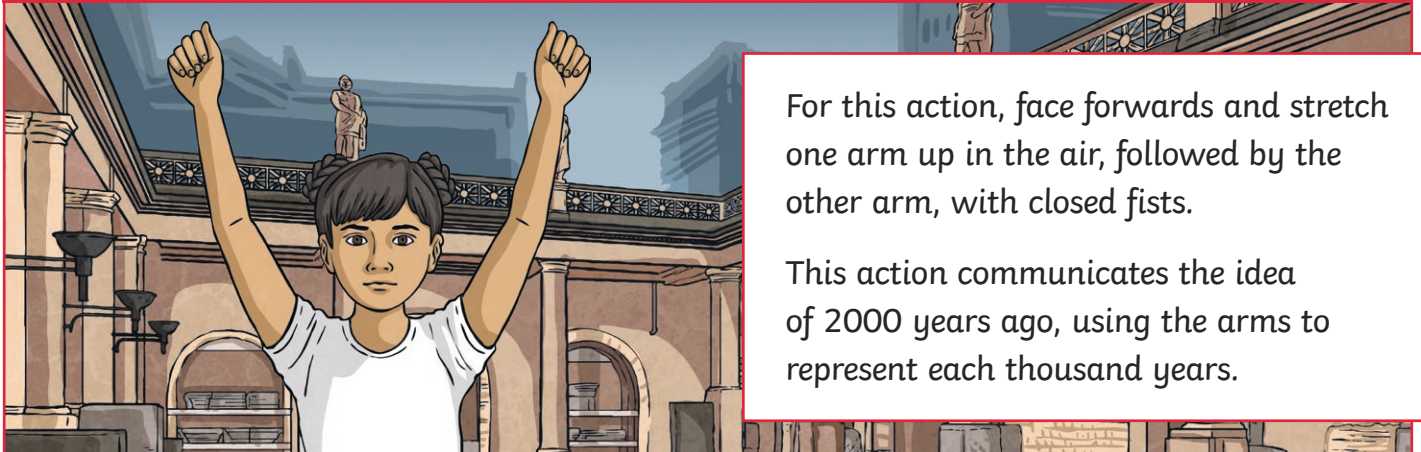


Move at Home: Romans Workout

This workout features a series of actions that each communicate a fact about the Roman Empire.

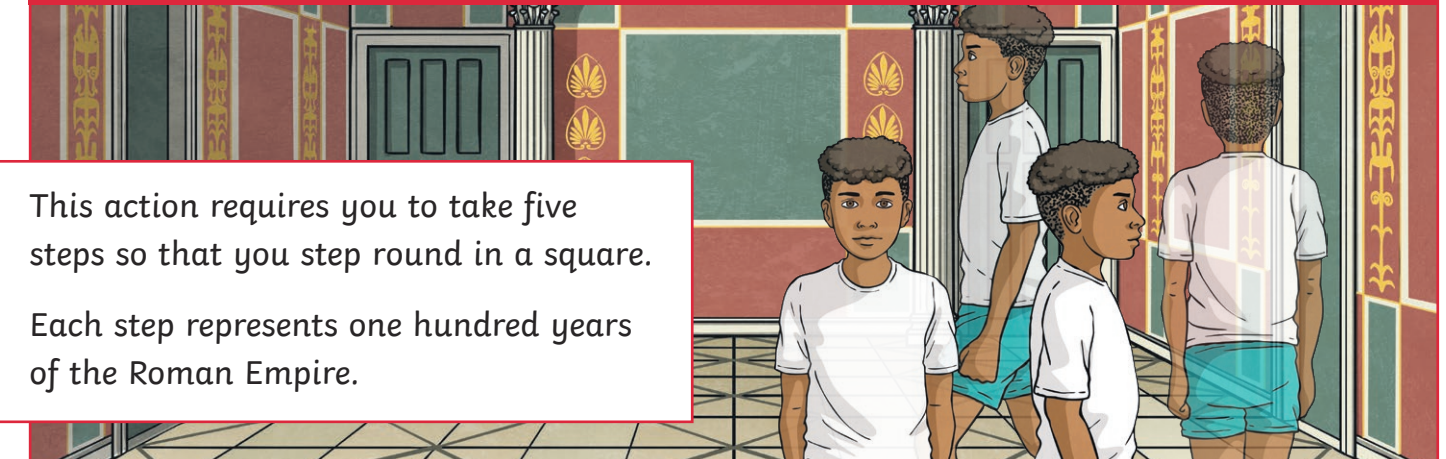
Fact: The Roman Empire existed about 2000 years ago.



