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PULL OUT

# NORWICH CASTLE

THE PEOPLE'S PALACE



Norwich Castle  
Museum & Art Gallery



## SPORTS, GAMES & PASTIMES

EDITION ONE





# THE PEOPLE'S PALACE

At a time when you cannot enjoy visiting Norwich Castle, the EDP and Evening News have teamed up with Norfolk Museums Service to bring you a series of entertaining pull-outs.

Built as a royal palace, Norwich Castle has been at the centre of our medieval city for 900 years. For the last century it's been the region's premier museum. A people's palace at the heart of our community, especially at times of celebration; like the one depicted on our cover.

With significant funding from the National Lottery Heritage Fund, Norfolk Museums are embarking on a transformation of the castle keep's internal spaces. They are also developing the British Museum's first medieval gallery outside London. For each of our pull outs, we are featuring an aspect of medieval life that was as entertaining then as it is today. So, enjoy reading and participating in, some medieval sports and games.



## KNIGHT TRAINING

AND YOU THOUGHT YOUR LOCKDOWN WORKOUT WAS HARD!



Getting fed up with online workouts and running the same circuit every day? Well, you might not be quite so keen to complain once you discover the training regime of Jean le Maingre, a 14th century French knight.

*Knights didn't go to the gym, they picked up rocks, did headstands on tables, threw javelins and wrestled to keep fit! (Training Routine: De Sphaera, 1425, Morgan Library and Museum)*

Boucicant, as he was also known, was renowned for maintaining his physical fitness and skill in combat. As well as sword training and the art of hand-to-hand combat, Boucicant's rigorous workout included climbing between closely-spaced walls, vaulting directly on a horse's back from the ground, standing somersaults, hammer swinging, stone throwing, punching practice (against the ground or wall), ladder climbing (hanging underneath), dancing and running – all while wearing a full suit or armour!

Jean Froissart a medieval chronicler, wrote about him:

"And now he began to test himself by jumping onto a courser in full armour. At other times he would run or hike for a long way on foot, to train himself not to get out of breath and to endure long efforts.

"At other times he would strike with an axe or hammer for a long time to be able to hold out well in armour, and so his arms and hands would endure striking for a long time, and train himself to nimbly lift his arms.

"By these means he trained himself so well that at that time you could not find another gentleman in equal physical condition. He would do a somersault armed in all his armour except his bascinet, and dance armed in a mail shirt...

"When he was at his lodgings, he would never cease to test himself with the other squires at throwing the lance or other tests of war."

Boucicant's training routine was unique, and it made him a formidable force on the battlefield. In tournaments he fought and defeated Europe's best knights, and was proclaimed marshal of France.

So, next time you tune into Joe Wicks or pull on your running gear, just think, at least it's not Boucicant Bootcamp!



*Fighting in heavy armour was incredibly tiring so you had to be fit (Les Chroniques d'Angleterre, (1420-1430), The British Library)*

## BORED OF LOCKDOWN?



*Two players sit down and unwind with a game of backgammon (15th century Book of Hours, Walters Art Museum)*

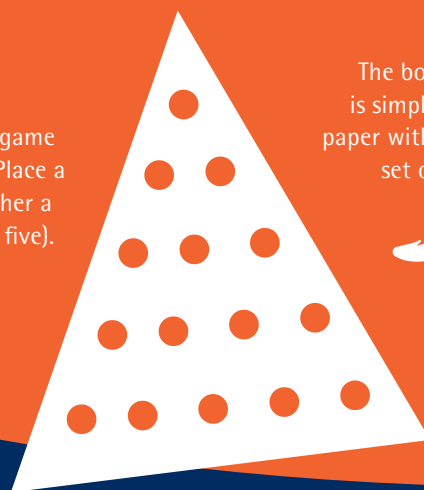
### WHY NOT TRY SOME MEDIEVAL BOARD GAMES TO PASS THE TIME?

Before online gaming and complicated (and expensive) boardgames, people passed the time by coming up with games using whatever was to hand.

Games such as Nim, Farkle and Nine Men's Morris are simple to learn and don't require anything to be purchased. Historically, they were played with stones or other easy-to-find objects.

