

# Year 9 to KS4 Transition Support

## GCSE History

### Transition Project

In preparation for the start of your course in September, you need to have knowledge surrounding why medicine stood still in the Medieval period so that we can compare it to later time periods.

#### Week 1: The 4 Humours

As you know from your previous lessons there were two key individuals who impacted this time period, Galen and Hippocrates. The theory that they are associated with is known as the 4 Humours. This is the theory that we will look at.

**Task 1: Answer the following questions in full sentences.**

1. How does Hippocrates link to doctors?
2. What did Ancient Greeks believe everything in the world was made from?
3. What was fire?
4. What was water?
5. Name the four liquids that make up the Four Humours.
6. What would happen if you had too much or too little of one liquid (humour)?
7. What had people believed would make you ill before this theory was developed?

**Task 2:**

Create a 'Four Humours' health advice leaflet. Your leaflet must explain what the Four Humours is, how it works, and how you can 'treat' yourself if you begin to feel ill with a certain illness.

For example, you could get a healer to carry out 'bloodletting' if you had too much blood in your body.

Remember, you're making this leaflet as if it is **at the time**, so don't make any hints about it not working – people really did believe this!

### Suggested Reading or Viewing:

Required: <https://www.youtube.com/watch?v=9tx1zlbthAw>

<https://www.youtube.com/watch?v=nVJV8iEAm88&t=60s>

<https://schoolshistory.org.uk/topics/medicine-through-time/medicine-in-ancient-greece/theory-of-the-four-humours/>

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### Week 2: Public Health

Towns in general with some exceptions were dirty places; open drains, overflowing cesspits, polluted drinking water were common. Some medieval town councils tried their best to keep the environment clean. However, this was difficult.....

#### Task 1: Answer the following questions in full sentences

1. Where had the best public health systems in the Middle Ages?
2. What was the name of the hospital built in London in 1123?
3. What caused public health problems?
4. How and why was life in a Monastery more healthy than in the towns?

#### Task two:

Mind map the reasons why living in towns and cities was so unhealthy (population/clean water/butchers/industry/waste removal/cesspits/animals/food fresh/sewage).

### Suggested Reading or Viewing:

#### Required:

<https://members.gcsepod.com/shared/podcasts/title/10670/65554>

<https://www.bbc.co.uk/bitesize/guides/zgdftyc/revision/5>



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### Week 3: Islamic Medicine

The Roman Empire ended in c500AD. Invading tribes in Europe replaced Roman ideas of medicine with older, spiritual ideas (as we've seen in the medicine of the Medieval West.) Invading tribes from the East also seized Roman ideas and started to translate them into Arabic. Around this time, a new civilisation grew up in the Near East based around the teachings of Muhammad, and the centre of this new Arabic empire was Baghdad. By the 8th and 9th centuries, the Arab world had become the centre for learning and new ideas. However, the Christian Church was at war with Islam, therefore Muslim ideas spread only slowly to western Europe.

**Task one: Research the following statements and decide whether they are true or false.**

1. Doctors examined patients urine, pulse and lifestyle
2. Doctors looked at astrological charts
3. Many doctors were bogus doctors and quacks
4. They used drugs from animal and plant extracts
5. Chemists who cheated their patients could be hanged!
6. Hospitals were introduced by Arabs and copied by Europeans
7. Arab medicine could cure smallpox
8. Catgut was used to stitch up patients
9. Doctors only treated wealthy patients
10. Muslim doctors drank alcohol before treating patients

**Task two: Make a table like the following and write down all the differences between western medicine and Islamic medicine. As a challenge, can you find any similarities also?**

Western Medicine	Islamic Medicine

### Suggested Reading or Viewing:

**Required:**

<https://www.bbc.co.uk/bitesize/guides/zx9xsbk/revision/7>

<https://members.gcsepod.com/shared/podcasts/title/10670/65551>

<https://www.youtube.com/watch?v=tfIHNewTQBg>

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### Week 4: Causes of the Black Death

In 1348, a ship docked in Melcombe in Dorset, bringing with it the Black Death. People knew it was on its way, as it had spread across the world from Asia with devastating consequences. Estimates suggest it killed 50-66% of the British population in two years. There is still confusion over what caused the plague – it is long established that the disease was spread by rats, but some people think it was more likely just close human contact.

