



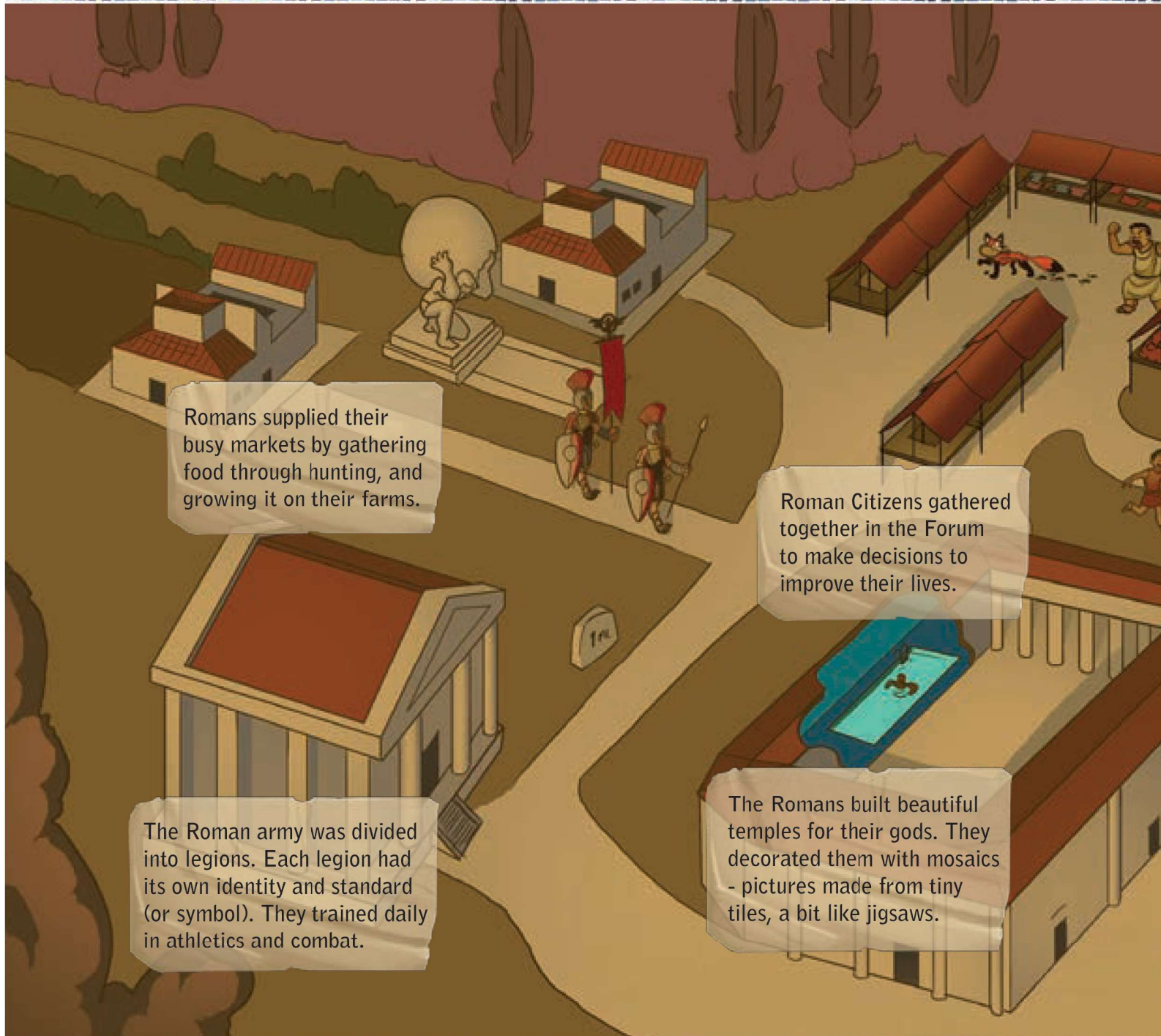
HI, WELCOME TO ANCIENT ROME!

