as regular police officers. They volunteer for at least 16 hours per month. They wear the same uniform and have the same equipment as regular officers.

Police officers can do lots of different types of jobs within specialist units including:

- Criminal investigation department (CID)
- Fire arms
- Mounted branches (on horses)
- Fraud squad
- Child protection
- Dog handlers
- Drugs squad
- Traffic
- Underwater search units

The police use a special alphabet to spell names over the radio to make sure that important information is correct. This alphabet is called the NATO phonetic alphabet. Look at the activity over the page to find out how to use this alphabet!

Research some more facts about police officers to add to your **When I Grow Up** scrap book.



For more information check out the following websites:

- www.policecouldyou.co.uk
- www.prospects.ac.uk/police_officer_job_description.htm
- www.norfolkwisekids.co.uk/fact-file/crack-the-code.aspx
- www.policespecialists.com/about.html

Learn the NATO phonetic alphabet

| LETTER | CODE WORD | LETTER | CODE WORD | LETTER | CODE WORD |
|--------|-----------|--------|-----------|--------|-----------|
| A | Alpha | J | Juliet | S | Sierra |
| B | Bravo | K | Kilo | T | Tango |
| C | Charlie | L | Lima | U | Uniform |
| D | Delta | M | Mike | V | Victor |
| E | Echo | N | November | W | Whisky |
| F | Foxtrot | O | Oscar | X | Xray |
| G | Golf | P | Papa | Y | Yankee |
| H | Hotel | Q | Quebec | Z | Zulu |
| I | India | R | Romeo | | |

You are now ready to try out the NATO phonetic alphabet. Use the code words to spell out what you see below:



Dog



Handcuffs

Fingerprint

Radio



Bicycle

Helmet

Police officer

Bobby

Pelican crossing



Now think of some more words about walking or the police. Write them down below and then spell them using the NATO phonetic alphabet. You can do this with a friend or adult and see if they can guess which word you are saying.

The first organised police force in Britain was set up in 1829 by Robert Peel. Police have often been nicknamed 'bobbies' or 'peelers' after Robert Peel.



Think you'd like to be an author when you grow up? Why not give some of our activities a go.

- Ask the author: working in pairs, imagine that you are going to meet your favourite author. (Remember this can be someone who has written a book, a poem, a play or an article for a magazine or newspaper) What three questions would you ask them?
- Authors get inspiration from the world around them using all of their senses. Go for a walk and pick three things you see, hear, feel or smell and use your best creative writing to describe them.
- Imagine you are an author writing a newspaper article about your local street. What interesting facts would you want to include about what it is like to live in your street?



The average book is between 60-80,000 words but the average amount of words for a thriller is over 100,000.

welcome to wow

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Don Quixote is the best-selling novel of all time, with over 500 million copies sold.

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Walk Once a Week: authors



When I GROW up...

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An author is someone who writes novels, short stories, plays or poetry which are often fictional based on real life or imaginary events and people. Authors also write books or articles which are factual or informative, called non-fiction.

Authors often specialise on different themes for their writing such as history, crime, travel, romance, autobiography, sports, fantasy, science-fiction or books for children.

Anyone can become an author as you don't have to have a special qualification - you just need to be able to write something which other people want to read - usually through hard work and creativity.

Surprisingly, Roald Dahl, author of Charlie and the Chocolate Factory and Matilda was not a very promising writer at school.

One teacher wrote in his report, 'I have never met a boy who so persistently writes the exact opposite of what he means. He seems incapable of marshalling his thoughts on paper!'

Roald Dahl went on to write 17 books and is an international best seller.

An author's worst enemy is writer's block, when an author runs out of ideas and can't think of anything to write about.

Many authors use walking as a cure to clear their head and be inspired by the world around them.

Author Margaret Drabble said, "The best remedy is walking. An evening walk can work wonders. I often think of the Latin phrase, solvitur ambulando—it will be solved by walking."

Authors earn money through selling their books or by being paid to write for magazines or newspapers. Some authors have their books made into films for the television or cinema. Harry Potter, The Gruffalo and the Narnia Chronicles all started their lives as books.

