

Tudors

A POOR MAN'S MEDICINE & PRIVY TO THE KING

Lesson plan

Learning intention 'We are learning to...'

We are learning to understand Tudor beliefs about medicine and wellbeing.

Assessment criteria 'What I'm looking for...'

As an outcome I am looking for headlines for the cover of a 'Tudor Health Magazine' describing treatments and choices that promote health.

Share and discuss a listening focus for each episode by asking the key question and instructing the children to make notes as below.

A POOR MAN'S MEDICINE

Duration of audio = 08 04



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Resources needed: – Note-making paper and pencil.

Before listening: one key fact to discuss

- How much do you think poor people knew about disease in the Tudor era? (They knew disease could come from dirt but had no knowledge of germs. Widespread beliefs in witchcraft. Little understanding of the differences between different diseases.)

During listening: one question to focus on

- *Key question:* 'What did poor people do in the Tudor Era if they became sick?'
- *Instruction:* 'Make a note of the things people do to understand and treat sickness.'
- (Answers: Hire a doctor, examine urine for foam, cloudiness, smell, taste. Patient purged with an emetic, given powdered dried windpipe of cockerel, bled with leeches. 'Cunning man' consulted about bewitchment, locating the witch and lifting the witching.)

PRIVY TO THE KING

Duration of audio = 08 02



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Before listening: one key fact to discuss

- How much do you think rich people knew about healthy living in the Tudor era? (They commonly thought meat was healthier than vegetables. They had some sporting activities like hunting, tournaments and tennis. They kept as clean as they could but did not understand that germs and viruses are too small to see.)





During listening: one question to focus on

- *Key question:* 'What is healthy and unhealthy about King Henry's lifestyle?'
- *Instruction:* 'Make a note of all the things that are done to keep King Henry comfortable and well.'
- (Answers: Fires lit to warm rooms, clean straw put down on the floor, helped to go to the toilet, move around to get fresh meat and clean palaces, cooks and scullions made to wear clothes while working, King Henry eats only meat, exercises with tournaments and hunting.)

After listening: follow up and extension activity:

Create headlines for the cover of a 'Tudor Health Magazine.' A health magazine recommends healthy activities and treatments to improve your well-being. Your magazine cover should have headlines and subheadings about articles inside the magazine. Headlines should be short and punchy. Subheadings should explain more about why you should read the article. Some examples of headlines and subheadings sentences might read...

LEECHES AND YOU

How bleeding can help you get rid of that fever.

MEAT - THE FOOD OF KINGS!

Henry VIII describes how he won't eat anything that grows in unhygienic dirt.

WITCHCRAFT

Top tips for finding, catching and burning witches in your area.

NAKED CHEFS?

Is it healthier to make the servants wear clothes when they do the cooking?

CUNNING MAN: SPECIAL INTERVIEW!

All the secrets of making magic with urine.

Differentiation and teacher support for S.E.N. / Focus group / Whole class:

Use copies of the worksheet provided to support writers after listening. Or display information from the top half of the worksheet on an interactive whiteboard. Teacher to create additional examples as necessary.

Challenge for gifted and talented learners:

Can you write one of the articles that would feature inside your Tudor Health Magazine? What will the article tell the reader about? What will the article recommend to benefit the reader's health?

Plenary and assessment:

Share and compare headlines and subheadings that children have written with the rest of the class. What makes a good headline and subheading?



Create headlines and subheadings for a 'Tudor Health Magazine'

A health magazine recommends healthy activities and treatments to improve your well-being. Magazine covers have headlines and subheadings about articles inside the magazine. Headlines should be short and punchy. Subheadings should explain more about why you should read the article.

Some examples might read...

LEECHES AND YOU. How bleeding can help you get rid of that fever.

MEAT: THE FOOD OF KINGS! Henry VIII describes how he won't eat anything that grows in unhygienic dirt.

WITCHCRAFT. Top tips for finding, catching and burning witches in your area.

NAKED CHEFS? Is it healthier to make the servants wear clothes when they do the cooking?

CUNNING MAN: SPECIAL INTERVIEW! All the secrets of making magic with urine.

Helpful spellings...

Activities and Treatments: Hire a doctor to examine urine for foam, cloudiness, smell, taste. Patient given powdered dried windpipe of cockerel. Bleeding with leeches. Asking a 'Cunning man' about bewitchment. Finding witches. Stopping bad magic. Fires lit to warm rooms. Clean straw put down on the floor. Help to go to the toilet from the Groom of the Stool. Fresh meat and clean palaces. Cooks and scullions made to wear clothes while working. King Henry eats only meat, exercises with tournaments and hunting.

Words and Phrases: Improve your... Fix your... Prevent... disease, fever, pain, witchcraft, aches, vomiting, with... ...can help with... Is it healthy to... Shouldn't we all... Why not... How can we... Get a...

Extra challenging words to use: pox, emetic, purging, urine.

My headlines and subheadings