Did you know that the Romans are seen as one of the most successful civilisations in the History of the World?! When you visit this land you will be amazed at what you find. The secret to the Romans' success came from looking after their health and their bodies.

Food was a big part of the Roman daily lives. They ate light meals during the day, and had a huge meal in the evening. They ate food like olives, grapes, roast pork, and honey cakes. Believe it or not, only the poor people ate pizza.

Romans liked to stay clean. They built the first toilets, sewers, and bath-houses for washing themselves and their clothes. They also built large aqueducts to bring water into their cities.

Romans also loved sports. Check out the gladiators in the Colosseum or the soldiers in their world-conquering army. Are you ready for a physical challenge in Rome?



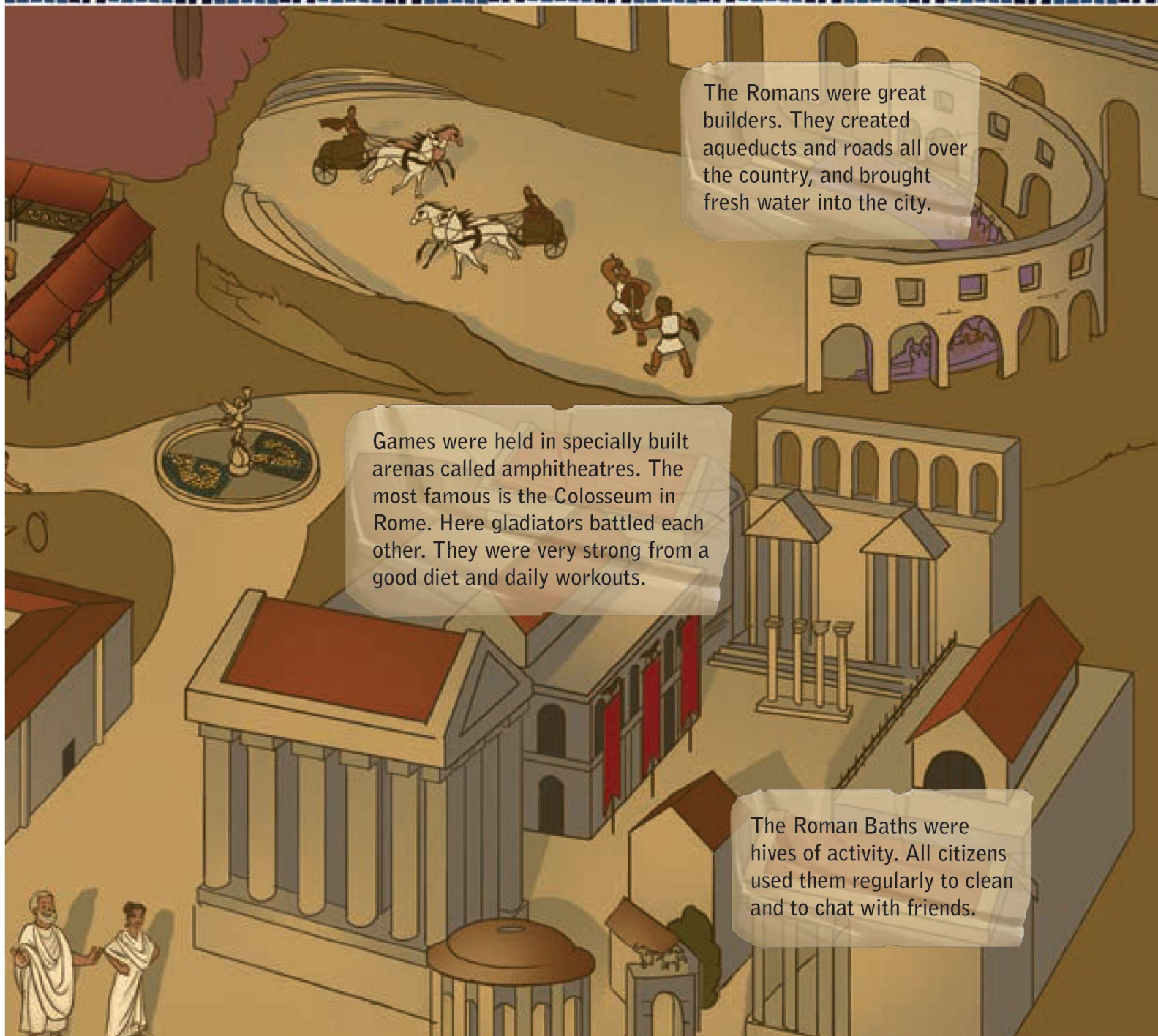
Romans supplied their busy markets by gathering food through hunting, and growing it on their farms.

