



A Sailor's Life

Unit 1: National Pride

Key Stage 2

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The Full English Extra

The Full English Extra was an initiative to preserve and promote the folk arts, building on the success of EFDSS' flagship project The Full English, which created the world's largest digital archive of folk songs, dances, tunes and customs, and a nationwide learning programme that reached more than 16,000 people. The project was led by the English Folk Dance and Song Society (EFDSS), funded by the Heritage Lottery Fund.

The Full English Extra saw the collections of Mary Neal, suffragette, radical arts practitioner and founder of the Esperance Girls Club, and folk dance educator Daisy Caroline Daking added to the Vaughan Williams Memorial Library online archive (www.vwml.org), alongside its collection of 19th century broadside ballads and songsters.

The Full English learning programme worked with three national museums – the Museum of English Rural Life at the University of Reading, the National Coal Mining Museum for England near Wakefield in West Yorkshire and the National Maritime Museum in Greenwich, London – combining folk arts and museum education to provide powerful new learning experiences for schools and music hubs.

Supported by the National Lottery through the Heritage Lottery Fund



Produced by the English Folk Dance and Song Society (EFDSS), May 2016

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Unit 1: National Pride



National Pride

From 1688 to 1815 Britain needed a Navy to defend itself against foreign invasion from France and Spain and to secure its trading routes. Ship-builders, rope-makers, sail-makers, blacksmiths, woodcarvers and painters all helped to create the world's most impressive war ships.

Many people chose to join the Royal Navy for a life at sea. For some a career in the Navy offered adventure. For others it was simply a way to earn a living or perhaps to even make their fortune.

Sailors were required to serve their country and to defend England's honour. As Nelson famously commanded to his men; "*England expects that every man will do his duty*".

Sailors were well regarded in society and those who had served during wartime were seen as heroes of the nation.

Lion Figurehead

Figureheads are painted wooden figures attached to the front of ships. During the 1700s lions were the most popular figurehead for Royal Navy warships.

Can you think of 3 reasons for this?

- 1) Lions are strong and ferocious like the Royal Navy
- 2) Lions are the national symbol of England
- 3) Lions are part of the Royal Family's coat of arms

Activity: Get into pairs. One person is the sculptor and the other person is a lump of wood. Mould your partner into a figurehead that will guide your ship to victory!

Song 1 - Heart of Oak

This is the old official march of the Navy from 1760, which was written by Dr William Boyce and David Garrick. It was used as propaganda to encourage people to sign up to the Navy. It works well as a song to listen to as a class and to discuss what it might have meant to people at the time, and what we think about the attitudes in it today.

The chorus is easy to sing and you can learn the verses as an extension. It also works well as a comparison to the second song in this section, 'We'll Rant and We'll Roar' (see p20).

Lyrics

1. Come, cheer up, my lads, 'tis to glory we steer,
To add something more to this wonderful year;
To honour we call you, as freemen not slaves,
For who are so free as the sons of the waves?

Chorus:

*Heart of Oak are our ships,
Jolly Tars are our men,
We always are ready: Steady, boys, Steady!
We'll fight and we'll conquer again and again.*

2. We ne'er see our foes but we wish them to stay,
They never see us but they wish us away;
If they run, why we follow, and run them ashore,
For if they won't fight us, what can we do more?
3. They say they'll invade us these terrible foe,
They frighten our women, our children, our beaus,
But should their flat-bottoms, in darkness set oar,
Still Britons they'll find to receive them on shore.
4. We still make them feel and we still make them flee,
And drub them ashore as we drub them at sea,
Then cheer up me lads with one heart let us sing,
Our soldiers and sailors, our statesmen and king.

