In ancient Rome, wind power was used primarily for grinding grain and pumping water. Windmills were introduced in the first century BC and were used to grind grain into flour, which was a staple of the Roman diet. Waterpower was also used for grinding grain and other tasks, such as sawing wood and crushing ore. Roman aqueducts, which were built to supply water to cities, were also used to power water mills. Muscle power was the most common form of power in ancient Rome, as it was in most pre-industrial societies. Slaves, who made up a large portion of the Roman workforce, provided much of the muscle power. They were used for a wide range of tasks, from working in mines and quarries to farming and construction.In Anglo Saxon society, wind power was used for milling grain and pumping water. Windmills were not as common in Anglo Saxon England as they were in ancient Rome, but they were used in some areas. Waterpower was also used for milling grain and other tasks, such as sawing wood and pressing cloth. Muscle power was also the primary form of power in Anglo Saxon England, with most tasks being done by hand. Slavery was not as common in Anglo Saxon England as it was in ancient Rome, but there were still slaves and serfs who provided much of the labor.

Overall, the use of wind power, waterpower, and muscle power varied depending on the specific society and time period. These elements would have been conveyed in a film about ancient Rome or Anglo Saxon England through depictions of the types of tasks being done and the tools and equipment being used.