Research some more facts about your favourite authors and books to add to your **When I Grow Up** scrap book. For more information check out the following websites:

<https://nationalcareersservice.direct.gov.uk/advice/planning/jobprofiles/Pages/writer.aspx>

<http://clubs-kids.scholastic.co.uk/authors>

<http://www.theguardian.com/childrens-books-site/series/writing-tips-for-kids-from-childrens-authors>

fold to A5

My _____

Journey to school

| | | | | |
|--|--|---|--|---|
| CHARACTER – WHO IS THE STORY ABOUT? | PLACE – WHERE IS THE STORY SET? | WHO DID YOU MEET? A FAMOUS PERSON? A DRAGON? | WHAT DID YOU FIND? A MAGIC COIN? SPECIAL SHOES? | CHOOSE SOME SPECIAL WORDS TO INCLUDE IN YOUR STORY FROM THE WORD BANK – OR THINK OF YOUR OWN |
| | | | | |

Favourite Words

Do you have any favourite, special or unusual words you like to hear or to say? Ask your friends and family for theirs. Write a list of the top five favourite words that you like and use them in your story.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Top tip – using a thesaurus will help you find new words with similar meanings to avoid repeating yourself.

For example for the word 'good' you could also use, excellent, positive, marvellous, satisfactory or fantastic.



Word bank (Use a dictionary to look up any words that you don't understand)

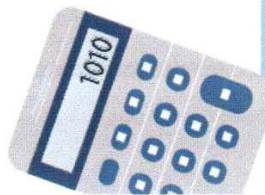
| | | | | |
|------------|------------|----------------|--------------|-----------|
| walked | Strider | skipped | laughter | meander |
| congestion | juggernaut | septuagenarian | soaring | trifle |
| cavern | twisted | duckling | parachute | scamper |
| silky | beetroot | zigzag | champion | blew |
| legs | dog | whispered | scurried | angry |
| custard | dawdle | climb | sing | tumbled |
| drama | mud bath | slither | trombone | ran |
| enormous | bobble | fungus | yell | favourite |
| mountain | shop | great | unbelievable | climbed |
| happy | girl | boy | super | big |

JK Rowling's Harry Potter books have sold over 400 million copies, making them one of the best-selling book series in history.



Think you'd like to be an accountant when you grow up? Why not give some of our activities a go...

- Set yourself an imaginary budget and use shopping catalogues to choose some presents for your friends or family. Do you have enough money to buy everything you want to give?
- Set up a shop role play area to tackle similar questions to the one on this activity sheet.
- Run a stall at the school fair or to raise funds for a local charity. Plan what you will sell and for how much, to ensure you will earn a profit.



In 1885, William Burroughs invented the first working adding machine. They didn't sell very well as he was the only one who could use them.

Adding machines were later replaced by calculators, which made the accountant's job much easier.

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Bubble gum was invented in 1928 by accountant Walter Dimer.

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Walk Once a Week: accountants



When I Grow Up...

The theme of WoW 2014/15 is **When I Grow Up** which explores the dreams and aspirations of young people. **January is about accountants.**

Accountancy and finance is a fundamental part of how business is done around the world. Accountants have been providing financial information and advice to organisations of all types and sizes for hundreds of years.

A key aspect of being an accountant is about understanding detailed financial information and being able to communicate that to others in an easy to understand way.

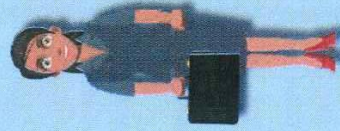
Accountants are talented and determined people who use their skills in the same way as lawyers, engineers or architects to find the best solution for their clients.

There are many different routes to train to become an accountant. Many accountants qualify as chartered or certified accountants which means their qualification is recognised by a professional body such as the Institute of Chartered Accountants in England Wales.

Accountants can be employed by audit firms or in commerce, industry and the public sector.

Typical activities of an accountant include:

- Payroll
- Cash collections and payments
- Preparing accounts and tax returns
- Compiling and presenting budgets and business plans
- Developing and managing financial systems and policies



Research some more facts about accountants to add to your 'When I Grow Up' scrap book. For more information check out the following websites*:

<https://targetjobs.co.uk/careers-advice/job-descriptions>

<http://careers.icaew.com/school-students-leavers/what-is-accountancy>

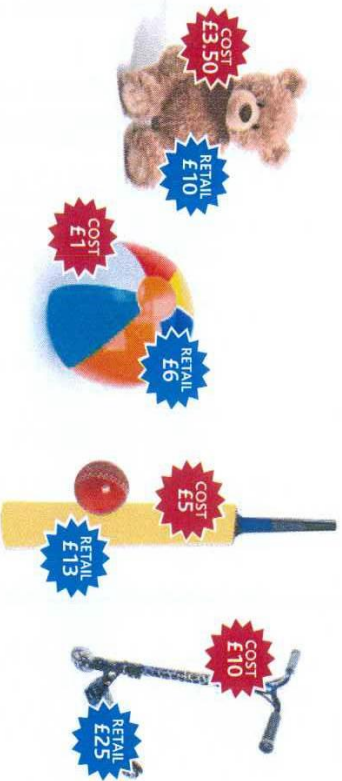
<http://www.topaccountingdegrees.com/how-technology-has-changed-accounting#sthash>

http://www.ehow.com/info_12003624_accounting-activities-kids.html

*Please note these websites are not run by or endorsed by Living Streets. We advise teachers to check content of websites before using directly with pupils.