Roman Citizens gathered together in the Forum to make decisions to improve their lives.

The Roman army was divided into legions. Each legion had its own identity and standard (or symbol). They trained daily in athletics and combat.

The Romans built beautiful temples for their gods. They decorated them with mosaics - pictures made from tiny tiles, a bit like jigsaws.





The Romans were great builders. They created aqueducts and roads all over the country, and brought fresh water into the city.

Games were held in specially built arenas called amphitheatres. The most famous is the Colosseum in Rome. Here gladiators battled each other. They were very strong from a good diet and daily workouts.

The Roman Baths were hives of activity. All citizens used them regularly to clean and to chat with friends.

ROME

THE SIX GIVES SUGGESTIONS OF WHAT YOU COULD DO...

Roman Gods - Did you know that many planets are named after them? I'm definitely going to find out more about our solar system!

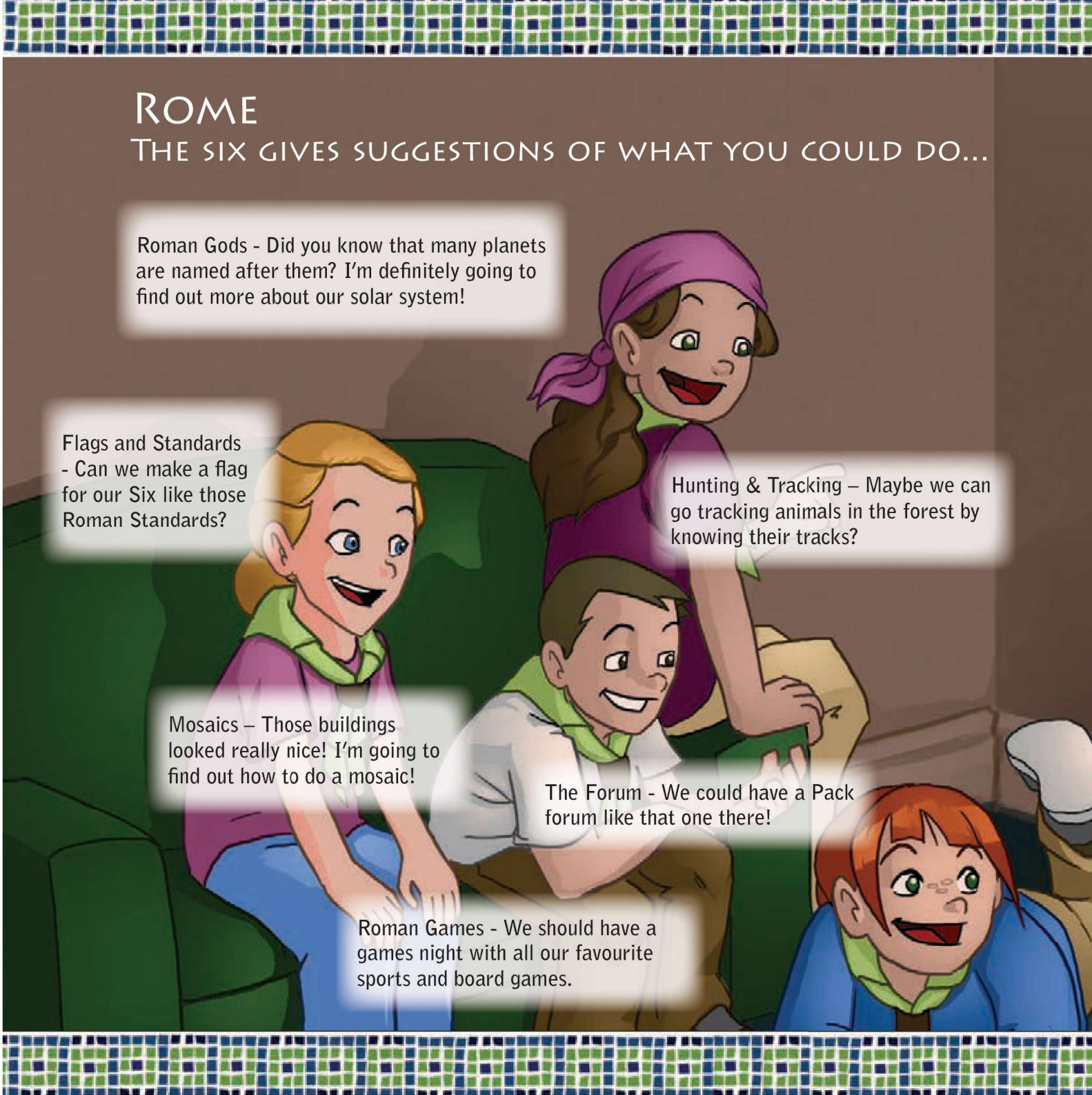
Flags and Standards
- Can we make a flag for our Six like those Roman Standards?

