

KNIGHTS AND DRAGONS

THEMED PROGRAMME



AIM

Become a heroic knight, battling fearsome dragons along the way. A themed programme centred around these medieval warriors and their adventures. Could be linked to St George's Day (23rd April).

ACTIVITIES

-  The Knight's Board Game
-  My Knight's Shield
-  Once Upon a Time . . .
-  Dragon Slaying
-  Rescued By a Knight
-  George and the Dragon

KNIGHTS AND DRAGONS

» INTRODUCTION

Knights were often found in medieval times. They feature as heroes in many stories and their suits of armour, shields and swords can often be found in castles and old homes around the country.

Knights were heavily armoured soldiers who would ride horses. They were the top soldiers in the land and would protect it at all costs. Only the richest and most important soldiers would become knights as they needed expensive armour, weapons and powerful horses.


? DID YOU KNOW?

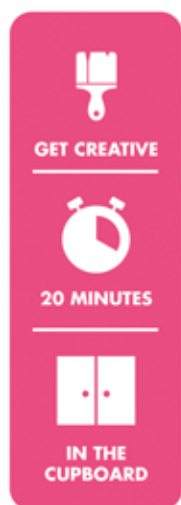
- Knights would start training when they were 7, only becoming a fully trained knight by the time they turned 21.
- Each Knight had their own coat of arms.
- St George is a famous knight and he is the patron saint of England, Portugal, Ethiopia and more.
- Nowadays, in the UK, the Queen can make important & well deserving people 'Knights' or 'Dames' as a way of rewarding their hard work.



GET ACTIVE: PLAYING GAMES THE KNIGHT'S BOARD GAME

Get the knight to the castle whilst avoiding any obstacles along the way.

- 1  Download and print a copy of the 'The Knight's Board Game'. There is a colour version and black & white version. The black and white version can also be used as a colouring sheet to extend the activity.
- 2 Place the game on a table and sit a group of children around it. Ideally you wouldn't want to have more than 6 children playing on each copy of the game. Each child will need a playing piece. This could be a counter, coin etc.
- 3 The first child should roll the dice and move the playing piece the number of places they have rolled. Watch out for the special spaces along the way, which allow players to use shortcuts or find obstacles that send them backwards.
- 4 Children should take turns in rolling the dice and moving along the path towards the castle. The child to make it to the castle first wins.



GET CREATIVE: ARTY & CRAFTY MY KNIGHT'S SHIELD

Every Knight needs a shiny shield to go into battle with, to help protect them and keep them safe.

- 1 Give each child a large shield shaped piece of thick cardboard. Alternately give each child the shape of a shield on A4 paper / card to design.
- 2 Provide the group with a range of craft materials. You could paint the shield, cover it in coloured tissue paper / card, wrap the whole thing in tin foil or more. Also provide some added extras to continue decorating such as gems, feathers, glitter, stickers and so on.
- 3 After decorating, attach a strip of cardboard to the back of the shield to create a handle.
- 4 At the end, encourage the group to show off their shields to each other. You could even have some pretend battles, using the shields to stay protected.



GET CREATIVE




15 MINUTES



PREPARATION
NEEDED

GET CREATIVE: SINGING, ACTING & DANCING ONCE UPON A TIME . . .

- 1  Download and print the 'Once Upon a Time' story cards. These will need to be cut up into their individual cards.
- 2 This activity encourages children to be imaginative and tell a fairy tale about a Knight and his adventures, using story cards along the way.
- 3 A leader should start the story with 'Once upon a time, in a land far far away there was a'
- 4 Let a child choose one of the story cards (i.e. Knight, dragon, castle, King, sword etc). Then ask for someone to suggest what happens in the story with this new character / item / location etc. Depending on the children's storytelling skills, a leader may need to provide support in coming up with ideas for where the story could go.
- 5 Once the story has progressed, pick a new card and make up the next part of the story as a group.
- 6 Continue doing this until the story has come to an end or all the cards have been selected.

What story will your group come up with and what adventures will the Knight go on?

Take it Further: As well as telling the story, encourage children to become the characters and act out the story as you go along.



GET ACTIVE



10 MINUTES



PREPARATION
NEEDED

GET ACTIVE: PLAYING GAMES DRAGON SLAYING

- 1 For this game you'll need some 'dragons' to slay. We've provided some dragon images you can print off and attach to skittles / 2L drinks bottles. Alternatively, you could use soft toys, plain skittles etc. A leader could also act like a dragon and become a moving target instead. (Please use appropriate missiles if doing this, such as soft balls).
- 2 Place the targets at one end of the room (roughly 5+) and line the children up at least a few metres away from the dragons.
- 3 Give each child a soft ball or a beanbag and challenge them to 'slay' the dragons by hitting them down with their softball / beanbag.
- 4 This activity could be played with all children at one go, or children could take it in turns to see how many dragons they can slay with 5 balls / beanbags. Can they 'slay' all the dragons and save the day?






