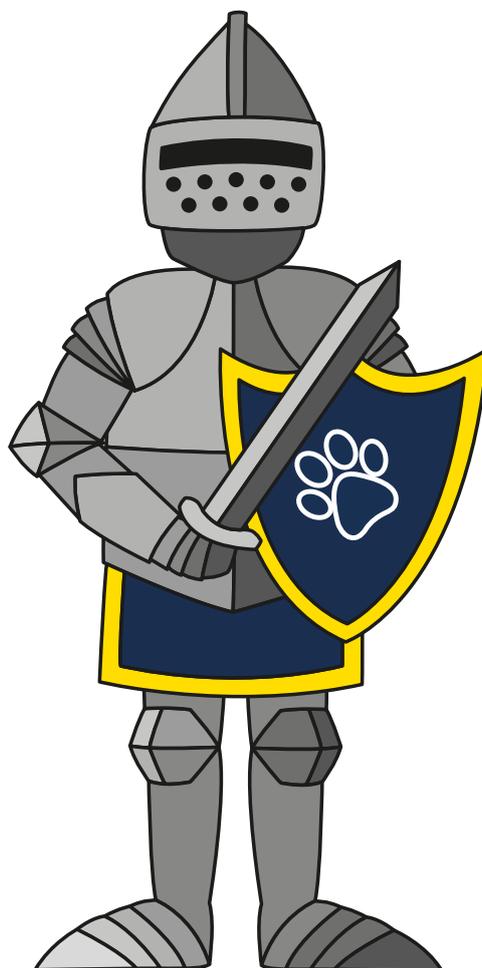


Knight Adventures



It's time to put your skills to the test and become a Knight!

The Knight's Code included loyalty, kindness, honesty, humility, discipline, integrity and excellence...do you have what it takes? Take a tour of times past and discover something new as you conquer the Knight Adventures challenge!

Proceeds from this badge go towards helping Scouts and Guides from across the UK take part in lots of adventures via The Pawprint Trust. Thank you for your support!

Suggested challenges for different age groups:

3-5 Years : Complete a minimum of 3 challenges from different sections.

5-7 Years : Complete 1 challenge from each of the 4 sections.

7-11 Years : Complete 1 challenge from each of the 4 sections + 1 more of your choice.

11-14 Years : Complete 1 challenge from each of the 4 sections + 2 more of your choice.

14-18 Years : Complete 1 challenge from each of the 4 sections + 3 more of your choice.

18+ Years : Award yourself a badge for assisting young people in achieving their challenges.

For even more programme ideas check out our 'Knight' board over on
www.Pinterest.com/PawprintBadges

Once completed head to the website to get your paws on your badges!

www.PawprintBadges.co.uk

Craft

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 Design your own crest/shield/coat of arms using materials of your choice.

 Make your own tunic from an old pillow case.

Here's an Idea!

Recycle old/unwanted fabrics and use fabric glue or Bondaweb® to attach your design to your pillow case tunic. For younger ones why not incorporate some role play and develop your storytelling skills?

 Have a go at writing with a quill as they would have in Medieval times.

 Make your own set of armour or chainmail.

Did You Know?

It was expensive to become a Knight! A suit of armour would have cost anywhere from £8/6/8 (eight pounds, 6 shillings and 8 pence) to £340 which, in today's money would be in the region of £4893-£200,000!

 In Medieval times most things were made/carved from wood. Have a go at making something useful from wood.

 Pioneer or build a trebuchet or catapult. Compete in teams.

 Make your own stained glass window/sun-catcher from card and tissue paper. In Medieval times few people could read and stained glass was used to tell stories, i.e. Bible stories in Church windows.

 Build a castle using materials of your choice.

 Before people had watches and clocks they created other ways of telling the time. Often large candles were marked to show hours; have a go at making your own candles from beeswax sheet or wax pellets.

 Music was a past-time of many Knights. Have a go at making your own drum or lute and play a tune.

 Chickpeas, beans and peas were common foods in the Middle Ages (Medieval times); make a picture using them.

 Jugglers often performed for Knights and Ladies in castles after banquets. Make your own set of juggling balls and learn to juggle.

