**Topic**

**L.K: To investigate the life of a Roman Soldier**

As part of our recent topic, Roman’s, I would like you to research the life of a Roman soldier. Roman soldier’s were a crucial part of the Roman Empire as they provided a way for Roman’s to take over foreign lands and increase the spread and the power of their Empire. The Roman soldiers also acted as law enforcement (like the police) and were responsible for keeping crime down in the empire.

Roman soldiers were highly trained and has strict rules about what they should do at certain times of the day. They were expected to always be on duty and be fit and healthy.

Using the internet or books, you will need to research the life of a Roman soldier and produce a record of their day. For example, your record could look something like this:

06:00am Wake up, wash and brush my teeth

06:15am Get dressed in my uniform, making sure it is neat and clean

06:30am Eat a simple breakfast of honey, bread and milk

And so on. Try to include any interesting or exciting activities that your Roman soldier might do or anything you find that Roman soldiers actually did.