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Skip to content English is a confusing language!! However, like every language, the written form of English is a code for the spoken language. For many children to become proficient in reading and spelling they need direct explicit instruction in this language code. This in turn requires teachers and parents to have a good understanding of the code themselves.A digraph refers to two letters representing one sound (e.g., ee as in tree, oa as in boat, ir as in girl). The difficulty in English is these different sounds can often be represented in more than one way (e.g., ee as in tree, ea as in beat, ie as in chief) and often a particular letter combination can represent more than one sound (e.g., ow is head differently in cow, blow and bowl).Digraphs are not to be confused with blends. A blend is two or more consecutive consonants in which each consonant has its own distinct sound (e.g., bl as in blow, str as in strap). I dont see a lot of point in teaching blends as I believe it is more important for students to hear the individual sounds represented by each of these letters.Sometimes the two letters in a digraph are separated by a consonant and these are referred to as split digraphs (e.g., a-e as in cake, e-e as in athlete, i-e as in kite, o-e as in bone and u-e as in flute). Often the final e in split digraphs is referred to as magic, fairy or bossy e which changes the first vowel in the split digraphs from a short vowel sound (/a/-apple, /e/-egg, /i/-insect, /o/-orange, /u/-umbrella) to a long vowel sound (/ay/, /ee/, /ie/, /oa/, /ue/ the name of the letter). Children who have been taught with an emphasis on letter names often find it difficult understanding the concept of split digraphs and you may find that you need to spend time revising the basic sound represented by the letters of the alphabet (/a/ as in apple, /b/ as in bat, etc.) and in particular the vowels.Most commonly two consecutive vowels represent one sound. However, in some words two consecutive vowels may represent two distinct sounds and these are referred to as split vowels (e.g, lion, deodorant, altruistic). Usually the first vowel in split vowels is pronounced as the long vowel sound and the second vowel as a short vowel sound.Activities to reinforce students understanding of split digraphs:Make a list of words that change into another word when an e is added.Spin-spinewin-winemad-madeplan-planehop-hopenot-notecub-cuberip-ripecan-canebit-bitefat-fate Explore this spelling list: High-frequency words that use the split digraph. This word list provides interactive resources to boost your spelling skills. Try out the spelling games at the bottom of the page.About This Spelling List: High-frequency words that use the split digraphTeaching further graphemes for reading, Example session for split digraph i-e, Letters and Sounds, Phase Five.likeWould you like to wave a magic wand?makeWe can make models from card.canyouThe Rule Cards Have Sticks Attached to Them.Wave the rule card in the air and say the sound that use the split digraph Your browser does not support speech synthesis. This is used for many interactive elements explain Spellzone.To use all interactive elements please update your browser or use a different browser: For best quality speech synthesis we advise using Google Chrome or click here for details of browsers which support speech synthesis. Printable Activities: High-frequency words that use the split digraph Take your spelling practice offline with printable activities. Handwriting Practice: High-frequency words that use the split digraph Enhance both spelling and handwriting with this activity. linesIneMore handwriting worksheets Free Trial Single Cours | Familes | SchoolsThis word list was created by Spellzone. View more Spellzone course lists or curriculum word lists. In this article we will look at the list of most common and rare types of fears and phobias along with the meaning of those words to know what they actually mean.A phobia is an irrational and unfounded fear of something. The