Hunting & Tracking - Maybe we can go tracking animals in the forest by knowing their tracks?

Mosaics - Those buildings looked really nice! I'm going to find out how to do a mosaic!

The Forum - We could have a Pack forum like that one there!

Roman Games - We should have a games night with all our favourite sports and board games.





Legionnaire Camp - Can we do an obstacle course like those soldiers?

Aqueducts - Isn't that how Romans moved water from one place to another? We could try to build one. I wonder how heavy a bucket of water is?

Road Building - We could set an orienteering trail!

Gladiators - They were really strong. I've always wanted to try to get stronger. I'm going to try to exercise more!

Sanitary systems - Could we set up a recycling zone in our Den?

Roman Baths - We could take a trip to the swimming pool!

WHAT PHIL DID IN THIS LAND...

Activity	Turas	Taisteal	Tagann
Aqueducts	Transported water with my team	Built a mini-aqueduct using pipes	Made a water system for camp
Road Building	Cleared a pathway 	Helped repair a Mountain track 	Built a path in my back garden 
Gods	Did a project on the solar system	Visited an Observatory	Made a Model Solar System
Hunting & Tracking	Learned some animal tracks 	Went out to the forest to identify tracks 	Followed a set of tracks 
Legionnaires Camp	Did an obstacle course made by Scouts	Made a course in the Scout Den	Made a course for the Beavers
Roman Games	Played at a Board game night 	Brought in a Chess board to meeting 	Organised a game night for the Six 
Mosaics	Copied a mosaic	Drew a painting in Mosaic Style	Made a Scouting Mosaic with old tiles
Gladiators	Visited the local gym	Made up an exercise plan with Scouter	Completed a fitness challenge set by the Scouts
Sanitary System	Helped clean the Den Bathroom	Made a Wash stand for camp	Made a Camp Toilet
Roman Baths	Brought in Swimming award 	Learned a new stroke at swimming 	Competed in County Swimming Gala 
The Forum	Got involved in Pack Forum	Went to a Sixer Council	Went to a Group Youth Fora
Flags & Standards	Helped make a Six Flag	Made a Latin Six Motto	Designed a Six Corner