fold to A5

Be the shopkeeper and balance your books



Imagine you are a shopkeeper and you need to work out how much profit you will make from selling items in your shop. In order to make a profit you have bought items at cost price and you will sell them to your customers at a higher retail price.

Answer the following questions and fill in the table to calculate your expenditure, income and profit. Use the blank rows on the table to make up your own cost and retail prices to test a friend.

Expenditure
How much did you spend on all your stock? Add all the cost prices together.

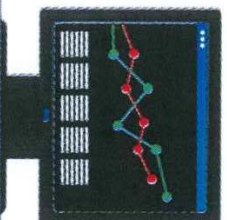
Income
How much money will be paid to you if you sell everything? Add all the retail prices together.

Profit
How much profit have you made? Subtract the cost total from the retail total. The difference is the profit.

| STOCK ITEM | COST PRICE | RETAIL PRICE | PROFIT |
|-------------|------------|--------------|--------|
| Teddy Bear | | | |
| Beach Ball | | | |
| Cricket Bat | | | |
| Scooter | | | |
| | | | |
| | | | |
| | | | |

The ancient Romans were obsessed with record keeping. Their military bases kept detailed accounts on everything from how much grain was in their stores to how many nails were in their workshops.

The word "accountant" comes from the French word "comptes," which means to count or score.



Think you'd like to be an artist when you grow up? Why not give some of our activities a go.

- Draw a storyboard or comic strip about your journey to school. What do you see? Who do you meet? Does anything exciting happen?
- Think about the best place you have been to while out walking. Be creative and choose how to show this place. You can paint, draw, make a model, take a photo or choose another way.
- Build a model building inspired by artistic architects Hundertwasser or Gaudi, using an old cereal box and other (clean) waste.



fold to A5



Leonardo Da Vinci was left handed and all his notes about his art work were written from right to left. To read them people had to use a mirror.

Some artists, such as Friedensreich Hundertwasser and Antoni Gaudi, are also architects and turn buildings into giant pieces of art.

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Beatrix Potter started out by drawing her pets, which included a rabbit called Benjamin Bouncer.

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Walk Once a Week: artists



Feb 2015

When I grow up...

The theme of WoW 2014/15 is **When I Grow Up** which explores the dreams and aspirations of young people. February is about artists.

An artist is someone who creates some type of art, often known as fine art which includes painting, illustration, drawing. But in fact, there are over 100 different careers in art and design covering fields such as photography, teaching, art therapy, architecture, interior design, fashion, art history, brand and advertising, 3D product design such as jewellery or pottery and web and app designers too.

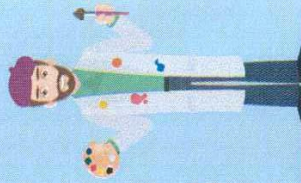
Picasso could draw before he could walk and his first word was pencil.

Artists are very creative people. We can all be artists but some people are naturally talented and are full of ideas helping them create something beautiful.

Many people have become very famous because of their artistic abilities.

We are surrounded by art; in books, on posters, in newspapers, on television, on the internet and in computer games. You don't need to have special qualifications, you just need to be creative and be able to produce something other people find interesting and want to look at or experience.

Lots of artists study art and design at school and universities. There are also specialist art colleges which help students to learn different techniques and skills. Studying art at school can be a good place to start if you think you'd like to be an artist when you grow up.



Research some more facts about artists to add to your 'When I Grow Up' scrap book.

For more information check out the following websites*:

<https://nationalcareersservice.direct.gov.uk/advice/planning/jobfamily/Pages/artscraftsdesign.aspx>

<http://mysterybuild.com/interesting-art-history-facts>

<http://www.thriveart.com/facts>

<http://www.theartcareerproject.com/art-as-a-career/>

<http://www.studentartguide.com/articles/art-careers-list>

*Please note these websites are not run by or endorsed by Living Streets. We advise teachers to check content of websites before using directly with pupils.

