



A Sailor's Life

Introduction and Warm Ups
Key Stage 1

Written by Hazel Askew and
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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.

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How to use this resource

This learning resource has been designed to inspire and support primary school teachers and pupils to explore the life of sailors aboard Nelson's Navy through music, history and literacy, creating an engaging cross-curricular study topic for Key Stage 1.

The resource is divided into 8 units. Each unit includes a museum object and one or two folk songs along with suggested learning activities to support a creative and historical exploration of the topic.

You may wish to work through all 8 units, or you can select the units and activities that are most relevant to you.

UNIT	SONGS	OBJECT
National Pride	1. We'll rant and we'll roar (learning)	Lion figurehead
Jobs On Board	2. The Topman and the Afterguard (listening)	Boatswain's call
Life Below Decks	3. Sea shanty: Leave her, Johnny, leave her! (learning)	Ship's biscuit
Long-Distance Love	4. Bold Riley (learning)	Love token
Women At Sea	5. Young Susan (listening)	Sailor's trousers
Dangers Of The Sea	6. High barbaree (learning)	Turner's Battle of Trafalgar
Nelson: Naval Hero	7. A drop of Nelson's blood (learning)	Nelson's coat
A Sailor's Life	8. On board a ninety-eight (listening)	The Greenwich Pensioner

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

Introduction from the National Maritime Museum

The National Maritime Museum is the world's largest maritime museum. Located in the UNESCO World Heritage Site of Maritime Greenwich, the Museum is part of Royal Museums Greenwich which includes the Queen's House, Cutty Sark and Royal Observatory Greenwich.

The National Maritime Museum is filled with stories of exploration and endeavour at sea and packed to the gunnels with objects and artworks to inspire and intrigue.

The Museum has extensive programmes for schools from EYFS to Post-16, including curriculum-related facilitated sessions and resources for self-guided visits. We offer CPD sessions and INSET days for school staff. Teachers can also join our Teachers Forum to access exhibition previews and to test new programmes and resources.

Visit www.rmg.co.uk/schools for more information and online resources. To book call 020 8312 6608 or email bookings@rmg.co.uk.

Nelson Navy Nation

The objects included in this resource are part of the National Maritime Museum's collections, most of which feature in our Nelson Navy Nation gallery. This gallery explores the history of the Royal Navy and the British people from 1688-1815, including the life and times of the famous naval hero Horatio Nelson.

Make a visit to the museum

To support this resource you can book on to our swashbuckling Pirate Day. Children will hunt for treasure, fire cannon balls and have a sing-a-long with a real live pirate! For more information visit <http://www.rmg.co.uk/pirate-day-ks1>

Warm Ups

It's important to warm up both your voice and your body before singing.

Your voice is produced by little muscles in your throat called *vocal folds*, commonly referred to as *vocal cords*. These need to be warmed up before singing in the same way you might warm up your arms and legs for playing sports.

The more relaxed and awake the whole of your body is, the better and more safely your voice will resonate.

The warm ups provided here can be used with any section of the resource.

Physical warm ups - actions

Sweep the decks – Stand up and pretend you are sweeping the dust off the deck of your ship with a broom, will yours be the most shipshape in the class?

Scrub the decks – Now we've got the dust off our decks, we need to give them a good old scrub with some soap and water. Kneel on the floor and see if you can make your deck the shiniest!

Climb the rigging – Stand up on the spot and pretend you are climbing the rigging to the top of your ship. Make sure you stretch your arms up nice and high so you can reach the top!

After all that hard work our ships are ready to sail! Now we just need to get ourselves into shape!

Wash your face – imagine you have some soapy water on your hands and give your face a good wash, making sure you wake up any bits of your face that are feeling tired or tense

Eat some hardtack – hardtack was a tough biscuit or cracker, that sailors ate at sea as it lasted a long time on board a ship. Imagine you have one each to eat, they are very very chewy!

Salut! – Do you know how to salut? That's your call to stand up straight in silence and be ready for whatever your teacher needs you to do next!

Breathing warm ups

It is important to breathe well when singing so we don't run out of breath in the middle of a song!

We're going to practise a few deep breaths, and imagine we are the wind blowing the sails of a ship out to sea!