etymology of the word can be traced back to the Greek word, phobos which means fear or horror. The fear of phobia can be logically explained, it is a type of anxiety disorder that can cause severe stress.The different types of phobias with their meaning are mentioned below. The list includes the most common ones and some which may sound a bit strange. Explore the table to discover the terms for some of the more interesting phobias you may have not heard of.PhobiaMeaning of Fears / PhobiasAcrophobiafear of heightsAerophobiafear of flyingAibohphobiafear of palindromesAlgophobiafear of painAndrophobiafear of menAnthophobiafear of flowersArachnophobiafear of spidersAstraphobiafear of thunderstormAtelophobiafear of imperfectionAutophobiafear of being aloneBibliophobiafear of booksChromophobiafear of coloursClaustrophobiafear of confinementCynophobiafear of dogsDemonophobiafear of demonsEcclesiophobiafear of churchesEnetophobiafear of pinsEntomophobiafear of insectsFriggatophobiafear of sailingHaphephobiafear of touchHydrophobiafear of waterHypnophobiafear of sleepIatrophobiafear of doctorsLeukophobiafear of the colourMisophobiafear of dirtNecrophobiafear of deadNyctophobiafear of darkness Ophidiophobiafear of snakesOpthalmophobiafear of nightNomophobiafear of not having cellphoneOrnithophobiafear of the number eight(8)Ombrophobiafear of rainOphidiophobiafear of snakesOrnithophobiafear of birdsPaedophobiafear of childrenPhilophobiafear of lovePyrophobiafear of fireSelenophobiafear of the moonSomniphobiafear of falling asleepSpectrophobiafear of mirrors and ones own reflectionTachophobiafear of speedTonitrophobiafear of thunder and lightningTurophobiafear of cheeseTriskaidekaphobiafear of the number 13Uranophobiafear of heavenVenusraphobiafear of beautiful womenVerminophobiafear of germsXanthophobiafear of the colour yellowXenophobiafear of foreigners or strangersZoophobiafear of animalsPhew!, That was a really long list. Dont worry you dont have to remember them all at once, Take your Time.Bookmark this list and refer it whenever you want to know about a particular type of fear.Quick LinksWe know that in digraph two letters come together to make one sound(as in the words read, boat or tail). But When a digraph is split by a consonant it becomes a split digraph.The split digraph is followed by an e after the initial vowel to change the sound of the vowel. In the English language, there are five split digraphs. They are as follows:a ee ei oo eu eSo, let us now look at some examples of each one of the split digraphs.Following are examples of words with a e

digraph.CakeGrapesMazeWhaleSnakeCameNameMadeMakeApeGaveSameShapePlateChaseBakeDateFadeGondolaSafeSaleSameSaveWakeWaveChaseShadeGradeSkateFlatteCageSpaceTracePlaceBlameBraveCraneFlakeAmazeParadeInflateSurnameMistakeArcadePancakeBrigadeEveTheseThemeObeseGeneAthleteSceneCompleteSchemeDeleteExtremeEveningEvenSceneSwedeSteveConcedePrecedeChineseJapanesePrecedeConcreteCompeteConcedePineRipeHideGlideSlidePrizeNiceInviteInsideTimeFiveDiveWhiteSideLikeLimeKiteNineSmileHiveKiteAt well pronounce the words, youll notice the change in the sound of the first vowel from a hard sound to a longer softer sound, this is because of the e.Keep exploring EnglishBix to find resources to help you learn more about blends and digraphs in phonics. Explore this spelling list: a-e words - set 1. This page and its activities are crafted to help you perfect your spelling. Choose between our online games and printable spelling lists using the buttons above.About This Spelling List: a-e words - set 1A digraph is a combination of two letters that come together to represent a single sound. The a-e combination is known as a split digraph because the two letters are not next to each other in the word. In the case of these words, the a-e indicates the long /a/ sound. This sound is different from the short /a/ sound we find in words like cat or hat. Whenever you see the a-e duo in a word, think of it as a clue to the words pronunciation. When you add the e to the end of the word, it makes the a say its name. You can