An artistic impression of my walk to school

During his whole life Vincent Van Gogh only sold one painting.



Family I spy



Take a Family I spy walk. See if you can spot 26 things that begin with a different letter of the alphabet.

| | | | |
|----------|-------|----------|-------|
| A | _____ | O | _____ |
| B | _____ | P | _____ |
| C | _____ | Q | _____ |
| D | _____ | R | _____ |
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LIVING STREETS
PUTTING PEOPLE FIRST



Walk Once a Week Learning Resources Dec 2013

Roman Empire

Ancient Rome - 9th century BC – 5th century AD

Roman Empire - 27 BC to 1453 AD

Rome is now the capital city of Italy. 2,000 years ago it was the centre of the Roman Empire.

Timeline

65M YEARS AGO



HUMANS EVOLVE
3M YEARS AGO



ANCIENT EGYPTIANS
3000 BC



ROMAN EMPIRE
50 BC



ADON

Facts about the era

- The language of the Romans was Latin. However, many from the upper social classes Romans would have learned to speak Greek too.
- The Romans were ruled over by the Roman emperor
- Slaves made up 40% of the population of Ancient Rome
- Between AD 43 and 410, the Roman Empire controlled part of Great Britain. This was known as Roman Britain.
- To protect Roman Britain from the tribes living in Scotland, the Romans built a six metre high and three metre wide stone wall to control the movements of people travelling across this border. It is known as "Hadrian's Wall" and was 80 miles long. If you walked 12 miles a day, it would take you a whole week to walk the length of it.
- The original Roman year had 10 months, starting in March and ending in December (December is Latin for 'ten month'). Around 700 BC, Pompilius, the second king of Rome, added "January" and "February" to the beginning of the calendar year.

Continued on page 2...



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Walk Once a Week Learning Resources Dec 2013

Roman Empire

Facts about the era

- The ancient Romans loved celebrations. They especially enjoyed a holiday that occurred around the end of December. This holiday was not called Christmas, but Saturnalia, and it pre-dates the birth of Christ. But on this day, the ancient Romans feasted, gave gifts, were merry, and decorated their homes with greenery - customs they borrowed from the ancient Greeks!
- Asparagus was a highly prized delicacy in Ancient Rome – eaten at feasts and festivals
- To be in the Roman Army you had to be a man, a Roman citizen and at least 20 years old
- A Roman soldier's uniform consisted of a metal helmet, armour made of iron and leather, and a curved rectangular shield made of wood. The shield's design is featured as December's WoW badge.
- In battle the Roman Army often used to interlock their shields together to protect themselves in battle. This formation was known as the Tortoise, as the shields would form a protective shell around the group of men.
- A Roman soldier usually had a short sword for stabbing and a long spear for throwing
- Some soldiers had special skills; they shot bows and arrows, flung stones from slingshots, or could swim rivers to surprise an enemy
- Romans believed in many different gods and goddesses. They were viewed as magical people, each responsible for looking after a different thing. The Romans would often take new gods from the nations they conquered – hoping that they would make them stronger.
- Roman children had many toys similar to the ones we have today - such as toy soldiers, doll's houses, rattles, balls, and letters (made of ivory) with which to practice spelling
- In Ancient Rome, only the boys went to school and the girls stayed at home.
- Roman emperors often used entertainment to control the people of Rome. Chariot races would be held in the Circus Maximus, a stadium with a capacity of 150,000. There were four main chariot racing teams. Successful chariot racers could become famous, just like we see in modern day sports.
- The Coliseum in Rome would have hosted gladiatorial games, re-enactments of famous battles, and dramas based on classical mythology
- Roman gladiators would fight to the death. However if the emperor didn't like the winner, he could give a 'thumbs down' and have them fed to the lions.



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Walk Once a Week Learning Resources Dec 2013



Roman home life

Duration:

1 hour +

Age group:

Suitable for all children of primary school age

Activity description:

The houses of rich Romans were very well built, which is why many examples of Roman houses still exist throughout the Roman Empire. If you were poor in Rome, you lived in a small home with two rooms at the most. People tended to use them only for sleeping as they had to work and visit the baths (as their flats had no running water). Poor families either ate in local inns or bought ready-prepared food, as their homes did not have kitchens. An entire family (grandparents, parents and children) might all be crowded into one room.

Only the richest children in ancient Rome went to school and girls usually had to stay at home. However, even the poorest children had toys, many similar to those we have today such as board games and dolls. For example, backgammon, chess and draughts were all played by the ancient Romans.