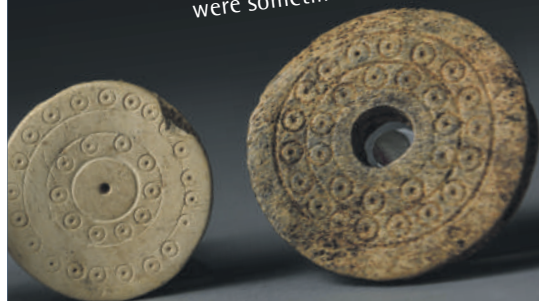
### HOW TO PLAY NIM

Nim requires just 15 small objects as counters and a "game board", which is just a triangle made up of 15 spots. Place a counter on each spot, then take it in turns to take either a single counter or an unbroken line of counters (up to five). The winner is the player who takes the final counter.



The board for Nim is simply a piece of paper with 15 spots – set out like this.

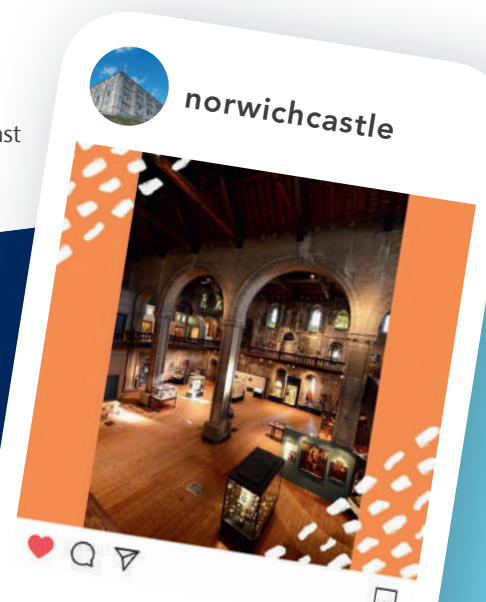
Original medieval gaming pieces were sometimes made of bone!



## GET INVOLVED

WE'D LOVE TO SEE YOUR MEDIEVAL MAKES! Post your heroic heraldry or your hand-made Nim board on Twitter and Instagram using #NCPeoplesPalace and we'll share our favourites!

CHECK OUT OUR INSTAGRAM PAGE @NORWICHCASTLE





# NORWICH CASTLE KEEP'S £13.5M TRANSFORMATION

The Normans built the Keep as a palace fit for a conquering King. Now, thanks to major support from the National Lottery Heritage Fund and many other funders, the Norwich Castle: Royal Palace Reborn project will enable you to experience the Keep as it was in its royal heyday.

The project will transform the Keep's internal spaces by reinstating its medieval floors and rooms, bringing the sights and sounds of a medieval castle vividly to life. The British Museum medieval gallery will show beautiful and fascinating objects to explore the lives and stories of people from the period. A multi-sensory area will encourage our youngest visitors in their own creative exploration of life in a medieval castle. It is one of the largest heritage projects of its kind currently underway in the UK.

Five reasons to get excited about the project:

## ROYALTY REVEALED

The project will re-create the palace of Norman Kings, one of medieval Europe's most important buildings.

## THE PEOPLE'S PALACE

For the first time in 900 years everyone will be able to explore all five levels of the Keep – from basement to battlements.

## KEEP LEARNING

Over 5 years of events and activities will open up the medieval world to all ages.

## MEDIEVAL TREASURE

The British Museum's first medieval gallery outside London will bring treasures of international importance to Norwich.

## A JEWEL IN THE CROWN

Norwich Castle will take its place as one of the UK's premier heritage attractions.



Visualisation of the recreated Great Hall on the principal floor of the Keep, Haley Sharpe Design, 2018

We gratefully acknowledge the support of



made possible by National Lottery players



## KEEP IN TOUCH:

[museums.norfolk.gov.uk](http://museums.norfolk.gov.uk) [f NorwichCastleMuseum](https://www.facebook.com/NorwichCastleMuseum)  
[@NorwichCastle](https://twitter.com/NorwichCastle) [@norwichcastle](https://www.instagram.com/norwichcastle) #CastleReborn



This incredible bascinet is one of hundreds of fascinating medieval objects which will be going on display as part of Norwich Castle's redevelopment project.

