

# Middle Ages Challenge



**Swords, shields, and towering castles...**

Step back in time to an age of bustling medieval villages, mighty castles, brave knights, and deadly plagues.

For even more programme ideas check out our 'Middle Ages' board over on [www.Pinterest.com/PawprintFamily](https://www.Pinterest.com/PawprintFamily)

**#AdventureForAll**  
[www.PawprintFamily.com](https://www.PawprintFamily.com)

# Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



## PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

## PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

## PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK – solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

## PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



@pawprint\_family

# HOW TO: Use Your Challenge Pack



This Challenge Pack has been divided into 4 sections: Craft, Food, Games and Other. In order to help you provide a balanced and varied programme for your young adventurers we recommend that the following number of activities are completed by each age group:

<b>Age 3 - 5</b>						
<b>Age 5 - 7</b>		<b>Craft</b>	<b>Food</b>	<b>Games</b>	<b>Other</b>	<b>PICK</b>
<b>Age 7 - 11</b>	+					
<b>Age 11 - 14</b>	+					
<b>Age 14 - 18</b>	+					
<b>Age 18+</b>	+					

**Leaders, Teachers & Parents**  
Award yourselves a badge for supporting your young adventurers in their activities!

## TOP TIPS

- Adapt activities as necessary to meet your needs.
- Add your own activity ideas or develop them into projects.
- Use what you have; don't buy in lots of new materials/equipment.
- No need to send us evidence, responsible grown-ups decide when the badge has been earned.
- One challenge badge can take as long as you like; from a few hours to days or even a full term!

## Terms of Use

By downloading or purchasing this resource you agree to our terms of use as outlined below. As a husband and wife team we work hard to keep all of our resources and activity ideas available free of charge; we can only do this with your help.

Please Do	You May Not
Use this resource with your young adventurers.	Redistribute or sell this resource in any way, shape or form.
Direct people to this resource online by sharing our website links.	Upload this resource to a website for download.
Tell your friends/family/colleagues about us!	Copy or modify any part of this resource to share with others either for free or for sale.
Share photos of you enjoying your adventures with us on social media.	Use any text, graphics, content or fonts without our written permission.

If you are unsure or have any questions about these terms of use please email  
**info@pawprintfamily.com**

You can view the extended terms of use on our website  
**www.pawprintfamily.com/terms-conditions**



# Craft

**PAWPRINT  
BADGES**

- 📌 Paint your own medieval coat of arms on a cardboard shield. Make sure to have a think about the colours and symbols you want to include to represent your family or team, just like the knights did long ago.
- 📌 Have a go at some origami.

## Why?

When knights returned home from the Crusades, they often brought back new and interesting things from other countries, including paper.

- 📌 Imagine you are living in Europe in 1347. Design a poster that shows people ways they could try to stop the plague from spreading. Most people who caught the plague sadly died from it, but many people had ideas about how they could stop it spreading.
- 📌 Make a medieval castle using junk model materials.

## Here's an idea!

Many medieval castles used catapults to break walls. Build your own catapult to add to your castle using ice lolly sticks and rubber bands.

- 📌 During the middle ages, artisan and traders made a living in busy markets. Make your own crafts and set up a market stall to sell them. You could set up your stall outside your house or at a school fair.
- 📌 Craft your own bird-beak mask like the ones that plague doctors used to wear when treating patients.

## What?

During the plague, doctors wore special outfits to protect themselves, a bit like how we wore masks during Covid-19. They wore long leather coats, hats, and gloves. Their masks looked like bird beaks, which were filled with herbs and perfumes. Many people believed that the pleasant smells would 'clean' the bad air, which they thought was causing the plague, and help stop doctors from catching it.

- 📌 During the Battle of Hastings, the Pope supported William the Conqueror and sent the papal banner as a symbol of the church's blessing. Make your own version of the papal banner.
- 📌 Make a visual timeline of the Middle Ages. Make sure to include key events such as the Battle of Hastings and the Black Death.



# Food

**PAWPRINT  
BADGES**

📍 Try cooking with a spice you've never used before. Some people say that during the Middle Ages, people ate rotten meat and disguised its bad flavour with spices. This wasn't the case! Spices were simply used for flavour and balance in a dish. Although spices were expensive and normally only used in wealthy households, people believed they had great health benefits and held them in high regard.

📍 Make your own frozen/slushy fruit juice drink.

## Why?

During the Crusades, locals would run up the mountain sides to grab a handful of snow. They'd then mix it with fruit juice to create a slushy kind of drink.

📍 It is believed that pork and chicken became more popular after William the Conqueror arrived in England in 1066. Cook a recipe using one of these meats. Alternatively, find out about substitutes to animal proteins and cook a dish of your choice using them.

📍 Oranges and lemons were often bought home from a crusade. Bake a cake using one or both of these fruits.

📍 Medieval peasants often ate simple flatbreads. Make your own flatbread using flour, water, and a little bit of salt, then cook on a griddle or frying pan. Enjoy as it is or with toppings of your choice.