click on the speak icons to hear the long /a/ sound in each of these words.Watch out! There are six other ways to spell the long /a/ sound so use the spelling activities to get to grips with the a-e spelling pattern.gradeHe wanted to get good grades in school.tradeI'll trade you my cards for yours.bakeWhich cakes shall we bake today?brakeThe car had to brake hard.shakeThe earthquake made the ground shake.gameSome of the team were late for the game.flameThe flame flickered.frameThe picture frame is made of silver.grapeWould you like a grape?chaseI had to chase my dog through the field.plateI accidentally dropped the plate.skateMy brother can skate.pasteWe mashed the garlic into a paste.tasteLemons have a sour taste.wasteThis was a complete waste of time.braveHis brave actions put his life in jeopardy.shaveMy brother wants to shave all his hair off.blazeThe firefighters quickly put out the blaze.grazeMy horse likes to graze in the grassy field.Learn more about these words in the Spellzone Main Course: Unit 7. Long vowels e.g ee, ea or y? oa, o-e, or ow? u-e, ue, or ew?Spelling Activities & Games: a-e words - set 1 Word List Activities more Word List Activities less Take a Spelling Test: a-e words - set 1 Test your knowledge and track your improvement.Your browser does not support speech synthesis. This is used for many interactive elements within Spellzone.To use all interactive elements please update your browser or use a different browser. For best quality speech synthesis we advise using Google Chrome or click here for details of browsers which support speech synthesis.Start the Listen and Spell Test grade trade bake brake shake game flame frame grape chase plate skate paste taste waste brave shave blaze graze Printable Activities: a-e words - set 1 Take your spelling practice offline with printable activities. Handwriting Practice: a-e words - set 1 Strengthen spelling retention through writing practice. linesIneMore handwriting worksheets Free Trial Single Users | Familes | SchoolsThis word list was created by Spellzone. View more Spellzone course lists or curriculum word lists.Other word lists from Unit 7. Long vowels e.g ee, ea or y? oa, o-e, or ow? u-e, ue, or ew?a-e words - set 2 ai words - set 1 ai words - set 2 ey words - set 1 ey words - set 2 ey words ei words e words be words de words ,the free encyclopedia that anyone can edit.117,185 active editors 7,001,789 articles in EnglishThe English-language Wikipedia thanks its contributors for creating more than seven million articles! Learn how you can take part in the encyclopedia's continued improvement.Members of the victorious Blondie crewThe Boat Race 2018 took place on 24March. Held annually, The Boat Race is a side-by-side rowing race between crews from the universities of Oxford and Cambridge along a 4.2-mile (6.8km) tidal stretch of the River Thames in south-west London, England. For the third time in the history of the event, the men's, the women's and both reserves' races were all held on the Tideway on the same day. The women's race saw Cambridge lead from the start, eventually winning by a considerable margin to take the overall record to 4330 in their favour. In the women's reserve race, Cambridge's Blondie (crew pictured) defeated Oxford's Osiris by nine lengths. The men's reserve race was won by Cambridge's Goldie, who defeated Oxford's Isis by a margin of four lengths. The men's race was the final event of the day and completed a whitewash as Cambridge won, taking the overall record to 8380 in their favour. The races were watched by around 250,000 spectators live, and broadcast around the world. (Fullarticle...)Recently featured: Radar, Gun Laying, Mk.I and Mk.IIAndrea NavageroNosy KombaArchiveBy emailMore featured articlesAboutKitty Marion... that Kitty Marion (pictured) was force-fed over 200 times during a hunger strike?... that the release of Hugh Scott-Henderson destroyer Choe Hyon is the largest ship constructed for the Korean People's Navy?... that after the release of Hugh and Low, director Akira Kurosawa received telephone calls imitating his