Activity

Get pupils to research Roman home life using books and/internet (there are many child-friendly websites available). Once they have gathered some information set them the task of either writing about or drawing a day in the life of a child in ancient Rome.

Discussion points

How was life similar to and different from your life today?

Do you think children in Ancient Rome did more or less walking than you do? Why?

Resources:

- Books about ancient Rome and/or internet access

Curriculum area:

- History
- English

Variations:

- Recreate some ancient Roman games and play them (you can find plenty of information by searching on the internet)



Walk Once a Week Learning Resources Dec 2013



Gladiators

Duration:

20 - 30 minutes

Age group:

Most suitable for children aged 7 and above

Activity description:

Roman gladiators were trained in mortal combat, a form of public entertainment in ancient Rome. The word gladiator comes from the Latin word gladius (sword).

Roman gladiators were usually convicted criminals, slaves or prisoners of war. Although there were a few women gladiators, in 200AD women were banned from fighting. Gladiators went through intense training and were taught complex moves so they could better entertain the audience. Gladiators were supposed to fight to the death, but if they fought extremely well the crowd could decide to let both fighters live.

Roman emperors often paid for the shows at theatres and amphitheatres so that they were offered free to citizens. It was a good way to make themselves popular, particularly because poor people could attend as well as the rich.

As Christianity spread and the power of the Roman Empire declined, the games lost popularity. In 326AD Constantine began the process of stopping gladiator games. In 400AD Emperor Honorius banned gladiators forever.

Activity

Nearly 30 types of gladiator have been identified. Try and find ten of them listed in the word search provided. If you cross out all of the characters that have been used, you should be left with a secret message.

Resources:

- Print out and photocopy the gladiator word search resource sheet

Curriculum area:

- History
- Geography
- Art & Design

Variations:

- Children could design a poster inviting people to watch a gladiator battle



Walk Once a Week Learning Resources Dec 2013

Resource Sheet: Gladiator word search

| | | | |
|---------|----------|------------|-------------|
| CESTUS | LORARIUS | GLADIATRIX | SAGITTARIUS |
| SECUTOR | VENATOR | SCISSOR | TERTIARIUS |
| THRAEX | | MURMILLO | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| S | S | U | I | R | A | I | T | R | E | T | O |
| T | C | A | R | I | D | E | R | W | I | H | L |
| S | I | H | G | E | R | S | Y | S | O | R | L |
| U | S | A | V | I | O | E | R | U | Y | A | I |
| M | S | E | V | R | T | R | Y | I | C | E | M |
| H | O | R | E | I | U | T | S | R | T | X | R |
| M | R | A | N | S | C | A | A | A | N | D | U |
| A | H | A | A | P | E | P | Y | R | N | E | M |
| C | E | S | T | U | S | W | Y | O | I | E | A |
| R | O | F | O | W | A | L | K | L | I | U | N |
| G | X | I | R | T | A | I | D | A | L | G | S |



WRITE THE SECRET MESSAGE HERE:





Walk Once a Week Learning Resources Dec 2013

Track your walking with Roman numerals

| | |
|-------------------------------------|---|
| Duration: 30 – 60 minutes | Age group: This is most suitable for children aged 7 or older |
|-------------------------------------|---|

The task

- Talk pupils through the principles of Roman numerals using the resource sheet.
- Explain to the pupils that you will be asking them to calculate how many times the class has walked to school using Roman numerals.
- Provide pupils with a breakdown of their walking (ideally use last month's WoW wallchart or Travel Tracker – if you're not part of the WoW scheme, you could start tracking pupils' walking through the month, then run this task towards the end of the month).
- Ask each pupil to count how many times they walked that month, then write this down in Roman numerals alongside their name on the WoW wallchart (if you're not part of the WoW scheme, you could use the class whiteboard).
- Ask each pupil to write down each pupil's total in their notebook, then total these up to calculate the total number of journeys made by the class during the month, expressing this in Roman numerals.



For an added bit of fun, ask your pupils to translate the following sequence of numbers into Roman numerals to reveal the name of a famous football player ... 5,1,500,1,100 (Answer: VIDIC)

Discussion

Did they find it easier to count their journeys to school in modern numbers or Roman numerals?
What are the advantages and disadvantages of Roman numerals?

Resources:

- Last month's WoW wallchart / Travel Tracker data (or class walking data collected in some other format)
- Print out and photocopy the Roman numerals resource sheet

Curriculum area:

- Numeracy
- History

Variations:

- Make Roman numeral dice and play some maths games!
- Combine with the 'Travelling in Roman Britain' task and encourage pupils to write their answers in Roman numerals.



