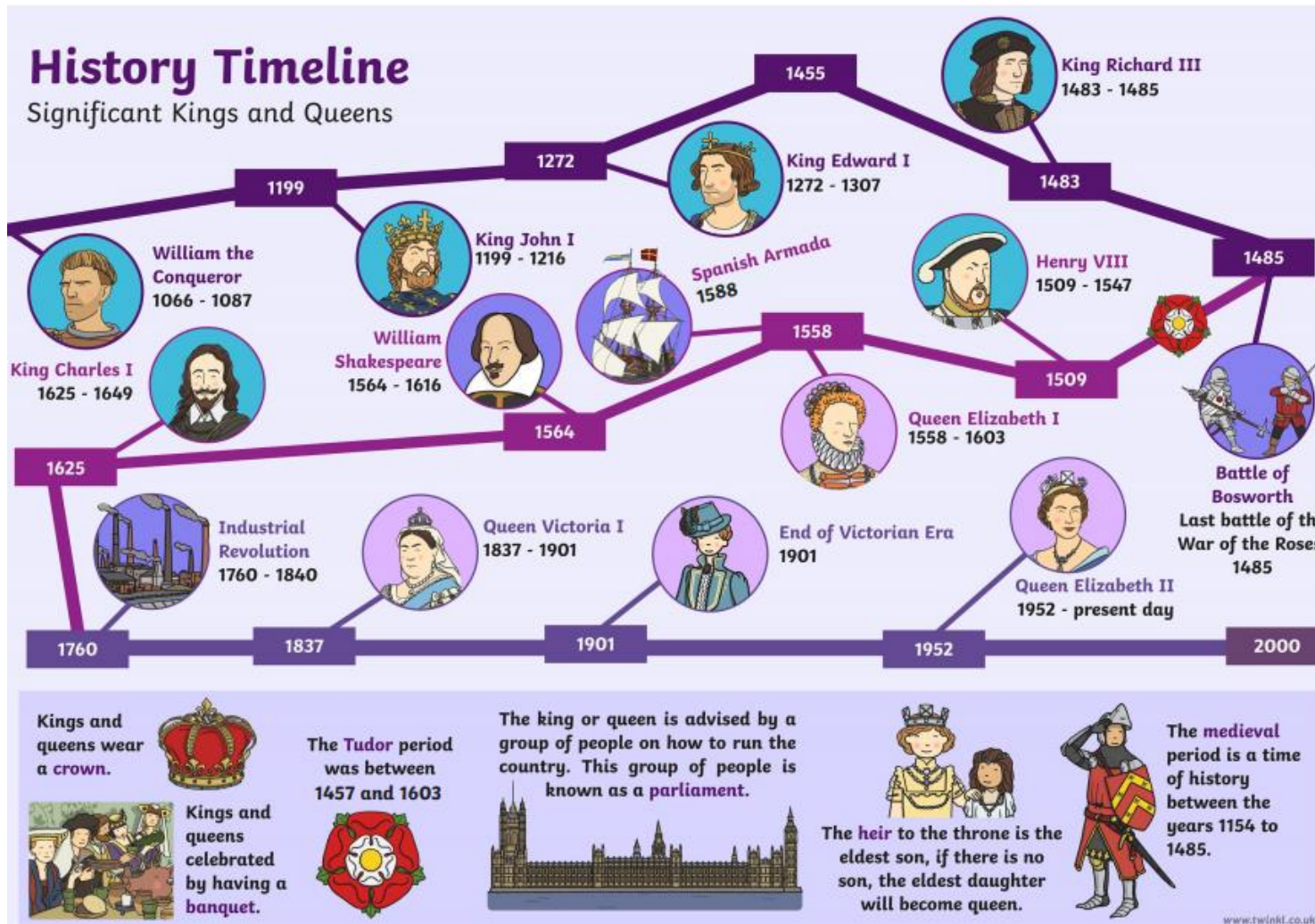


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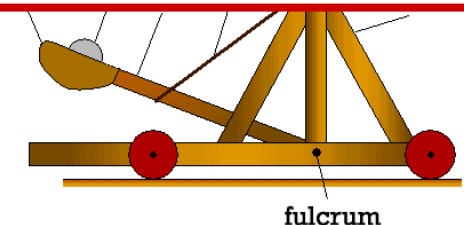
The Union Jack flag:

The current design of the Union Flag dates from the union of Great Britain and Ireland in 1801. The flag includes parts of three older national flags: the red cross of St George of the Kingdom of England, the white saltire of St Andrew for Scotland and the red saltire of St Patrick to represent Ireland.



Fundamental British Values:

- democracy
- the rule of law
- individual liberty
- mutual respect for and tolerance of those with different faiths and



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Labelled catapult:

A device that can throw items at a high speed.

Queen Elizabeth is our current reigning monarch.

Can you identify any Kings or Queens you know?

How did they come to rule?

Were they influential?

