

**Workshop:** Life as an Anglo-Saxon (full day)

**Key Stage:** KS2

**Learning Objectives:** What was life like for Anglo-Saxons  
How does it compare to modern life?

**Curriculum Links:** Anglo-Saxon invasions, settlements and kingdoms: place names and village life  
Anglo-Saxon art and culture

**Workshop Description:** In this full day of activities students will be immersed into Anglo-Saxon life. They will discover what they ate and drank and how they got it. They will have the chance to look at clothing and find out how Anglo-Saxons kept healthy and clean. Students will also learn some basic phrases in old English, prepare shields for battle and have a go at some Anglo-Saxon pastimes

After lunch they will undertake warrior training and go on a boar hunt.