Walk Once a Week Learning Resources Dec 2013

Resource Sheet: Track your walking with Roman numerals

Did you know that letters can also be used for numbers? The Roman number system of 'Roman numerals' uses combinations of seven different letters. Roman numerals are ancient ... they were carved above the 80 entrance gates of the Colosseum in 80 AD. But they're also still used today!

| Symbol | I | V | X | L | C | D | M |
|--------|---|---|----|----|-----|-----|-------|
| Value | 1 | 5 | 10 | 50 | 100 | 500 | 1,000 |

Numbers are formed by combining symbols together and adding the values. So II is two ones, i.e. 2, and XIII is a ten and three ones, i.e. 13. **Note:** There is no zero in this system, so 207, for example, is CCVII, using the symbols for two hundreds, a five and two ones. 1066 is MLXVI, one thousand, fifty and ten, a five and a one.

Symbols are placed from left to right in order of value, starting with the largest. However, in a few specific cases, to avoid four characters being repeated in succession (such as IIII or XXXX), these can be reduced as follows:

- The numeral I can be placed before V and X to make 4 units (IV) and 9 units (IX) respectively
- X can be placed before L and C to make 40 (XL) and 90 (XC) respectively
- C can be placed before D and M to make 400 (CD) and 900 (CM) according to the same pattern.



Walk Once a Week Learning Resources Dec 2013

Roman Empire

Travelling in Roman Britain

Duration:

20 -30 minutes

Age group:

This is most suitable for children aged 7 or older

The task

Provide the class with the resource sheet and ask them to calculate how many hours (or days!) it would take to travel between these different sets of towns, if they were using the following modes of transport like the Romans did:

- **Walking – at a speed of 3 miles per hour**
(average human walking speed)
- **On horseback – at a speed of 4 miles per hour**
(average horse walking speed)
- **In a cart pulled by oxen – at a speed of 2 miles per hour**
(average oxen walking speed)

E.g. Question to class: How long would it take to travel between Gloucester and Colchester if you were walking at a speed of 3 miles per hour? Calculation for them to complete: 150 divided by 3 = 50 hours.

Resources:

- Pens/pencils
- Paper
- Calculator (optional)
- Print out and photocopy the Travelling in Roman Britain resources sheet

Curriculum area:

- Maths
- History
- Geography

Variations:

- Children draw on paper the outline of Roman Britain and plot on the locations of Roman towns. They then connect the towns with roads and write alongside them the distance and walking times between them.
- Combine with the 'Track your walking with Roman numerals' task and encourage pupils to write their answers in Roman numerals.



Walk Once a Week Learning Resources Dec 2013

Resource Sheet: Travelling in Roman Britain

The Romans built over 5,600 miles of roads in Roman Britain; and many of these exist in the same place today! The main reason for road building was to help the Roman Army travel around quickly and easily. Moving in a straight line is the fastest way to travel, so that's how the Romans built their roads! In Roman Britain people travelled by walking, on horseback, or in carts pulled by oxen.

The Romans built towns all over Britain, from where they could control the people they conquered; however they soon became important places for meetings and trade. The largest Roman towns were Colchester, London and St. Albans. Other well-known Roman towns are Gloucester, Leicester, Lincoln, Winchester and York. You can spot which places were once Roman towns as they will usually have a name ending in 'chester' or 'caster' or 'cester'.

Activity

The table below shows the approximate distance in miles (as the crow flies) between different Roman Towns.

| | Colchester | Gloucester | Leicester | Lincoln | London | St Albans | Winchester | York |
|------------|------------|------------|-----------|---------|--------|-----------|------------|------|
| Colchester | | 150 | 117 | 127 | 57 | 60 | 122 | 194 |
| Gloucester | 150 | | 79 | 132 | 104 | 91 | 79 | 173 |
| Leicester | 117 | 79 | | 53 | 98 | 77 | 121 | 103 |
| Lincoln | 127 | 132 | 53 | | 132 | 114 | 174 | 67 |
| London | 57 | 104 | 98 | 132 | | 21 | 66 | 198 |
| St Albans | 60 | 91 | 77 | 114 | 21 | | 73 | 178 |
| Winchester | 122 | 79 | 121 | 174 | 66 | 73 | | 224 |
| York | 194 | 173 | 103 | 67 | 198 | 178 | 224 | |