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Food

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Herbs and spices were often used to flavour foods during Medieval times. Nutmeg, caraway, pepper, cardamom and ginger were among them; find out where they come from, what they look like, how they taste and present your findings in a fun way.

A Knight's day started a sun rise and ended at sun down but special occasions would have been celebrated with a midnight feast; enjoy your own midnight feast.

Make a weekly meal planner.

Why?

Knights would have eaten 3 times per day, consuming meat 3 times per week and vegetables the rest of the time with bread as a staple.

Hunting was common in Medieval times. Go on a hunt or find out about animals that are still hunted today and how. Have a go at preparing cooking game.

Flaming arrows were a common weapon used against enemies. Make your own flaming arrows by toasting marshmallows on sticks!

Make your own bread.

Why?

Bread was a staple of Medieval diets. The rich used ale and yeast to leaven their bread while the poor ate unleavened bread made with flour and water. Take this further by testing different types of flour.

Knights drank mead made from honey; 18+ have a go at making your own mead or tasting mead, under 18's make a recipe of your choice using honey.

Bake your own castle shaped celebration cake.

Most cheeses were originally recorded in the Middle Ages. Have a go at making your own cheese using an at-home kit or visit a cheese making factory to see how it's done.

Make and decorate your own coat of arms/shield biscuits.

Beans and peas were common foods in Medieval times. Try growing your own.

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Games

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-  Bowling was played in the Medieval times. Visit your local bowling club and learn how to play...you could be a champion in the making!
-  Have a game of Blind Man's Bluff, another game popular in the Middle Ages.
-  Draughts and Backgammon were popular in the courts of Medieval England. Learn how to play and/or have a game.
-  Host your own jousting competition using pool noodles or pipe insulation as lances.
-  Have a go at potato jousting.

How?

Each person has one potato and two spoons. Players should walk around the space with one potato balanced on one spoon whilst using their other spoon to try and knock off other player's potatoes (and also defend their own). Players whose potato get knocked off their spoon are out.

-  Gambling was a popular past-time of Knights. Have a game of higher lower...will you stick or will you gamble?
-  Host your own Knight's Tournament and test your agility.
-  Become King/Queen of the castle with a game of Lolly-stick Castles. Using a narrow necked bottle/glass, take it in turns to balance a lolly stick on the top to make a tower. The player who makes the tower fall down is out and the game starts again. The last player standing becomes the King/Queen of the castle.
-  Play the seat swap game using Kings, Knights and Dragons. The last person to take their seat in each round is out.
-  Test your aim and shoot down dragons using a water pistol. Alternatively use rubber bands to shoot down plastic cups.
-  Test your agility with a balance game. Balance whilst catching balls thrown to you.
-  Defend your castle with a team game of Capture the Flag or Prisoners Base.
-  Have a game of Boules.

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Other

- Have a go at archery at a local archery club.
- Knights were noted for their skills with horses. Find out how to read horse body language and have a go at horse riding.
- Research heraldry and make your own family tree. Are you related to anyone noble?
- Find out what life was like in Medieval times and present your findings using a method of your choice.
- Create your own Code of Honour for your group.
- Visit a castle.
- A Knights day started at sunrise. Wake up early and see the sunrise for yourself.
- Find out about Medieval weapons/ armour. You could take it further with a visit to the Royal Armouries or the Imperial War Museum.
- Knight comes from the old English word 'cniht' meaning servant. Serve your community by waiting on at a community dinner/afternoon tea.
- Jugglers and acrobats would have performed in court for the entertainment of Knights. Learn how to juggle or have a go at a Circus Skills workshop.
- Music was a popular past time in the Middle Ages with the lute, drums, cymbals and bells being common instruments. Have a go at playing one or all of these.
- Greensleeves* and *I Gave My Love a Cherry* were common folk songs of Medieval times and are still sung today. Sing them or learn some other popular folk songs.
- Research Orders of Chivalry and find out about their crests or medals. Do you know anyone who has been awarded such an honour or is there anyone local to you?
- Share your adventures working towards your Knight Adventures challenge badge to let others know what you've been up to. Tag us in your social media posts @PawprintBadges using #AdventureForAll

