

This pack has been designed to support the teaching of English 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, which are numbered to help you find what you need for each activity.

**THE PRIMARY LESSON PLAN** and resources are targeted at Lower KS2 reading level but can be adapted for older or younger learners. The Primary lesson has a greater focus on PSHE, as a good understanding of Sir Walter Raleigh's mental and physical health would be critical before attempting written activities. The 'Ideas for additional activities' has suggestions for differentiated activities, to lead to written outcomes following the lesson.

**THE SECONDARY LESSON PLAN** and resources are targeted at Year 9 reading level but the written tasks could be adapted to be suitable for learners throughout the KS3 and KS4 age range. The lesson focuses on written outcomes based on an understanding of Sir Walter Raleigh's emotional plight during his incarceration in the Tower of London. 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 key questions and discussion prompts.

#### 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's mental and physical health suffered during the early period of his imprisonment in the Tower, as well as how it improved thanks to the medicinal garden he created and his experimentation with plant remedies.

Raleigh's garden gave him a sense of purpose and distracted him from his plight. Through understanding Raleigh's mental and physical health struggle, and how he developed coping mechanisms through gardening and making remedies, students are encouraged to reflect on how they could learn from Raleigh's experience to support their own mental and physical wellbeing.

These lesson plans are flexible and could be taught over 1-2 lessons, depending on how much time you have available. They could also be used as a jumping-off point to several other activities and pieces of work to further support students' understanding of the historical context, gardening, and their own physical and mental health.

### TOPIC INTRODUCTION

Students will need some prior knowledge of Sir Walter Raleigh and his life before beginning the primary or secondary lesson. A short biography to read to the students (or for them to read themselves) is included in the Supporting Materials for both Primary and Secondary.

You may also wish to use the History-focused lesson pack (Soldier to Healer: Sir Walter Raleigh's medicinal garden at the Tower - History/PSHE) available as part of the Tower's online school resources for Superbloom, to support students' understanding of the historical context of Raleigh's story and about attitudes and practices concerning plant-based medicines in 16th and 17th-century Britain.

#### 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 Palaces' YouTube channel and [www.hrp.org.uk/superbloom-schools-learning-resources/](http://www.hrp.org.uk/superbloom-schools-learning-resources/)