



Welcome to St.  
Benedict's History  
Department!

Meet the History  
Department...



MISS COAN



Hello everyone!

My name is Miss Coan and I am the Head of the History Department.

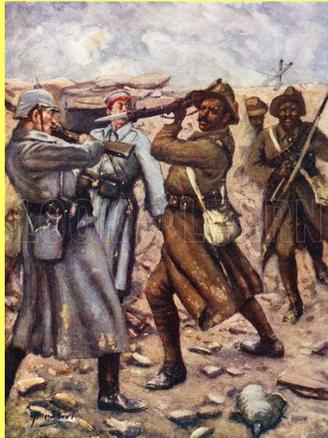
My favourite History topic is the study of Health and the People that our students examine as part of the GCSE History course. This allows us to investigate how people treated illness from the prehistoric period until the present day and shines a light on what people thought and how they behaved. Why did prehistoric people drill holes into their heads? Why did people whip themselves during the Black Death? Why is the NHS so important? These are some of the issues that we discuss.

I also love teaching and learning about the history of our local area - our town and county has such a rich heritage from Roman forts and Viking settlements to the development of Whitehaven during the Industrial Revolution and the role that Cumbrians have played in the World Wars, including members of my own family.

In my spare time, I love going for walks and baking lots of cakes!



Mrs Kar



Hi to all our fabulous Year 7s!

My name is Mrs Kar and I am one of the History teachers in our amazing department. I am also an Assistant Headteacher.

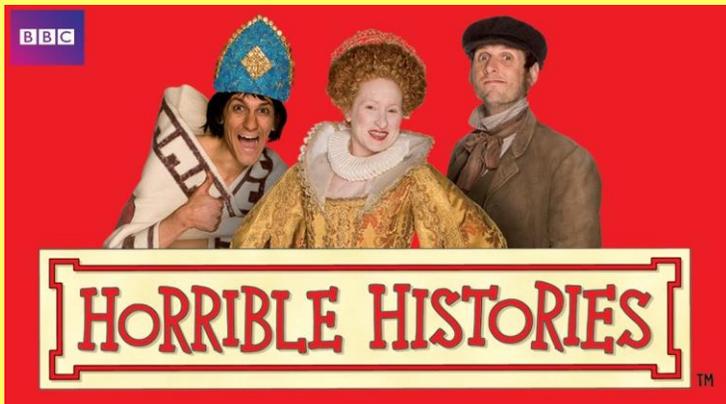
My favourite History topic is the course we do for A Level History. We investigate life in America from 1945-1980 and one of our key themes is civil rights. We learn about civil rights leaders such as Malcolm X and Martin Luther King.

I grew up in India so researching Indian history is something I really enjoy doing. I am also passionate about teaching students about the role soldiers from all over the world played in the two World Wars.

In my spare time, I love to travel and am a loyal but quite stressed fan of Arsenal football club. 😊



Mrs Muncaster



Hello everyone,  
My name is Mrs Muncaster and I am a History teacher and am responsible for Year 10 this year.

I love everything about History and find it hard to pick one favourite topic as they are all fascinating and interesting in different ways. In Year 7 I do love hearing about all your experiences of History in Primary School and your own history. I also love the Tudors topic in Year 7 and the gory Medieval stuff.

What I really like to do is have fun in the classroom and I also like to try and bring history to life in as many varied and interesting ways as I can by playing games, showing Horrible Histories clips, inviting in outside speakers, going on museum and site visits as that to me is what History is all about and it makes it more memorable and exciting.

In my spare time I like cycling, walking in the lovely Lake District and spending time with my family and friends, Oh and eating Miss Coan's cakes that she bakes for us all!



Mr Irving



My name is Mr Irving and I'm one of the History teachers at St Benedict's.

My favourite topic that we cover in school is probably the First and Second World Wars, but I also really enjoy teaching the Norman Conquest and life in Medieval England as well! I enjoy looking at how ordinary people lived during different historical periods and drawing comparisons between the past and today, and the Muck and Misery unit that we cover in Year Seven lets us hit the ground running when it comes to this!

I'm really passionate about local history and military history as well, and even topics that we don't get to study in-depth at secondary school such as Ancient Rome and Greece, and the lessons that people in the Ancient world can teach us today!

In my free time I play rugby, guitar, and read history books.



Mrs Bridgman



Hello, I'm Mrs Bridgman and I teach History.

My favourite topics for Year 7 are the Middle Ages and the Tudors.

Most of all I enjoy teaching local History topics, especially when we get to look at old photos, maps and documents - we get to do this in Year 8 and Year 13.

In my spare time I enjoy playing the saxophone, reading and watching football and rugby league.