film that threatened to kidnap his daughter?... that May Bradford Shockley is why Silicon Valley is where it is?... that the conservation of a goat might endanger the survival of Aquilegia paui?... that Joy Laking predicted in a school writing assignment that within ten years she would be making a living as an artist?... that the Taiwanese restaurant chain Formosa Chang drew inspiration from McDonald's for its non-greasy atmosphere and corporate practices?... that Haridas Mitra had his death sentence commuted after the intervention of Mahatma Gandhi?... that "Steve's Lava Chicken" recently became the shortest song to enter the UK Top 40?ArchiveStart a new articleNominate an articleNgg wa Thiong'oKenyan writer and activist Ngg wa Thiong'o (pictured) dies at the age of 87.In sumo, nosato Daiki is promoted to yokozuna.In association football, Liverpool win the Premier League title.In motor racing, Jex Palou wins the Indianapolis 500.In basketball, the EuroLeague concludes with Fenerbahe winning the Final Four Playoff.Ongoing: Gaza warB23 campaignRussian invasion of UkrainemilitheSudanese civil wartrimaleRecent deaths: Harrison Butlin TylerPhil RobertsonMary K. GallardPeter DavidJan YentobGerry ConnollyNominate an articleMay 31: Dragon Boat Festival in China and Taiwan (2025): World No Tobacco DayBesarionis155 Petronius Maximus, the ruler of the Western Roman Empire, was stoned to death by a mob as he fled Rome ahead of the arrival of a Vandal force that sacked the city.1223 Mongol invasion of Kievan Rus': Mongol forces defeated a Kievan Rus' army at the Battle of the Kalka River in present-day Ukraine.1468 Cardinal Bessarion (pictured) announced his donation of 746 Greek and Latin codices to the Republic of Venice, forming the Biblioteca Marciana.1935 A magnitude-7.7 earthquake struck Balochistan in British India, now part of Pakistan, killing between 30,000 and 60,000 people.2013 A tornado struck Central Oklahoma, killing eight people and injuring more than 150 others.Albertino Mussato (d.1329)Joseph Grimaldi (d.1837)Dina Boluarte (b.1962)Mbaye Diagne (d.1994)More anniversaries: May 30May 31June 1ArchiveBy emailList of days of the yearAboutCucumis metuliferus, the African horned cucumber, is an annual vine in the cucumber and melon family, Cucurbitaceae. Its fruit has horn-like spines, hence the name "horned melon". The ripe fruit has orange skin and lime-green, jelly-like flesh. It is native to Southern Africa, where it is a traditional food. Along with the gemsbok cucumber and the citron melon, it is one of the few sources of water during the dry season in the Kalahari Desert. This photograph, which was focus-stacked from 25 separate images, shows two C. metuliferus fruits, one whole and the other in cross-section.Photograph credit: Ivar LeidusRecently featured: Ignace TonenAustralian white ibisHell Gate BridgeArchiveMore featured picturesCommunity portal The central hub for editors, with resources, links, tasks, and announcements.Village pump Forum for discussions about Wikipedia and the broader Wikimedia movement.Teahouse Ask basic questions about using or editing Wikipedia.Help desk Ask questions about using or editing Wikipedia.Reference desk Ask research questions about everyone-equal topics.Outside portals A unique way to navigate the encyclopedia.Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects:Commons Free media repositoryMediaWikiWiki software development.Meta-WikiWikimedia project coordination.Wikibooks Free textbooks and manuals.WikiversityFree learning materials and activities.Wikidata Free knowledge base.WikinewsFree-content news WikiquoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikiversityFree learning tools WikivoyageFree travel guide WiktionaryDictionary and thesaurusThis Wikipedia is written in English. Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles DeutschEspaolFranaisItalianoNederlandsPolskiPortugusSvenskaTing Vit 250,000+ articles Bahasa IndonesiaBahasa MelayuBn-lm-gCataletinaDanskEestiEsperantoEuskaraMagyarNorsk bokmlRomnSimple EnglishSloveninaSrpskiSrpskohrvatskiSuomiTrkeOzbekcha 50,000+ articles AsturianuAzrbaycancaBosanskiFryskGaeilgeGalegoHrvatskiKurdiLatvieuLietuviNorsk nynorskShqipSlovenina Retrieved from " 2This article is about the year 455. For other uses, see 455 (disambiguation).This article needs additional citations for verification. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed.Find sources:"455"news newspapers books scholar JSTOR (April 2019) (Learn how and when to remove this message)Calendar yearYearsMillennium1stmillenniumCenturies4thcentury5thcentury6thcenturyDecades430s440s450s460s470sYears452453454455 456457458459460 5 by topicLeadersPolitical entitiesState leadersReligious leadersCategoriesBirthsDeathsDissolutionsEstablishments 455 in various calendarsGregorian calendar455CDLVAb urbe condita1208Assyrian calendar5205Balinese saka calendar376377Bengali calendar139 138Berber calendar1405Buddhist calendar499Burmese calendar183Byzantine calendar59635964Chinese calendar 壬子年(Water Rat) 3152 or 2945to 3153 or 2946Coptic calendar711 710Discordian calendar1621Ethiopian calendar447448Hebrew calendar4215421616Hindu calendar455 456Holocene calendar10455Iranian calendar167 BP 166 BPIslamic calendar167 BH 171 BHJavanese calendar240341Julian calendar455CDLVKorean calendar2788Minguo calendar1457before ROC1457Nanakshahi calendar1015Seleucid era766/767 AGThai solar calendar997998Tibetan calendarmale Wood-Horse)581 or 200 or 572to(female Wood-Goat)582 or 201 or 571King Genseric sacks Rome (455)Year 455 (CDLV) was a common year starting on Saturday of the Julian calendar. At the time, it was known as the Year of the Consulship of Valentinianus and Anthemius (or, less frequently, year 1208 Ab urbe condita). The denomination 455 for this year has been used since the early medieval period, when the Anno Domini calendar era became the prevalent method in Europe for naming years.March 16 Emperor Valentinian III, age 35, is assassinated by two Hunnic retainers of the late Flavius Aetius, while training with the bow on the Campus Martius (Rome), ending the Theodosian dynasty. His primicerius sacri cubiculi, Heraclius, is also murdered.March 17 Petronius Maximus, former domesticus ("elite bodyguard") of Aetius, becomes (with support of the Roman Senate) emperor of the Western Roman Empire. He secures the throne by bribing officials of the imperial palace. Maximus consolidates his power by a forced marriage with Licinia Eudoxia, widow of Valentinian III.Maximus appoints Avitus, most trusted general, to the rank of magister militum and sends him on an embassy to Toulouse, to gain the support of the Visigoths. He elevates his son Palladius to Caesar and has him marry Eudocia, eldest daughter of Valentinian III.May 31 Maximus is stoned to death by an angry mob while fleeing Rome. A widespread panic occurs when many citizens hear the news that the Vandals are plundering the Italian mainland.June 2 Sack of Rome: King Genseric leads the Vandals into Rome, after he has promised Pope Leo I not to burn and plunder the city. Genseric sacks the city for a period of two weeks. Eudocia and her daughters, Eudocia and Placidia, are taken hostage. The loot is sent to the harbour of Ostia and loaded into ships, from whence the Vandals depart and return to Carthage.July 9 Avitus is proclaimed Roman emperor at Toulouse, and later recognised by the Gallic chiefs in Viermum (near Arles).September 21 Avitus enters Rome with a Gallic army. He restores the imperial authority in Noricum (modern Austria) and leaves a Gothic force under Remistus, Visigoth general (magister militum), at Ravenna.The Ostrogoths conquer Pannonia and Dalmatia.Battle of Aylesford: Prince Vortimer rebels against the pro-Anglo-Saxon policies of his father, Vortigern. He is defeated in the battle at Aylesford (Kent). Hengist and his son Oisc become king of Kent. Horsa and Catigern, brother of Vortimer, are killed. The Britons withdraw to London (according to the Anglo-Saxon Chronicle).Skandagupta succeeds Kumaragupta I as ruler of the Gupta Empire (India). During his reign he crushes the Hun invasion; however, the expense of the wars drains the empire's resources and contributes to its decline.Gaero becomes king of the Korean kingdom of Baekje.