



KSI-2

## DISCOVERY VISIT GUIDE

### Carlisle Castle

This guide will give teachers everything they need to know about our expert-led Discovery Visits at Carlisle Castle. Your students can explore the castle's almost 900-year history as a defensive fortress and what life was like there through an interactive expert-led tour with object handling and costumes.



GET IN TOUCH WITH OUR EDUCATION BOOKINGS TEAM:

☎ 0370 333 0606

✉ [bookeducation@english-heritage.org.uk](mailto:bookeducation@english-heritage.org.uk)

📄 [bookings.english-heritage.org.uk/education](https://bookings.english-heritage.org.uk/education)

Share your visit with us on Twitter @EHEducation

Step into England's story

# WELCOME

This guide for Carlisle Castle has been designed to support teachers and group leaders on a Discovery Visit at the site. We know that each class and study group is different, so we have collated all the information into one guide so you can prepare for your upcoming Discovery Visit.

For practical information and activity ideas to help support a free self-led visit, download the Teachers' Kit on our **Schools page**. Here you can also find a ready-made Risk Assessment for your Discovery Visit and general Hazard Information for the place you are visiting.

We hope you enjoy your visit and that you find this Discovery Visit Guide useful. If you have any queries please don't hesitate to get in touch with a member of our team either via [bookeducation@english-heritage.org.uk](mailto:bookeducation@english-heritage.org.uk) or on 0370 333 0606.

English Heritage Learning Team

## ICON KEY

The icons below will help you quickly identify which key stage each Discovery Visit is for.



# EXPERT-LED DISCOVERY VISIT

## CAPTAINS, CAPTIVES AND COSTUMES

KSI-2

### Recommended for

KSI (History)

### Learning objectives

**WHAT:** find out about Carlisle Castle's role as a defensive castle on the border; discover the different people who lived in Carlisle Castle and what life was like for each of them.

**HOW:** through exploration of particular architectural features of the castle, sensory learning and trying on different character costumes.

**OUTCOME:** students will articulate the importance of Carlisle Castle in the local area; explain what architectural features can tell us about life in a medieval castle; describe some of the people who lived at the castle, what they did and the conditions they lived in.

### Duration

1 hour 15 minutes

### DISCOVERY VISITS AT ENGLISH HERITAGE

Our Discovery Visits are award-winning, hands-on, expert-led, site-based activities, which combine inspiring experiences with quality learning outside the classroom. At just £100 a session at selected sites, these visits are delivered by our experts and have been designed to meet the needs of different groups across the key stages. Led by specialist educators, site staff and volunteers, with knowledge and expertise across the curriculum, these visits enable students of all ages and abilities to step into England's story.

### CAPTAINS, CAPTIVES AND COSTUMES DISCOVERY VISIT

This hands-on guided session takes your class on an exploration of Carlisle Castle. The session uses sensory experiences and costumes to help your students discover who might have lived and worked at the castle in the medieval period and the similarities and differences with our lives today.

### PRIOR LEARNING

We recommend you do the following before the Discovery Visit:

- Explore the location of Carlisle Castle on a map.
- Remind students where the medieval period features on a timeline.
- Familiarise students with typical medieval castle features such as a portcullis, drawbridge, murder holes, keep or tower.

For more help with your pre-visit preparation, download the Carlisle Castle Teachers' Kit from our [Schools Page](#).



From left: the gatehouse, a wicket gate and the Captain's Tower at Carlisle Castle.