GET INTO THE BIBLE: DEVELOPING MY FAITH RESCUED BY A KNIGHT

An activity to help show that our 'Knight in shining armour' is Jesus, who came to earth to save us.


- 1 Play a game of stuck in the mud. Allocate one or two children to be the dragon (tagger) and one/two children to be the knight (the person who unsticks people). The rest of the group are villagers. The villagers should run around the room trying to avoid being tagged by the dragon(s). When tagged they must stand like a star. The knight(s) can unstick people by crawling through their legs. Play the game and see if the dragon(s) can catch all the villagers or if the knight(s) will manage to save them all?
- 2 Afterward sit down and ask the group what it felt like to be stuck? Did the knight manage to save them straight away or were they left waiting?
- 3 Thankfully in life we don't have dragons flying after us, so we don't need knights in shining armour to save us. However instead there are bad things in our lives that try to get us 'stuck' and trip us up. These things are called 'sin' and include things like lying, being unkind, hurting people, stealing and so on. When we do these things we upset God and he doesn't see us as 'perfect' anymore. That's bad because God wants us to be perfect and live a good life.
- 4 However, God sent his son Jesus to come and live on Earth. His job when on Earth was to be on a rescue mission, a bit like the Knight in our game. He came to show us how to live our lives in a way that pleases God and rescue us from the bad things that we do. He also died on the cross to take away all our sins and allow us to be seen as perfect by God again. He sacrificed his life so we could all be saved.
- 5 Without Jesus we'd still be 'stuck in the mud', but thanks to him we are rescued and free. Jesus will always be our knight in shining armour, ready to save us.

 **'Everyone has sinned and is far away from God's saving presence. But by the free gift of God's grace all are put right with him through Christ Jesus, who sets them free.' Romans 3:23-24**



GET LEARNING: UNDERSTANDING CULTURE AND TRADITION GEORGE AND THE DRAGON

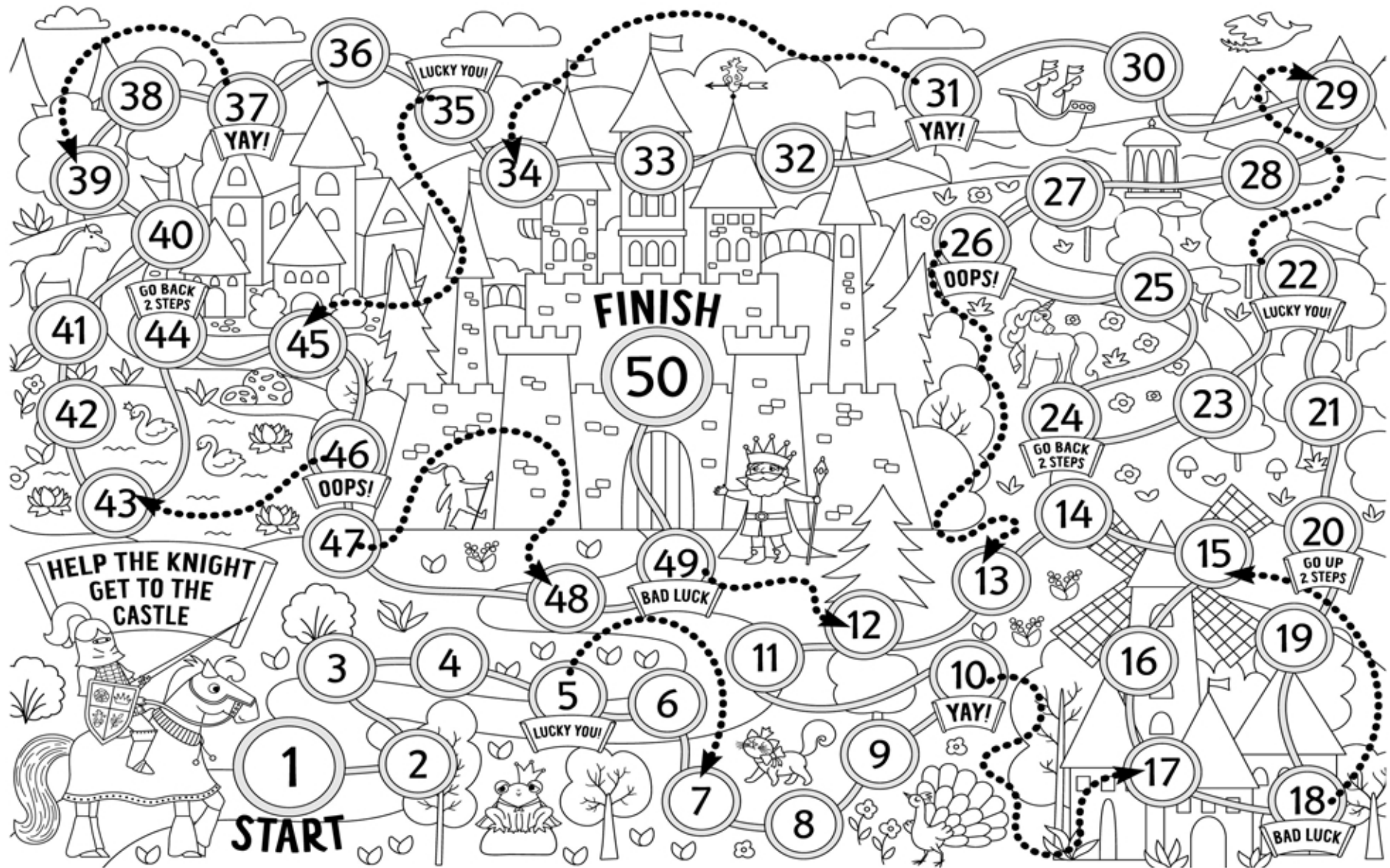
Explore the story of a famous knight, George, and his battle against a fearsome dragon.