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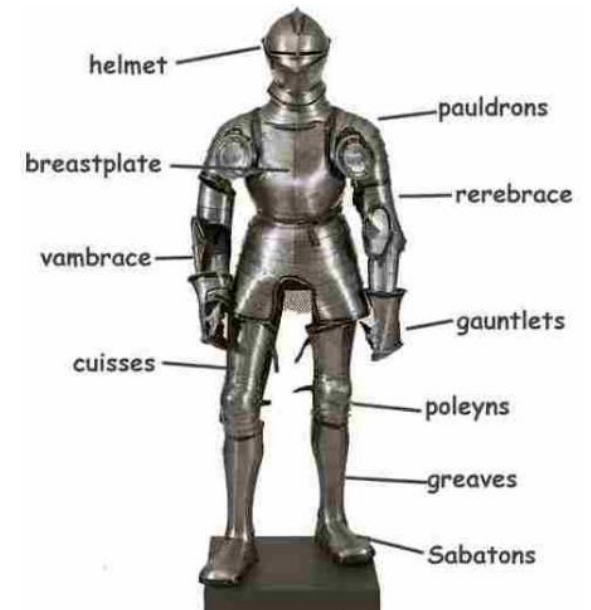
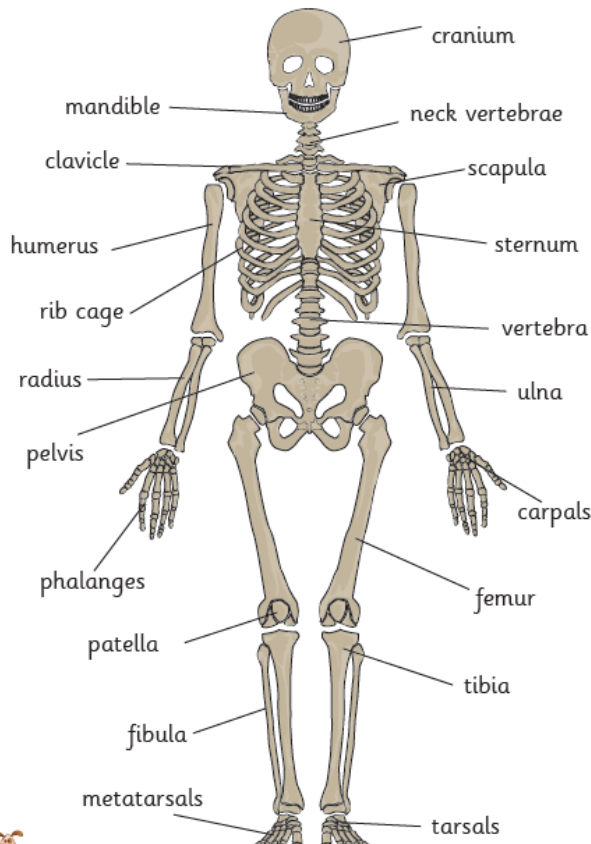
Facts about bones!

At birth the human skeleton is made up of around 300 bones. By adulthood, some bones have fused together to end up with 206 bones.

The majority of human bones have a dense, strong outer layer, followed by a spongy part full of air for lightness, while the middle contains a soft, flexible, tissue substance called bone marrow.

Calcium is very important for our bones and helps keep them strong and healthy.

The areas where our bones meet are called joints. The joints in our cranium have no movement while our hip joints allow for a wide range of movement.



Who were Knights?

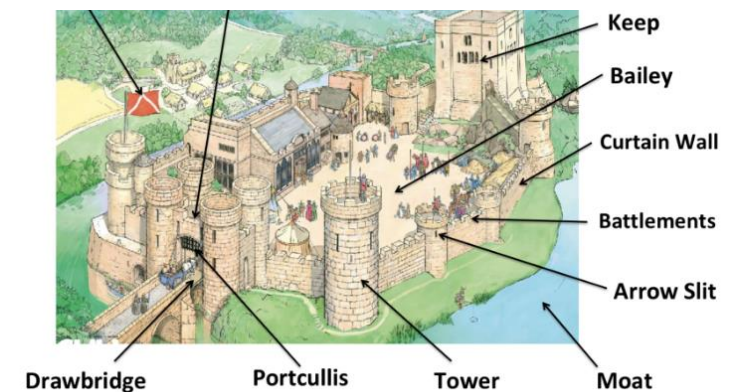
The knights were heavily armoured soldiers who rode on horseback. Only the wealthiest nobles could afford to be a knight. They needed very expensive armour, weapons, and a powerful war horse.

Everything about a castle was built to keep the people inside safe. It is made up of many different parts, not just one building.

The main building inside the castle is the keep, which was protected by walls and towers.

The first castles were built by the Normans and were called motte and bailey castles. Some of the first castles were made from wood before they were built from stone. Stone is a longer-lasting material, and more difficult for attackers to break down.

The Normans built castles to help them defend the land they'd just conquered. They were built on hills so enemies could be seen coming from far away.



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William the Conqueror had some of England's most famous castles built: these include Windsor Castle and the White Tower at the Tower of London.

Castles weren't very warm inside - they could be really damp and drafty.