[1]Earliest recorded date at Chichen Itza on the Yucatn Peninsula (Mexico) (approximate date).Barter economy replaces organized trade as Romans and other citizens desert their towns for the countryside, where they will be less vulnerable to barbarian raids (approximate date).The city of Vindobona (Vienna) is struck by an epidemic that spreads through the Roman provinces. The disease is probably streptococcus or a form of scarlet fever with streptococcus pneumoniae (approximate date),Rusticus, archbishop of Lyon (approximate date)Wang Baoming, empress of the Southern Qi (d. 512)March 16Valentinian III, emperor of the Western Roman Empire (b. 419)Heraclius, Roman courtier (primicerius sacri cubiculi)May 31 Petronius Maximus, emperor of the Western Roman EmpireBuy of Baekje, king of Baekje[1]Catigern, prince and son of Vortigern (approximate date)Horsa, leader of the Anglo-Saxons (approximate date)Kumaragupta I, ruler of the Gupta Empire (India)Nail Noigiallach, High King of Ireland (approximate date)Palladius, son of Petronius Maximus (approximate date)Prosper of Aquitaine, disciple and Christian writer (approximate date)* a b "List of Rulers of Korea". www.metmuseum.org. Retrieved April 20, 2019.Retrieved from " 2One hundred years, from 301 to 400Millennia1stmillenniumCenturies3rdcentury4thcentury5thcenturyState leaders3rdcentury4thcentury5thcenturyDecades300s310s320s330s340s350s360s370s380s390sCategories:Births Deaths Establishments Dissolutionsestablishments 4th century CE.Eastern Hemisphere at the end of the 4th century CE.The 4th century was the time period from 301 CE (represented by the Roman numerals CCCI) to 400 CE (CD) in accordance with the Julian calendar. In the West, the early part of the century was shaped by Constantine the Great, who became the first Roman emperor to adopt Christianity. Gaining sole reign of the empire, he is also noted for re-establishing a single imperial capital, choosing the site of ancient Byzantium in 330 (over the current capitals, which had effectively been changed by Diocletian's reforms to Milan in the West, and Nicomedeia in the East) to build the city soon called Nova Roma (New Rome); it was later renamed Constantinople in his honor.The last emperor to control both the eastern and western halves of the empire was Theodosius I. As the century progressed after his death, it became increasingly apparent that the empire had changed in many ways since the time of Augustus. The two-emperor system originally established by Diocletian in the previous century fell into regular practice, and the east continued to grow in importance as a centre of trade and imperial power, while Rome itself diminished greatly in importance due to its location far from potential trouble spots, like Central Europe and the East. Late in the century Christianity became the official state religion, and the empire's old pagan culture began to disappear.[citation needed] General prosperity was felt throughout this period, but recurring invasions by Germanic tribes plagued the empire from 376[1][2] CE onward. These early invasions marked the beginning of the end for the Western Roman Empire.In China, the Jin dynasty, which had united the nation prior in 280, began rapidly facing trouble by the start of the century due to political infighting, which led to the insurrections of the northern barbarian tribes (starting the Sixteen Kingdoms period), which quickly overwhelmed the empire, forcing the Jin court to retreat and entrench itself in the south past the Yangtze river, starting what is known as the Eastern Jin dynasty around 317. Towards the end of the century, Emperor of the Former Qin, Fu Jin, united the north under his banner, and planned to conquer the Jin dynasty in the south, so as to finally reunite the land, but was decisively defeated at the Battle of Fei River in 383, causing massive unrest and civil war in his empire, thereby leading to the fall of the Former Qin, and the continued existence of the Eastern Jin dynasty.According to archaeologists, sufficient archaeological evidence correlates of state-level societies coalesced in the 4th century to show the existence in Korea of the Three Kingdoms (300/400668 CE) of Baekje, Goguryeo, and Silla.Historians of the Roman Empire refer to the "Long Fourth Century" to the period spanning the fourth century proper but starting earlier with the accession of the Emperor Diocletian in 284 and ending later with the death of Honorius in 423 or of Theodosius II in 450.