## MEDIEVAL PPE

This late 14th century medieval helmet, called a bascinet, is made from a single piece of metal which was heated and hammered with expert precision by the armourer.

The holes around the rim of the helmet would have allowed for a padded lining to be included inside. The holes around the neck could either attach a section of mail, called an aventail, which protected the wearer's shoulders and neck while also allowing them to look around freely, or rigid metal protection, called a gorget.

Bascinetes like this represent the peak in personal protective equipment (PPE) for the 14th century battlefield. The sloping top of the helmet encourages incoming attacks to deflect away from the wearer, unlike flat-topped designs.

The hinges on the side would have held a visor which could be raised to provide visibility without having to remove the helmet completely. The visors were also interchangeable, with different designs depending on the situation.

Up against an enemy with lots of archers? No problem, the pointy-faced hounskull visor would deflect incoming arrows away from the face and eyes. Similarly, if you were facing a close combat situation, a flat-faced klappvisor would give a balance of protection, visibility and breathability.

This interchangeable design meant that bascinetes like this continued to be popular all the way up until the end of the 16th century – almost 200 years after this helmet was made!



Flat-topped helmets provided important protection but were far from perfect (Le Régime du corps, circa 1285), The British Library)

## WORD SEARCH

FIND THE 18 MEDIEVAL WORDS

TOURNAMENT	PENNON	BLACKSMITH
JOUST	FOOTBALL	SHIELD
LANCE	FEASTING	ARCHERY
HERALDRY	CHIVALRY	TARGET
HAWKING	ARMOUR	KNIGHT
HERALD	CHARGER	JESTER

Y C N W I Q O D L T F D P P X  
R H Y I E P L L O G R Z U T L  
D I A V A A Q U P E N N O N F  
L V Q R R T R F E A S T I N G  
A A B E M N N D K H C V N Y S  
R L H I A O C I A O R L T R H  
E R T M X P U W U E V A L E I  
H Y E C D Y K R T Q U L Q H E  
M N F H T I M S K C A L B C L  
T H G I N K E F Y B E T R R D  
L M M G N J A L T R A G M A T  
W A B F C L S O T R J O U S T  
J R N X U W O D G S R D C C G  
J X J C O F R E G R A H C S K  
H P E N E S T K T B R C D A A

TRUE OR FALSE ANSWERS: 1. TRUE Football-like games can be traced back to 900 years ago! The rules were a bit different as there were UNLIMITED players per team, which meant that whole towns or villages would take part. 2. FALSE Despite rules which tried to control fighters and reduce injuries, people would still sometimes get killed while fighting in medieval tournaments. 3. FALSE Barons were more important than knights in the medieval feudal system. 4. TRUE In early medieval tournaments the victor would win the equipment of the person they beat, though it would usually be bought back by the loser. 5. FALSE Unless given special permission by the lord of the land, peasants who were caught hunting without permission were called 'poachers'. Poachers who were caught were either fined, had their hands cut off, or sometimes even killed!



# GET THE KIDS INVOLVED!

**TRUE**

**FALSE**

TICK THE BOXES BELOW

TRUE FALSE

1. Football was invented in the middle ages
2. Nobody died in medieval tournaments
3. Knights were a higher status than barons
4. If you beat someone in a tournament you won all their equipment AND prize money
5. Peasants could hunt for their own food in the forests

<input type="checkbox"/>	<input type="checkbox"/>
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**HOW DID YOU DO?**  
Turn back to page 3 for all the answers and facts!

## CAN YOU FIND YOUR WAY TO THE CASTLE?



**NEXT WEEK... FESTIVALS & CELEBRATIONS**

## DESIGN YOUR OWN HERALDRY

If you were a knight in the Middle Ages, all kitted out in your armour and helmet, it was very difficult for people to see who you were - which was especially annoying if you won a tournament!

Therefore, each knight had a unique combination of colours, symbols and animals, called their "arms", which was displayed on their shield and banners.



Choose symbols, geometric shapes (called ordinaries) and colours below and combine to create your very own design.

### COLOURS



### SYMBOLS



### ORDINARIES



A football team's kit and emblem is very similar to a knight's heraldry. How would your design look on a football shirt?

