



## Information for Teachers

# Survive or Thrive?

### KS2 session at Flag Fen

Set amidst the inspiring surroundings of the finest Bronze Age archaeological site in northern Europe, our 'Survive or Thrive?' day is an exciting synergy of history and outdoor learning. Designed by both Forest School leaders and heritage professionals, the day provides the chance to access a hands on, experimental approach to exploring our rich prehistoric past. The day's activities develop practical skills and confidence as well as knowledge and understanding of how our prehistoric ancestors lived. Will you survive or thrive in a day in the life of our forebears?



### Morning activities:

Welcome to the outdoor learning space and introduction to the day.

Rotation of the following activities in 5 groups:

1. **Wattle and Daub**- get stuck in and have a go at this traditional building method.
2. **Prehistoric medicine**- explore the natural remedies of our ancestors and create your own medicine from the bounties of your surroundings.
3. **Prehistoric art**- explore prehistoric creativity and communication methods by making your own piece of rock art using the natural paints you create.
4. **Prehistoric cookery**- prepare prehistoric bread dough by grinding flour in the traditional way and mixing together the ingredients.
5. **Nettles**- explore the many prehistoric uses for nettles by preparing them for cordage, food and natural dyeing.





### Afternoon activities:

**Hunters and Gatherers:** Explore the prehistoric landscape and discover how our prehistoric forebears adjusted to a changing landscape. Carry on your survival skills with stalking prey. If successful, discover how different parts of an animal were used for different purposes, not just for food.

**Fire preparation-** learn the importance of teamwork by creating a communal fire for heat, survival, food and protection.

**Would you have survived or thrived in prehistoric Peterborough?** Gather around the fire in our Bronze Age roundhouse to share your experiences and contemplate how you would have coped in prehistoric times.



**National curriculum links:** History, English, Art and Design, Science, P.E, Citizenship/PSHE.

### Learning objectives:

**By participating in this 'Survive or Thrive?' day, pupils will:**

- Explore and experience how people lived and survived in prehistory, including traditional skills, materials and processes.
- Understand methods of historical enquiry including experimental archaeology
- Develop an understanding of the changes in Britain from the Stone Age to the Iron Age
- Develop outdoor, team working and problem solving skills
- Experience nature and how to interact with the outdoor environment

*"I was so shocked at the change in behaviour! They were so focused, so engaged. SEN children who don't usually ask questions didn't stop talking and asking things!"*

*"The boys absolutely adored it! It was so hands on."*

*"They understood (prehistory) better. They actually understood what it was like to live like a prehistoric person."*

*"... a big impact on their learning."*

*"It gave them a much better understanding. The children said this is the best trip ever. They loved it!"*

*(Year 4 teacher from The Beeches Primary School, 2018)*



## Other information:

<b>Duration:</b>	Full day: 10 am–2pm
<b>Cost:</b>	Full day £320 per group of up to 30 pupils. Includes admission charge for pupils and supporting adults.
<b>Maximum group size:</b>	Maximum number per group is 30. We can only accommodate one group per day.
<b>Recommended ratio:</b>	Minimum 1 adult to 8 students. 4 adults are required to support four of the group activities in the morning.
<b>What to bring:</b>	<ul style="list-style-type: none"> <li>• At least 4 supporting adults to assist with the self-led activities.</li> <li>• Suitable outdoor clothing for predicted weather, including enough layers, hats, gloves and sun protection if necessary.</li> <li>• There are no tea or coffee facilities at Flag Fen for teachers. You may therefore wish to bring a flask or cold drink (to drink at the appropriate time of course!)</li> </ul>
<b>Booking information:</b>	To book, please contact us by phone or email. When the activities and date are agreed, a booking form and risk assessment is emailed to you. To confirm the visit we ask that you complete the booking form and email it back to us. A pre-visit teachers' pack will be sent to you which gives more information on the activities and background information about Flag Fen. An invoice is sent after the visit.
<b>A note about behaviour:</b>	Members of the school staff have overall responsibility for the behaviour of their pupils and we expect you to support Flag Fen staff with this where necessary. Clear expectations of behaviour are stated as part of the H&S. Adult participation with the group activities is necessary and information about these activities is emailed to you two weeks before the visit.
<b>Pre-visits:</b>	We welcome and encourage pre-visits as it will give you an opportunity to meet a member of the Flag Fen Education Team, familiarise yourself with the site, go through the risk assessment, format of the day and activities and discuss any further needs. Please note that we accept that there may be a need to bring along dependent children. If this is the case, please advise us in advance. Additional adults and children and additional time on site will be chargeable at the normal visitor rate on the day of the pre-visit.
<b>Queries?</b>	Contact us at: <a href="mailto:Vivacityforschools@vivacity.org">Vivacityforschools@vivacity.org</a> or telephone: 01733 864 706 / 700