Take a deep breath in through your nose, and imagine there is a big space inside you from your tummy to your chest which you are filling up with air, from the bottom to the top. It's very important to keep your shoulders down and not raise them when breathing in. Once you're all filled up with air, we can slowly breathe out through our mouths.

Voice warm ups

Imagine you are really tired and have a noisy yawn. This is a great warm up for your singing voice as it is a very safe way to start make a sound.

Repeat after your teacher:

HEAVE!

then...

HO!

Let's try saying and singing this in different ways:

- in a speaking voice,
- in a loud voice,
- in a whispering voice,
- in a high singing voice,
- in a low singing voice,
- in a nasal singing voice,
- and finally in a beautiful singing voice!

Warm Up Songs

A selection of short seas songs to finish warming up.

A Sailor Went to Sea, Sea, Sea

Trad. Nursery rhyme

A sailor went to sea, sea, sea

To see what he could see, see, see

But all that he could see, see, see

Was the bottom of the deep blue sea, sea, sea

You can do a salut action whilst singing the underlined sections.

What other actions could we have instead of **see/sea**?

- Chop?
- Jump?
- Click?
- What others can pupils suggest?

A Sailor Went To Sea



A sail- or went to sea, sea, sea, To see what he could see, see, see, But



all that he could see, see, see, Was the



bot - tom of the deep blue sea, sea, sea

Peg Leg Jim (also known as Pirate Jim)

Written by Caroline Price

X X X X X X

Peg Leg Jim and his brother went to sea,

X X X X X X

They sailed away from England when the wind was blowing free,

X X X X X X

When they reached the coast of High Barbary,

X X X

They turned around and sailed the other way, HOORAY!

This song is all about singing and co-ordination!

- 1) Stand in a circle as a group and raise your left arm up at the elbow, like the spout of a tea pot with your hand turned out and your palm facing up.
- 2) As we sing the song, use your right hand to tap your left thigh, your right thigh and then tap the left hand of the person next to you (which should still be raised like the spout of a tea pot!).
- 3) This is then done whilst singing the song, falling on the first three beats of the bar (indicated by the Xs below).
- 4) On "HOORAY" - you swap hands and repeat the whole thing with your left hand doing the tapping and your right hand raised!

Peg Leg Jim

Written by Caroline Price



Peg - Leg Jim and his bro - ther went to sea,_____ They



sailed from Merr - ie Eng - land when the wind was blow - ing free,



When they reached the coast of High Bar - ba - ry_____ They



turned a-round and sailed the o - ther way, Hoo ray!

When I Was One

This song is all about rhyming, you have to think of a word that rhymes with the age you are in each verse! It is best sung kneeling on the floor in a circle.

Lyrics

When I was one I... *sucked my thumb? Played a drum?*

The day I went to sea.

I climbed on board a pirate ship,

And the captain said to me:

'We're going this way, that way, forwards and backwards,

Over the Irish Sea'

A bottle of rum to fill my tum,

And that's the life for me!

When I was two I... *buckled my shoe? Went to the zoo?*

When I was three I... *watched tv? Drank some tea?*

When I was four I... *knocked on the door? scrubbed the floor?*

Etc...

Actions

There are also actions (in italics below) to go with this song as follows:

When I was one I... *sucked my thumb? Played a drum?*

(indicate with fingers the age) (make up an action for your rhyme)

The day I went to sea.

I climbed on board a pirate ship,

(pretend to climb a ladder)

And the captain said to me:

(do a salut)

'We're going this way, that way, forwards and backwards,

(sway in different directions each time)

Over the Irish Sea'

(indicate the waves of the sea)

A bottle of rum to fill my tum,

(pretend to drink) (rub your tummy)

And that's the life for me!

(slap your thigh)

When I Was One



When I was one, I _____ the day I went to sea. I



climbed on board a pir-ate ship and the cap-tain said to me: 'We're go-ing



this way, that way, for-ward and back-ways o-ver the I-rish sea'. A



bot-tle of rum, to fill my tum, and that's the life for me!



*Pupil's artwork from Invicta Primary School
(Photo credit: EFDSS/Roswitha Chesher)*



Explore The Full English digital archive

www.vwml.org/thefullenglishproject

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