[3]See also: Christianity in the 4th centuryGregory the Illuminator mosaic, converted Armenia from Zoroastrianism to ChristianityContemporary bronze head of Constantine I (r. 306337 AD)Early 4th century Former audience hall now known as the Basilica, Trier, Germany, is built.Early 4th century The Gupta Empire is established.301: Armenia first to adopt Christianity as state religion.304339: The Sixteen Kingdoms in China begins.306337: Constantine the Great, ends persecution of Christians in the Roman Empire (see also Constantinian shift) and Constantinople becomes new seat of government (New Rome).Tikal had a population of about 100,000 when it was conquered by Teotihuacan, less than a fourth of its peak population[4]320: Butuan Boat One, the oldest known Balangay, a multi-purpose ship native to the Philippines is built.325328: The Kingdom of Aksum adopts Christianity.325: Constantine the Great calls the First Council of Nicaea to parley Christianity in the origin of the Arian controversy.335380: Samudragupta expands the Gupta Empire.337: Constantine the Great is baptized a Christian on his death bed.350: About this time the Kingdom of Aksum conquers the Kingdom of Kush.350600: At some time during this period, the Hunas begun to attack the Sassanid Empire.[2]350: The Kutai Martadipura kingdom in eastern Borneo produced the earliest known stone inscriptions in Indonesia known as the Mulawarman inscription written in the Sanskrit language using Pallava scripture.[5]Mid-4th century Dish, from Mildenhall, England, is made. It is now kept at the British Museum, London.Mid-4th century Wang Xizhi makes a portion of a letter from the Feng Ju album. Six Dynasties period. It is now kept at National Palace Museum, Taipei, Taiwan, Republic of China.365: An earthquake with a magnitude of at least eight strikes the Eastern Mediterranean. The following tsunami causes widespread destruction in Crete, Greece, Libya, Egypt, Cyprus, and Sicily.376: Visigoths appear on the Danube and are allowed entry into the Roman Empire in their flight from the Huns.378: Battle of Adrianople: Roman army is defeated by the Visigoth cavalry. Emperor Valens is killed.378395: Theodosius I, Roman emperor, bans pagan worship, Christianity is made the official religion of the Empire.378: Siyaj K'ak' conquers Waka on (January 8), Tikal (January 16) and Uaxactun.Wall painting of the Council of Constantinople (381) in the Stavropoleos monastery, Romania381: First Council of Constantinople reaffirms the Christian doctrine of the Trinity by adding to the creed of Nicaea.383: Battle of Fei River in China.395: The Battle of Canhe Slope occurs.395: Roman emperor Theodosius I dies, causing the Roman Empire to split permanently.Late 4th century: Cubiculum of Leonis, Catacomb of Commodilla, near Rome, is made.Late 4th century: Atrium added in the Old St. Peter's Basilica, Rome.For a more comprehensive list, see Timeline of historic inventions 4th century.The Stirrup was invented in China, no later than 322.[6][1]Kama Sutra, dated between c.400 BC to c. 300 AD.[7][8]Iron pillar of Delhi, India is the world's first iron pillar (citation needed)[9]Cosmetic functions and the Codex Vaticanus Graecus 1209, are the earliest Christian bibles.[10][11]Book of Steps, Syriac religious classic, "The invention and influences of stirrup", Archived from the original on 2 October 2008, retrieved 2 October 2008, 1994, " The Romans, 1994, " The Lombards, 1994, " The Vikings, 1994, " The Normans, 1994, " The Crusades, 1994, " The Mongols, 1994, " The Ottoman Empire, 1994, " The Tudors, 1994, " The Stuarts