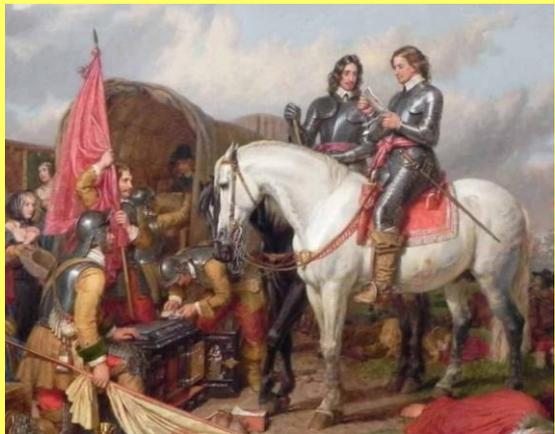
Mr Sharpe

Hello, my name is Mr Sharpe and I teach History and English.

My favourite topics are the Tudor and Stuart periods covered in Year 7, full of treason, backstabbing, political intrigue, wars over power, and the Victorian period in Year 8, looking at how the Industrial Revolution laid many of the foundations for the world we live in today.

I love British history and how the decisions and ideas of individual people changed this country (and sometimes the entire world) forever. I enjoy having debates in lessons with pupils challenging the opinions of others (mine included) to expand their own knowledge.

In my spare time I enjoy walking the fells, cycling and reading detective stories.



Your History lessons will take place in one of our four History classrooms located on Floor B.

You will have two History lessons each week.



This is one of our History classrooms.

We invited Alan Gillon from the Beacon Museum to talk to some of our Year 8 students when we were studying life during the Industrial Revolution.

We know that, as you will join us from a variety of partner primary schools, you may have studied a range of different History topics.

This is why we start our Year 7 curriculum with a topic called 'What is History' that is designed to combine the knowledge and skills you all have before we move on together.

Once we have completed this topic, we study History in chronological order. Have a look at the next slide to see what we study and when.

	Term 1 (Autumn)		Term 2 (Spring)		Term 3 (Summer)	
<p><b>Year 7</b></p> <p>2 lessons per week</p>	<p>What is History</p> <p>Key words</p> <p>Chronological order</p> <p>Centuries</p> <p>Anachronisms</p> <p>using evidence to reach a conclusion</p> <p>Primary and Secondary sources</p> <p>Bias</p> <p>Reliability</p> <p>Inferences</p>	<p>Muck and Misery in the Middle Ages</p> <p>Peasant life: freemen and villeins</p> <p>Medieval beliefs of heaven and hell</p> <p>Medieval towns</p> <p>The Black Death</p> <p>Medieval entertainment and Christmas</p> <p>European and Arabic culture in the Middle Ages</p>	<p>Rulers and Ruled 1066-1500</p> <p>The 1066 succession crisis</p> <p>The Battle of Hastings</p> <p>The Norman Conquest including:</p> <p>Castles</p> <p>The Feudal System</p> <p>The Domesday Book</p>	<p>Rulers and Ruled 1066-1500</p> <p>The power of the medieval Church</p> <p>The death of Thomas Becket</p> <p>Magna Carta</p> <p>Relations between England and Scotland during the Middle Ages</p>	<p>Rulers and Ruled 1500-1750</p> <p>Interpretations of Henry VIII</p> <p>The Break with Rome</p> <p>Religious changes under the Tudors</p> <p>Mary I - Bloody Mary?</p> <p>Elizabeth I and her portraits</p> <p>Mary, Queen of Scots</p>	<p>Rulers and Ruled 1500-1750</p> <p>Were the Catholics framed in 1605?</p> <p>Problems faced by Charles I</p> <p>The English Civil War</p> <p>The execution of Charles I</p> <p>The later Stuarts</p>
<p><b>Year 8</b></p> <p>2 lessons per week</p>	<p>Muck and Misery 1750-1900</p> <p>Changes between 1750 and 1900</p> <p>Farming</p> <p>Living in towns</p> <p>Working in towns: factories and mines</p>	<p>Muck and Misery 1750-1900</p> <p>The poor and the workhouse</p> <p>Reformers such as Robert Owen and Titus Salt</p> <p>The Peelers</p> <p>Cholera and public health</p> <p>Whitehaven during the Industrial Revolution</p> <p>Victorian Christmas</p>	<p>Slavery and Empire</p> <p>The British Empire</p> <p>The trade triangle</p> <p>The Middle Passage</p> <p>Life on the plantations</p>	<p>Slavery and Empire</p> <p>Slave rebellions</p> <p>Cumbria's links with the slave trade and abolition</p> <p>The abolition of the slave trade in 1807 and slavery in 1833</p>	<p>20<sup>th</sup> century overview</p> <p>Significant people and events</p> <p>Life in 1912 - the Titanic</p> <p>Women and Suffrage</p> <p>World War One</p> <p>Europe in 1914</p> <p>The causes of WWI</p>	<p>World War One</p> <p>Joining up</p> <p>Trench warfare and life</p> <p>The contribution of soldiers from around the world</p> <p>The Battle of the Somme</p> <p>WWI and Medicine</p> <p>Women and WWI</p>
<p><b>Year 9</b></p> <p>2 lessons per week</p>	<p>Nazi Germany and the Holocaust</p> <p>The Treaty of Versailles</p> <p>The rise of Hitler</p> <p>The Reichstag Fire</p> <p>Life in Nazi Germany</p> <p>Nazi propaganda</p>	<p>Nazi Germany and the Holocaust</p> <p>Anti-Semitism</p> <p>Children of the Holocaust</p> <p>The Nuremberg Laws</p> <p>The Final Solution</p> <p>The impact of the Holocaust across Europe</p>	<p>World War Two</p> <p>Hitler's actions</p> <p>Appeasement</p> <p>Events of WWII overview</p> <p>Dunkirk interpretations</p> <p>The Battle of Britain</p> <p>Evacuation</p>	<p>World War Two and later 20<sup>th</sup> century events</p> <p>Women</p> <p>Rationing</p> <p>The atomic bomb</p> <p>The United Nations</p>	<p>GCSE: Health and the People</p> <p>Significant people from Health and the People</p> <p>Pre-Historic Medicine</p> <p>Egyptian Medicine</p> <p>Greek Medicine</p> <p>Roman Medicine</p>	<p>GCSE: Health and the People</p> <p>Medieval medicine: The role of the Church</p> <p>Medieval surgery</p> <p>Islamic medicine</p> <p>The Black Death</p>