**Task 1:** Read the information and watch the clip on the Black Death and complete the test of 10 questions.

<https://www.bbc.co.uk/bitesize/guides/z7r7hyc/revision/1>

**Task 2:** Research all the different believed causes of the Black Death. Categorise them into the following:

- Religious
- Natural causes
- People's own beliefs and attitudes

### Suggested Reading or Viewing:

<https://www.bbc.co.uk/bitesize/guides/z7r7hyc/revision/1>

<https://www.youtube.com/watch?v=EUw8FWtiigA>

<https://schoolshistory.org.uk/topics/medicine-through-time/medieval-medicine-was-it-all-plagues-and-pestilence/black-death-causes-cures-and-beliefs/>

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### Week 5: Treatment of the Black Death

**Task:** Write a diary entry from the point of view of a medieval peasant. You have to include how you are going to prevent yourself from getting it, using at least four examples over the course of a week. You also need to include how other people are treating the Black Death and if those remedies and cures are working. Include as much specific knowledge as possible as well a really good use of language to describe the situation.

### Suggested Reading or Viewing:

<https://www.bbc.co.uk/bitesize/guides/z7r7hyc/revision/1>

<https://www.bbc.co.uk/bitesize/guides/z7r7hyc/revision/1>

<https://www.youtube.com/watch?v=EUw8FWtiigA>

<https://schoolshistory.org.uk/topics/medicine-through-time/medieval-medicine-was-it-all-plagues-and-pestilence/black-death-causes-cures-and-beliefs/>



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### Week 6: Medieval Surgery

Medieval doctors followed the ancient Greek method of 'clinical observation'. Remedies often combined natural and supernatural approaches, such as prayers, charms and astrology. Other treatments involved giving you something to make you vomit or go to the toilet (purgings). However rather than noting down all the symptoms, doctors tended to concentrate on two things; they took the pulse and they noted the colour of the patient's urine. Doctors tended to recommend natural medicines such as natural medicines made from plants, animal products, spices, oils, wine and rocks. A common treatment was bloodletting which was when blood was removed by opening a vein or using leeches.

#### Task one: Answer the following questions in full sentences.

1. Which animal was used to bleed people in medieval England?
2. Which of these was the most important to medieval doctors using astrology to treat a patient?
3. What was a medieval physician?
4. Which medical profession were women banned from training for?
5. What was a problem with the barber surgeons?
6. If a treatment did not work, who was blamed?
7. What common treatment was based on the Four Humours?
8. What was checked for its colour, clarity, scent and/or taste to diagnose illness?
9. Why would barber-surgeons be cheaper than physicians?
10. Why did barber-surgeons' success rates vary?

#### Task two:

How far did this approach allow for medical progress? Explain your answer in two PEE paragraphs, try to use at least four examples of specific knowledge/evidence to back up your answer.

#### Suggested Reading or Viewing:

<https://members.gcsepod.com/shared/podcasts/title/10670/65555>

(Medieval medics and Treatments)

<https://www.bbc.co.uk/bitesize/guides/zgdftyc/revision/3>

<https://schoolshistory.org.uk/topics/medicine-through-time/medieval-medicine-was-it-all-plagues-and-pestilence/medieval-surgery>



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### Week 7: Medieval Medicine

As you know from your previous lessons, medicine largely stood still in the Medieval period, with few improvements being made. In this lesson we will be bringing this knowledge together, outlining what actually prevented improvements the most during this period.

**Task 1: Complete the table below, explaining how each factor prevented medicine from improving, before ranking the factors from 1-5 (1 being most important) in which prevented improvements the most.**

<u>Factor</u>	<u>How did it prevent improvement?</u>	<u>Ranking</u>
Communication		
Government (Kings)		
Individuals		
Religion		
Education		

### Task 2: Medieval Medicine revision poster

Create a Medieval Medicine revision poster. This revision poster should be focused on looking at what occurred during this period in health. It should cover all the main topics, from the Four Humours to Public Health, the Church and the Black Death.

Your poster should be colour coded, one colour for information about causes of disease during this period, another for treatments and another for how they tried to prevent illnesses.

### Suggested Reading or Viewing:

<https://www.youtube.com/watch?v=nVJV8iEAm88&t=46s>

<https://www.youtube.com/watch?v=MvDJMKLEd9o>

<https://www.youtube.com/watch?v=Ue6KrclRvY8>