

Great work writing the morning sections of your dairy. Before you start on the afternoon section make sure that you have read, edit and improve your morning section. Once you are happy it is the best it can be you are going to move onto the afternoon and evening sections. I will be asking you to do this today and Monday.

Here is my WAGOLL to help you. You can include any ideas that you have from your research as well.

In the afternoon, it was time for the 30 mile march. Carefully, I hauled all of my shiny, heavy armour onto my shoulders. Marching along the road, we all shouted "Sin, sin, sin, dex, sin!" as loudly as we could. Feeling exhausted, I tried to keep up with the rest of the troop while my armour clanged and dug into my sore skin. I had to crawl on my hands and knees because I was so exhausted but I made it! My shoulders ached like mad but there was no time for a rest. Soon, it was time to practise fighting with the heavy, wooden swords and shields to make us stronger. Feeling determined, I faced up to my opposition. When his sword came towards me, I tried to dodge it but I took a large blow to the head so I was in so much pain! Because I was injured, I had to go to the barracks hospital and my head was covered in stinky goat poo and bandages were wrapped tightly around my head. It smelled awful! I really wanted to go back to the dormitory but I still had to continue my training. Bravely, I continued to train until it went dark. What an afternoon it had been!

In the evening, I dragged my tired, aching body to the bathhouse. First of all, the weary slave poured olive oil onto my bruised skin and then massaged it into my sore muscles. When he had finished, he carefully scraped off all the olive oil and dirt from when I fell over during the march. Happily, I went to the frigidarium which was the freezing, cold bath and I felt numb and as cold as an iceberg. Shivering because I was so cold, I made my way to the caldarium. As I got into the warm bath, I felt so relaxed and it felt like the warm water was massaging my skin. While I chatted to my friends, we also played a board game at the edge of the bath. Finally, I went to the latrines and used the disgusting spongia to clean myself. At last, it was time for bed so I trudged back to the dormitory and I slumped into my bed. As soon as my head hit the pillow, I fell fast asleep, dreaming about the next awful day ahead.

SUPER SENTENCE STARTERS!

Here are some sentence starters that you might find helpful.

As... , While... , As quickly as I could, As loudly as I could, Quickly, Slowly, Carefully, Happily, Sleepily, Fiercely, Viciously, Excitedly, Bravely, Reluctantly,	Feeling scared, Feeling nervous but excited Feeling _____, After ..., When I had finished, When I ... Once I had ..., Soon, First of all, Later that day, In the evening/afternoon, Finally, Eventually, At last,
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Here are some ideas of what you might like to include in the next two sections of your diary.

Afternoon

- 30 mile march - What do you have to carry? How do you feel?
- Training/fighting with wooden swords and shields - What did you do?
- Injured - hospital - What happened? How were you treated for?

Evening

- Bath house
- Slave - olive oil and lavender - massage - strigil
- Frigidarium - cold bath and caldarium - warm bath

- Latrines - spongia
- Bed