

# How healthy were people in Islington between 1170 and 1575?

## Activity One

### Stage One

Lead pupil discussion, taking suggestions from pairs in answer to the question "What do people need to stay healthy?" Display a version of diagram of Slide Two of the PPT A adding pupil suggestions.

### Stage Two

In simple terms explain the points on Slide Three in answer to the question "What does modern Science tell us makes us ill?"

### Stage Three

Lead further discussion, taking suggestions from pairs about how the diagram used in Stage One might need to be amended or added to.

### Stage Four

Display the completed diagram on Slide Four of the Main PPT. Lead further discussion about any differences between this diagram and the class one annotated in response to pupil suggestions.

## Activity Two

Stage One Set up the living graph on the classroom floor with dates marked on sheets along the horizontal axis from 1170 to 1575. Underneath place numbers which show the growth in London's population in the same period. On the vertical axis place statements at the top from "Very healthy" down to "Very unhealthy" at the bottom.

(The years for this section of the graph are 1170,1250,1349,1500,1575. The London population figures are as follows **1086** 18,000, **1300** 80,000, **1350** 40,000 (reflecting the drop in population caused by the Black Death), **1509** 60,000, **1600** 200,000

Stage Two Refer pupils to the map of the British Isles in the year 1215 from [www.timemaps.com/history/britain-1215](http://www.timemaps.com/history/britain-1215) A.D./ Display a modern map of the British Isles and lead discussion about the differences between then and now. Display the map of London (produced in 1911) showing the main boundary of the city in 1300 on Slide Five of PPT A. Point out Clerkenwell and indicate that Islington and Finsbury were small country villages just to the north. (These could be marked on for later reference).

### Stage Three

Display the enquiry question on Slide Six of PowerPoint A "How healthy were people in Islington between 1170 and 1575?". Explain that the word Islington in the question refers to the London Borough of Islington which now includes what were once the villages of Clerkenwell and Finsbury. Display Slide Four of PowerPoint A. Give out a copy of Slide Seven which is part of a description of the countryside north of London in the 1170s written by a Norman priest called William Fitz Stephen. Allow pupils a short time to read and perhaps annotate the account in pairs for what it suggests about how healthy Islington might have been at that time. Lead discussion, taking suggestions from pairs and referring pupils back to the diagram on Slide Three of PowerPoint A. Repeat the process on copies of Slide Eight and Nine (some of the details may need explanation).

### Stage Four

Give out Slides Ten to Twenty Three of PowerPoint A to pairs or trios as a card sort. Explain that pupils will contribute to discussion about the ups and downs of peoples health in Islington from 1170 to 1575 using the graph on the floor. Referring back to the diagram on Slide Three of PowerPoint A ask pairs or trios to decide how the information on the cards relates to the diagram and helps decide how healthy people were in Islington in the period. Using a full size A4 copy of the same slides lead discussion about where the group collectively might place each slide in turn on the living graph (instructions for this are described in the text of Learning Journey Day One). During discussion tease out pupils understanding carefully by asking them to support a claim by reference to evidence found on the cards. With red ribbon mark on the pattern across

the graph and take a photograph so that the living graph can be laid out again and added to.

Stage Five - Display Slide Twenty Four which describes three beliefs about who people might think should look after their health. Set up a "swingometer" on a board with a large card arrow and Blu-Tack. Devise this so that Belief One is written out at the left hand side of the curved arrow, Belief Two to the bottom and Belief Three on the far right. Lead discussion about where the class should place the arrow in relation to the period 1170 -1575, taking suggestions from pupils but always asking as to where the evidence is to support their point from the cards. Record for future reference.