

THE LIFE OF A ROMAN GLADIATOR

Training:

The life of a gladiator and his training concentrated on getting a gladiator to the peak of fitness. They didn't start by using dangerous weapons. They had a rudus (a wooden sword) and focussed on different fighting styles.

Food:

The life as a gladiator started at dawn when their cells were unlocked, and they were sent for the first meal of the day. Gladiators were not allowed to talk at lunch times and were bound in shackles unless they were training. Gladiators were well fed and had three meals a day. The roman gladiator's diet consisted of meat or fish, bread, cereals and vegetables. Other types of food included barley, dry fruits, cheese, goat milk, eggs and olive oil. The gladiators drank only water.

Hygiene:

Gladiators were given regular massages and allowed to take hot and cold baths. They lived in better conditions than lower class Romans, so it stopped them from spreading diseases.

Lifestyle:

The living conditions of a gladiator was good, so this appealed to some 'free' men. Gladiators were paid well each time they fought, and they were allowed to keep any rewards. The most successful gladiators were seen like celebrities with fans, fame and glory. A lot of free men were ex-soldiers, wealthy romans who wanted more glory and poor romans with debts. Most gladiators were only expected to fight 3 - 5 times a year. Close bonds were often formed between gladiators, despite the fact that they might be called upon to kill each other.

The Last Meal

The day before the gladiatorial games a public banquet was held for the gladiators. During this feast the gladiators were all told to enjoy themselves as they were all aware it could be their last meal and their last day in the life of the gladiator.

Types of Gladiator:

There were several types of gladiators including:

- Thraeces: Thracians who fought with a round shield and dagger.
- Equites: Entered the arena on horseback.
- Dimachaerus: Wielded two swords at once.
- Essedarii: Fought in chariots.
- Retiarius: Armed with only a net and trident.

Death

Gladiators that they would have to face death in the arena. Roman gladiators were even taught how to die. They were expected to die with dignity, honour and no complaint. They were never allowed to show fear.

Questions (answer in full sentences in your books):

Group 1:

1. What is a rudus?
2. What types of foods did the gladiators eat?
3. How did the gladiators keep clean?
4. Were the gladiators paid a lot or not a lot at all?
5. How many fights did the gladiators have to fight in one year?
6. What did the gladiators do the night before a fight?
7. Why do you think they were not allowed to show fear in a fight?
8. Would you have liked to have been a gladiator and why?

Group 2 and 3:

1. What is a rudus and what is it used for?
2. What was food like for a gladiator?
3. Why did the gladiators live in good conditions?
4. Why do you think the gladiators were paid well?
5. Why do you think the gladiators only had 3-5 fights a year?
6. What did the gladiators do the night before a fight and why?
7. What does it mean to die with dignity and honour?
8. Would you have liked to have been a gladiator and why?

English - Wednesday
LO: I can plan my diary entry.

Diary Paragraph One: <i>Morning, waking up</i>	
Diary Paragraph Two: <i>Training</i>	
Diary Paragraph Three: <i>Preparation for a battle</i>	
Diary Paragraph Four: <i>Reflection</i>	
Time conjunctions/adverbial phrases: Feelings and emotions:	

DIARY ENTRY SUCCESS CRITERIA (GROUP 2/3)		
HAVE I INCLUDED...?	PUPIL	ADULT
The past tense		
Correct suffix rules (<i>i.e: double the consonant then add -ed</i>)		
Paragraphs		
Expanded noun phrases		
Fronted adverbials (with a comma)		
Possessive apostrophe		
The gladiator's feelings		
The non-negotiables		
IF I WERE TO WRITE THIS AGAIN, NEXT TIME I WILL...		

DIARY ENTRY SUCCESS CRITERIA (GROUP 1)		
HAVE I INCLUDED...?	PUPIL	ADULT
The past tense		
Correct suffix rules (<i>i.e: double the consonant then add -ed</i>)		
Paragraphs		
Powerful adjectives and verbs		
Time conjunctions		
Adverbs		
The gladiator's feelings		
IF I WERE TO WRITE THIS AGAIN, NEXT TIME I WILL...		