📍 Many people had a garden to grow fruit and vegetables such as onions, leeks, pears, and berries. Grow your own fruit or vegetables and use them in a recipe of your choice.

📍 Bake and decorate some shield biscuits.

## Did you know?

During the Battle of Hastings, knights used two main types of shields. Some used long, kite shaped shields that protected their bodies in battle, while others used smaller, round shields that were easier to move and fight with.

📍 Archaeologists believe that over 500 Motte and Bailey castles were built by the Normans in the first 20 years of William's reign. Bake a cake and try to put 500 chocolate chips on the top.

📍 When people could get hold of fish, it was enjoyed pickled, salted, smoked, or dried. Try some fish in one of these ways.



# Games

**PAWPRINT  
BADGES**

- 📍 Re-enact the Battle of Hastings using the shield you made for your 'Craft' activity. Will you fight against a partner who will take on the role of an Anglo-Saxon? Dress the part, be the part, feel the history!
- 📍 Play a game of Norman Shield Snap with a partner.

## How?

Download the free 'Norman Shield Snap' resource from our website. The pack of matching cards are shuffled and dealt evenly between all players, face down, and then each player takes their turn to put a card down in the centre, face up. When two cards match each other, one on top of another, players must shout "SNAP" to win the pile of cards. The player to gather all of the cards first wins the game.

- 📍 Many medieval people passed the time by playing games such as chess, Nine Men's Morris, and backgammon. Have a go at challenging a friend or family member to one of these classic games.
- 📍 Knights during the Middle Ages trained for tournaments and battles from a young age. Jousting was a popular but dangerous sport where knights on horseback charged at each other, trying to hit their opponent with a lance. Take part in a safer version with another player using pool noodles.
- 📍 Play a game of Plague Tag! One person is the 'rat' and tries to tag the other players. When someone is tagged, they 'catch the plague' and must freeze until another player 'cures' them by tagging them back into the game.

## Why?

Modern research found that the plague was caused by *Yersinia pestis* which was a bacterium from rats and their fleas. Trade and travel, including ships carrying the rats along the Silk Routes, helped the plague reach new towns and countries.

- 📍 William, Duke of Normandy, commissioned a survey in 1085 to discover who owned what assets, how much it was worth, and how much was owed to him as King in tax, rents, and military service. This was compiled into one book in the late 11th century and was called The Domesday Book. Compile a list of all of the assets in your room and how much you think they're worth. Would you offer any of them up to the King?
- 📍 Medieval crusaders sometimes returned to Europe with goods and supplies in wheelbarrows. Take part in your very own wheelbarrow race. You could play by the classic sports day rules, using another person as the wheelbarrow, or race to see who can push a real wheelbarrow the furthest.



# Other

**PAWPRINT**  
**BADGES**

- 📍 Spend the day at Warwick Castle and explore what life was like for knights, nobles, and peasants. For older adventurers, why not brave The Castle Dungeon and experience the gruesome side of history?
- 📍 Imagine you are leaving home to fight in a battle or on a crusade and write a letter to your family, describing what is happening around you. Have a go at including your thoughts and feelings - are you nervous, proud, or worried? Try to picture the sights, sound, and daily life of a medieval knight.
- 📍 Visit a library to find out more about the Middle Ages.
- 📍 Watch a film set in the Middle Ages, such as *Brave* (PG), *Robin Hood* (U), *How to Train Your Dragon* (PG), or *A Knight's Tale* (12A).
- 📍 Read *Measly Middle Ages* from the *Horrible Histories* series to learn about some of the gruesome, funny, and fascinating facts of this time period.
- 📍 Step back in time to the Battle of Hastings in 1066 by visiting Battle, the town named after this famous conflict.
- 📍 Experience a day at the London Dungeon or Blackpool Tower Dungeon, where you can experience shows such as 'The Plague Doctor' and walk through streets affected by the Plague. Please note that children under 16 must be accompanied by an adult, and children under 5 are not permitted, so this is activity suited better to older adventurers.
- 📍 Many medieval houses were made out of wood with thatched roofs. Go for a walk around your local area and see if you can spot any houses with thatched roofs.
- 📍 Doctors in the Middle Ages often used herbs to treat illnesses. Find out about different herbs and see if they really can help people feel better.
- 📍 Most medieval peasants were farmers who grew crops. Plant your own mini garden using seeds of your choice and see how your crops grow.
- 📍 Listen to some medieval music such as Gregorian chant.
- 📍 The Black Death arrived in England in June 1348 and eventually killed around 25 million people in Europe, which was around a third of the population. The infection included three types of plague: bubonic, pneumonic, and septicaemic. Research how each type was different and find out what symptoms people experienced.

## Adventure Complete?

Reward your young adventurers with their Middle Ages Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



## Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



## Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



## Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



Subscribe to the **Tribe News** for all the latest adventures direct to your inbox!

Scan me!

