

This pack has been designed to support the teaching of History and PSHE as part of the Tower of London's Superbloom project.

HOW TO USE THIS PACK

This pack contains two lesson plans on the same theme: one for Primary teachers and one for Secondary teachers. It also provides resources to support each lesson plan.

THE PRIMARY LESSON PLAN and resources are targeted at Lower KS2 reading level but can be adapted for older or younger learners. The 'Ideas for additional activities' has suggestions for differentiated activities that could be used to replace any in the pack, or as extension tasks. The lesson could be used as part of the schools' health education programme, to support the study of an aspect or theme in British history or the teaching of lives of significant individuals in the past.

THE SECONDARY LESSON PLAN and resources are targeted at Year 9 reading level but the written tasks are differentiated so that they are suitable for learners throughout the KS3 and KS4 age range. The lesson could be used with Year 9 students as an introduction to GCSE thematic or depth studies on medicine or Elizabethan England, or with KS4 students already studying these options. It could also be used with KS3 students as an enrichment lesson, or to make connections or comparisons with their current topic of study, such as the Black Death or the development of the British Empire. The 'Ideas for additional activities' has suggestions for differentiated activities that could be used to replace any in the pack, or as extension tasks.

THE PACK INCLUDES:

Activity Cards

These are designed for teachers and provide instructions for each activity. They include questions in **bold** to read aloud directly to students.

Activity Resources (AR)

These are designed for students to complete independently, while working with a partner or group. They need to be photocopied or printed out.

Supporting Materials (SM)

These are designed to support the lesson and individual activities. They need to be photocopied or printed out and could be laminated.

OVERVIEW OF LESSON PLANS

The theme of both the primary and secondary lesson plans is how Sir Walter Raleigh tried to keep himself and his family physically and mentally well during his imprisonment in the Tower.

Both lessons begin with a starter activity designed to help students to think about how we keep ourselves healthy today.

The structured activities that follow enable students to find out who Sir Walter Raleigh was and the story of his imprisonment in the Tower, with the focus on his medicinal garden and the plant-based remedies he created. They include some information on medical treatments and beliefs in the late 1500s and early 1600s, and about Raleigh and his family's physical and mental health.

The plenary activity encourages students to compare medicine and healthcare today, with that in the past.

TOPIC INTRODUCTION

Teachers may want to introduce the topic through PSHE lessons.

- The PSHE Association website has free mental health and wellbeing lesson plans for Key Stages 1-4:

<https://pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans>

- The free Every Mind Matters teaching resources from Public Health England support Year 6 primary school teachers and secondary school teachers to promote health, wellbeing and resilience among young people aged 10 to 16:

<https://pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources>

It may also be useful if students have some knowledge of the history of medicine in Britain.

- St. Bartholomew's Hospital Museum has a free downloadable resource pack designed to introduce KS2 students to the story of healthcare at the hospital. The Discovery Sheet and Activity Sheet 2 are particularly suitable as an introduction to the lesson:

<https://www.bartshealth.nhs.uk/bartsmuseum>

- The Old Operating Theatre Museum and Herb Garret has a range of free resources for older students on their website. The Diagnosis and Treatment Resource is particularly suitable as an introduction to the lesson:

<https://oldoperatingtheatre.com/education-diagnoses-treatment/>

Film

To introduce students to Raleigh's garden story, show them the short film Soldier to Healer: Sir Walter Raleigh's Medicinal Garden at the Tower. This film is available on Historic Royal Palace's YouTube channel.