For this action, face forwards and stretch one arm up in the air, followed by the other arm, with closed fists.

This action communicates the idea of 2000 years ago, using the arms to represent each thousand years.

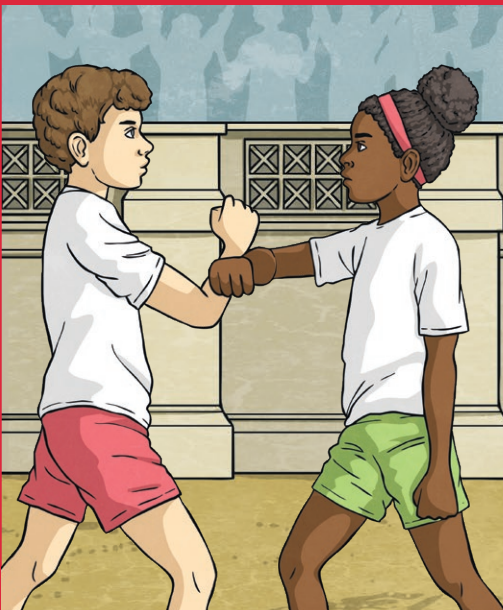
Fact: The Roman Empire lasted about 500 years.



This action requires you to take five steps so that you step round in a square.

Each step represents one hundred years of the Roman Empire.

Fact: The Roman people enjoyed watching bloodthirsty fighting games. Some of these fighting games were held in a building called the Colosseum. The people who fought one another were called gladiators.



You can work with a partner (this can be anyone who lives in your house) for this action or do it by yourself.

Each person should put their right leg forward and bend their knee so that their weight is over the right foot.

Each person should then hold out their right arm, as if they were holding a sword.

The partners should place their forearms against one another to symbolise a sword fight. If you are doing this action without a partner you can do this without touching forearms, the position and action is still the same.

Fact: The Roman army fought many battles. They were extremely effective and won many battles because of their teamwork and use of weapons.

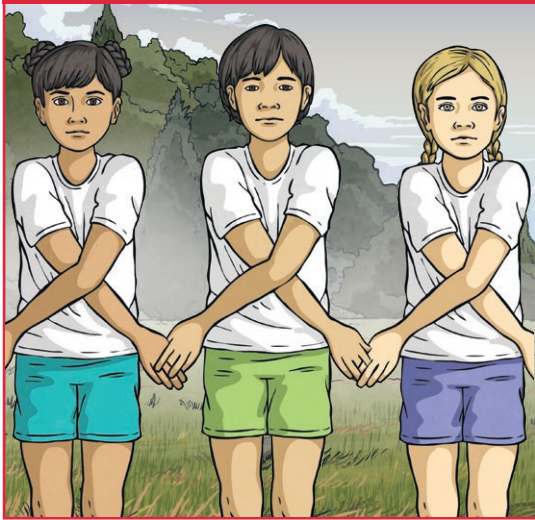
This action communicates the strength and power of the Roman army.

March forwards for about five steps. Imagine you are drawing a sword or a javelin and perform this action.

Take one more step towards your imaginary enemy. This step should be full of power and energy.



Fact: Roman soldiers held their shields close together to form a shield wall, protecting them from the enemy. After forming a shield wall, some Roman archers would fire arrows from behind it.



To communicate the idea of a shield wall, stand side by side with other people who live in your house and cross your arms in front of yourselves. Lock your fingers together to represent the interlocked shields. If you don't have anyone to work alongside, just cross your arms in front of yourself to represent the shield.

To represent the archers, crouch down. Hold one arm out straight while bending the other arm back at the elbow, as if you are pulling a bow string. Release it, as you fire an arrow.

Fact: Pompeii was an ancient Roman city. It is about 150 miles away from Rome. In AD 79, a volcano called Mount Vesuvius erupted. Cities near to the volcano, such as Herculaneum and Pompeii, were buried under volcanic ash from the eruption. The ancient Roman city of Pompeii was preserved under the ash and was discovered hundreds of years later.

This action communicates the idea of the eruption of Mount Vesuvius. Perform a jumping jack with powerful and explosive energy to represent the ash and rock bursting out of the volcano.