In History, as well as learning the subject content, you develop understanding and skills.

This can include using evidence to reach a conclusion, being able to understand the causes of an event and assessing a person's opinion.

You will constantly revisit different concepts (ideas) and skills throughout your time with us so that you can build up your understanding.

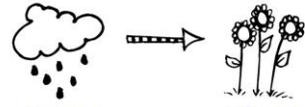
### TYPES OF EVIDENCE

There are four main types of evidence.

<b>ORAL</b>  People tell their family and friends and the news is passed on to the next generation.	<b>VISUAL</b>  In the past people painted pictures to record events. Modern history can be recorded with photographs or film.
<b>WRITTEN</b>  Some people keep records of events, such as legal documents, others keep personal diaries.	<b>PHYSICAL</b>  Some people leave things behind. Ornaments and jewels were often placed in tombs with the deceased.

### Cause & Effect

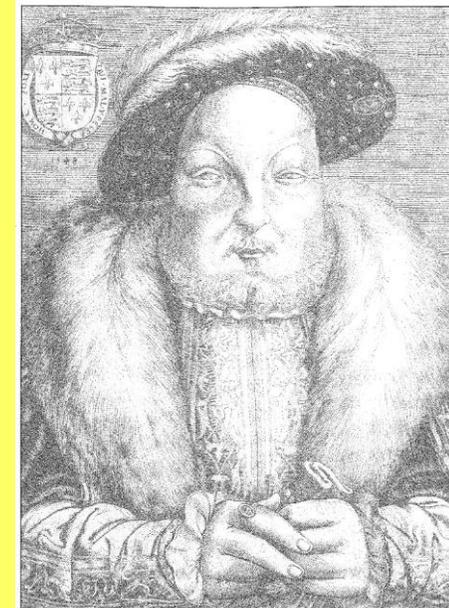
**Cause:** Why something happens  
**Effect:** What happens as a result



Cause → Effect

**Signal Words:**

so	consequently
as a result	due to
because	which caused
therefore	



But don't just listen to us!

Have a look at what some  
of our students have said...



In Year 7, you will face lots of new classes and subjects you have maybe never seen or done before. One of the most exciting subjects in St Benedict's is History - learning all about the different things that have happened in the world.

My favourite topic of this year in History has probably been expanding my knowledge of the Middle Ages and knowing what the citizens' jobs were and what they had to do.

The best tip I have for getting the most out of your History lessons is to just work as hard as you possibly can to achieve the best. St Benedict's is a very hard-working school and you are one of many students who are very lucky to be brought into this amazing building with lots of caring staff. You will have the best time and you will meet so many new friends.

Lacey S

My best experience in History has been the Muck and Misery topic. I found this really interesting to study and the homework associated with it was quite fun! A tip for Year 6 going into Year 7 is: just try your absolute hardest and don't take any shortcuts.

Tom M





My favourite History topic this year has been the Medieval Era because it was a very interesting topic to learn about. I like watching Horrible Histories on TV at home.

My top tips are to concentrate in lessons, ask for help when needed, work hard and never give up.

My teacher is very helpful and understanding so you can ask her any question and she will always have a brilliant answer. She is very, very supportive.

Amber H

I have really enjoyed History this year since starting at St Benedict's.

I have enjoyed all of the lessons especially the topics of the Peasants' Revolt and Henry VIII. My History teacher has made all the lessons interesting and fun which makes it easy to learn.

Tom L



We know that moving to a new school can be scary - but it is also an exciting opportunity!

It is a chance to make new friends, meet fantastic members of staff and make memories that will last a lifetime.

If you have any worries, please contact us and we will do our best to help!

