

# Cardiff Castle

## Team Building for Secondary Schools

(May also be adapted for Upper Key Stage 2)

### Location

Your workshop will take place in the medieval Undercroft and in the Grounds of the Castle (appropriate clothing required).

### Description

A series of team building activities with a medieval theme, designed to encourage communication, problem-solving and team work. A selection of activities; ranging from team games involving communication and trust, tasks using a compass to discover the answer to a series of questions relating to the Castle's history and the possibility for groups to compete against one another in assembling a model trebuchet and experimenting with weights to see whose trebuchet can fire the furthest.

Optional additional activities (extra cost) include have-a-go archery, medieval "Bill Drill" and learning basic sword skills.

Your workshop will be taken by at least one professional costumed facilitator (additional facilitator/s for extra activities)

### Guided Tour of Castle

A guided tour of the Castle is not included in the price of this workshop, but may be added at a reduced additional charge. A tour of the House will take children around some of the highly decorated, colourful rooms that were designed by the architect, William Burges. His designs are from the Victorian period but reflect Burges' vision of how the interior of a medieval Castle would have been.

### Duration

The workshop will last for 75 minutes. The guided tour lasts approximately 50 minutes. There will be time allowed for lunch and to take advantage of the other aspects that are included in the visit (see below)

**Key Learning Outcomes** By the end of the session, your pupils will have:

- ◆ Taken part in a series of activities to develop the idea of working as a team
- ◆ Practised thinking, communication and problem-solving skills
- ◆ Developed trust and consideration for their team members
- ◆ Analysed the efficiency of their choices and performance
- ◆ Learnt additional information about the medieval period and Cardiff Castle's history

**N.B. Additional learning outcomes will depend upon the activities chosen**

### Main Links to the National Curriculum

- ◆ **Key Stage 2 – Physical Education (Wales)**
  - **Adventurous Activities** - Overcoming challenges of a physical and problem-solving nature with a partner, or in a small group. Acquiring the skills necessary for the activities undertaken, e.g. reading a compass, map or instructions. Identifying why one should be mindful of one's own and others' safety and how to respect the environment
  - **Competitive Activities** – Planning how to improve performance. Evaluating one's own and others' performances and asking relevant questions to improve and make progress. Co-operating with others and observing conventions of fair play, equality and appropriate conduct in team activities
- ◆ **Key Stage 2 Physical Education (England)**
  - Taking part in outdoor and adventurous activity challenges both individually and as a team
  - Developing flexibility, strength, technique, control and balance
- ◆ **Key Stage 3 – Physical Education (Wales)**

- **Adventurous Activities** – Developing a range of skills in problem-solving or initiative challenges. Listening carefully to the contribution of others, making individual and group decisions to identify problems and suggest alternative approaches. Planning, undertaking and evaluating activities and using what is found to improve the next attempt. Taking responsibility for oneself, others and the learning environment
  - **Competitive Activities** – Refining, adapting and applying skills with consistent control and accuracy under competitive conditions. Analysing and evaluating the effectiveness of increasingly complex strategies and tactics against a background of changing situations. Using the information to modify, develop and try out plans and identifying other strategies and tactics that might have been effective. Adopting alternative roles in the chosen activity, while working with others to apply the rules of the activity and ensuring the conventions of fair play, honest competition, good sporting behaviour and informed spectatorship.
- ◆ **Key Stage 3 Physical Education (England)**
- Taking part in outdoor and adventurous activities which present intellectual and physical challenges
  - Working in a team, building on trust and developing skills to solve problems, either individually or as a group
- ◆ **Key Stage 4 Physical Education (Wales)**
- **Adventurous Activities** – Analysing the different options available in the activity. Analysing the strategies used and alternative strategies that might be available. Revising the plan effectively when necessary. Adopting different roles in the chosen activity
  - **Competitive Activities** – Working collaboratively to refine and adapt techniques, skills, strategies and tactics and applying them in new situations. Explaining why chosen skills, strategies and tactics have been selected and identifying possible problems. Determining a range of success criteria for the skills, strategies and tactics. Applying the rules of competition, e.g. relating to structure, equality, protection and conduct. Adopting different roles in the chosen activity
- ◆ **Key Stage 4 Physical Education (England)**
- Taking part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage working as a team
  - Building on trust and developing skills to solve problems, either individually or as a group

#### **What Else is Included in Your Visit**

- Use of the Audio Guide that has been written especially for children
- Film show and access to areas of the Grounds including the Keep, the Battlements and Wartime Shelters.
- A Visit to Firing Line – Museum of the Welsh Soldier (Military Museum in the Interpretation Centre). Please note: Firing Line is independently managed and any activities offered are not a part of Cardiff Castle's Education Service. Visits may not be possible on certain days, or may incur an additional charge.

We usually have birds of prey on site during the week although we cannot guarantee this.