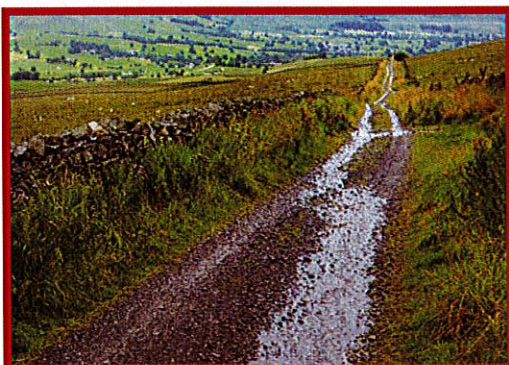


A **CENTURION** was in charge of a century. A **LEGATE** was in charge of a legion.



The Roman army's **training techniques** were constant and rigorous, so that they were ready for action at any time. They had to march 20 miles in five hours, carrying all of their equipment (including tents, food, cooking pots and weapons) and wearing their armour. The soldiers had daily weapons training with wooden swords and shields which were deliberately heavier than their real weapons.

Roman soldiers were very skilled at using certain techniques and manoeuvres to ensure they succeeded in battle. They believed that by keeping troops in order and working as a unit they would be able to fight more effectively. One of the most effective **defensive formations** was the tortoise (or 'testudo'). Soldiers would use their shields to create a roof and wall around themselves (a shell). This meant that it was virtually impossible for the enemy to cause injury.



When Roman soldiers were not at war, they helped to improve and increase the size of the towns they had conquered. They also built the first **roads** in Britain. This was so that the army could move their soldiers and equipment all around the country. Roman roads were usually straight, so that they could get to where they needed to go as quickly as possible. They were so well-built that you can still see the remains of some of them today, almost 2000 years later!