- 1  Download a copy of the 'George and the Dragon' activity sheet. This tells the story of George and the Dragon, with some parts having two options. Children need to decide which option they think is correct.
- 2 Stand the children in the middle of the room.
- 3 Read the story out. As you get to the options, allocate one side of the room option one and the other side of the room option two. Ask children to go and stand where they think is the correct word for the story.
Example: Once upon a time there was a brave **KNIGHT** / **HORSE** called George.
- 4 For each option, the green word is the correct part of the story. Congratulate the children who picked the correct option and then continue the story.
- 5 This activity could be played just for fun, or you could allocate points for each correct answer.

THE KNIGHT'S BOARD GAME



THE KNIGHT'S BOARD GAME



ONCE UPON A TIME . . .



RED DRAGON



CASTLE



TREASURE CHEST



KING



QUEEN



PRINCESS



KNIGHT



HORSE



CASTLE TOWER

ONCE UPON A TIME . . .



BLUE DRAGON



GOLD COINS



SWORD



CASTLE DOOR



ARMY OF KNIGHTS



CROWN



SHIELD



BALL OF FIRE



DUNGEONS

DRAGON SLAYING



DRAGON SLAYING



DRAGON SLAYING



DRAGON SLAYING



GEORGE AND THE DRAGON

Once upon a time there was a brave **KNIGHT** / **HORSE** called George. (Pause) George had lots of adventures as he travelled by horse across many lands.

One day he came to a small village where a terrible **WICKED WITCH** / **DRAGON** had come to live in the lake and attacked the village every day. (Pause)

The villagers didn't know what to do. First, they gave the dragon all their **MONKEYS** / **FOOD**, but the dragon just took it all and still attacked the village. (Pause)

So then the villagers gave the dragon all the **ANIMALS** / **TRACTORS** from their farms (Pause). The dragon took all the animals, but continued to attack the villagers.

So then they gave the dragon all their **TABLES & CHAIRS** / **GOLD & JEWELS** (Pause). The dragon took all their valuables, but still was not satisfied.

The king then sent his **MINIONS** / **ARMY** to try and capture the dragon (Pause), but the dragon was too strong and the knights of the army were too scared and they ran away.

With nothing left to give, the king could only think of one thing to help protect his people. He sent the **QUEEN** / **PRINCESS** (Pause), his only daughter, to the lake to wait for the dragon.

When George heard this he rode as fast as he could to the lake. Just then the dragon jumped out from the lake and was going to **EAT** / **DANCE WITH** the princess. (Pause)

George **ATTACKED** / **PLAYED FOOTBALL WITH** the dragon (Pause). He fought very bravely, won the fight and killed the dragon. George and the princess returned to the village and everyone was very pleased that they would have no more problems with the dragon.

Today, the story of George's bravery is remembered and George is known as the patron saint of many countries.