Glossary

- **Ne'er:** never
- **Jolly Tars:** Jolly sailors
- **Beaus:** girlfriends and lovers
- **Flat-bottoms:** trouser
- **Drub:** hit or beat someone repeatedly

Comprehension Questions

Activity 1: Listen to the song

- 1) **Why did people join the Navy?** – Good paid, solid work! Travelling, national pride etc.
- 2) **Why would Britain have a Navy?** – Island nation
- 3) **This is the official march of the Navy** – what does that tell us about the attitude/ideas in the song?
- 4) **What do you think about the attitudes in the song today?** Is it a positive song?

Activity 2: Song writing

- In the song, the Navy's role is to fight against other people – even if that means drowning them and their ships. Today, the Navy has other responsibilities, such as rescuing people who are in trouble on the sea. Can you write another verse for this song that the sailors could sing that shows their pride in helping and rescuing people?

Activity 3: Singing and performing the song

- **Don't forget your warm ups!** See p7.
- **TASK** – Learn the chorus of the song and join in with the recording
- **Extension** – Divide into groups and learn a verse each

Heart of Oak

William Boyce and David Garrick



Come, cheer up, my lads, 'tis to glo - ry we steer, To



add some-thing more to this won-der-ful year; To___ hon-our we call you, as



free men not slaves, For who are so free as the sons of the waves? Heart of



Oak are our ships, Jol - ly Tars are our men, We al-ways are rea- dy:



Stea - dy, boys, stea - dy! We'll



fi - ght and we'll con - quer a - gain and a- gain.

Song 2 - We'll Rant and We'll Roar

This is a traditional sea song, also known as *Spanish Ladies*, and this version comes from the singing of a man called Walter Pardon, from Norfolk. It was originally an old sea shanty, but this version is a much more lyrical song and great fun to sing. The chorus works well to learn and create actions for. The verses can be learnt as an extension.

Lyrics

Chorus:

We'll rant and we'll roar like true British sailors

We'll rant and we'll roar the rest of our lives

We'll sing and be jolly and drown melancholy

Here's a health to old England, our sweethearts and wives

1. We hove our ship to with the wind at south-west, boys

We hove our ship to, to strike soundings clear

We let go our topsail and bore right away, boys

And straight up the Channel of England we'll steer

2. The first land we made was called the Deadland

Ramhead off Plymouth, off Portsmouth and Wight

We sailed by Beachy, by Fairlight and Dover

And then bore away for the South Foreland light

Glossary

- **Melancholy:** sad
- **Hove:** to lift something, past tense of 'heave'
- **Soundings:** Water depths are measured by *soundings*. Today, these are usually acquired by hydrographic surveys. The depths may be in either feet or fathoms.
- **Topsail:** the sail of the tallest mast on the ship
- **Bore:** to move your ship, past tense

Comprehension Questions

- What does it sound like?
- How is it different to *Heart of Oak*?
- How does it make a sailor's life sound?
- What place names did you hear?

Activity 1: Singing and performing the song

- **Don't forget your warm ups!** See p7.
- **TASK** – Learn the chorus and make up your own actions for the words
- **Extension** – Divide into groups and learn a verse each, you could even make up more actions.

Activity 2: Geography and Art links

- **TASK** – Can you find out where the places in the song are? Perhaps make a map of the south coast as a class and mark out all the locations in the song.

We'll Rant and We'll Roar



We'll rant and we'll roar, like true Brit-ish s-ai-lors_____ We'll

rant and we'll roar, the rest of our lives._____ We'll drink and be

jol-ly and drown mel-an-cho-ly, Here's a

health to old Eng-land our sweet-hearts and wives_____

Additional Resources

This resource features 'listening' songs for you to play to your class, and 'learning' songs which you can all learn to sing and join in with. Free downloads of all the songs presented in this pack are available from the EFDSS Resource Bank at www.efdss.org/a-sailors-life

*Performing roaring pupils from
Invicta Primary School
(Photo credit: EFDSS/Roswitha
Chesher)*



The background features several large, thick, olive-green curved lines that sweep across the page, creating a sense of movement and design.

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At the English Folk Dance and Song Society, we champion the folk arts at the heart of England's rich and diverse cultural landscape.

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