

# Cardiff Castle

## Warrior School for Secondary Schools

### (May also be adapted for Upper Key Stage 2)

#### Location

Your workshop will take place in the medieval Undercroft and the Grounds of the Castle.

#### Description

An opportunity for pupils to learn basic medieval sword skills under the instruction of professional sword fighters. Using techniques detailed in the famous manual by the late 14<sup>th</sup> century Italian knight, Fiore dei Liberi – one of the most important sources detailing the use of medieval weapons for attack and defence – pupils will be taught the key methods of medieval sword-play.

Please ensure that pupils wear appropriate clothing, especially footwear (trainers are recommended).

N.B. Pupils will not be taking part in direct contact sword fighting themselves, but will witness the moves they have learned during the session being employed in a short combat display by the facilitators.

Optional additional activities (extra cost) include have-a-go archery and medieval “Bill Drill”.

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:

- ◆ Learnt about the different types of sword used by a knight in the medieval period
- ◆ Developed trust and consideration for their team members
- ◆ Learnt methods of both attacking and defending with a sword
- ◆ Learnt about the cutting and thrusting capabilities of the sword
- ◆ Practised correct footwork, timing and distance when using reproduction medieval swords

#### Main Links to the National Curriculum

**In addition to covering aspects of the medieval era in sessions, further curriculum links include:**

- ◆ **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. 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. 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** – Taking responsibility for oneself, others and the learning environment
- **Competitive Activities** – Refining, adapting and applying skills with consistent control and accuracy under competitive conditions. 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** – 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. 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.