

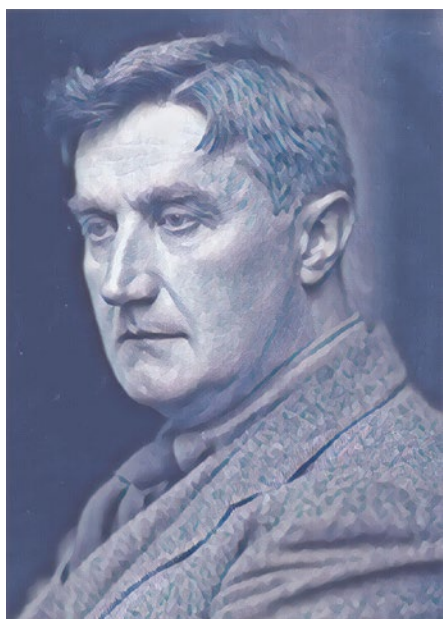
RCM SPARKS

Explorers: A Sea Adventure

Inspired by

A Sea Symphony by Ralph Vaughan Williams





Tum tum ta ta! La la la !

Oh hello! I didn't see you there! I was too busy rehearsing one of my symphonies!

You might be wondering why I am rehearsing in front of my dog and my cat. I always find that pets make the best audiences! I try out all my music on my dog.

Bruce... down boy!

He needs a walk, let's go for a walk and I will tell you all about my life and wonderful career and how you can become famous composers like me!

I was born in England in quite a famous family (my great-uncle was Charles Darwin, the famous biologist you know)! From a very young age, it was obvious that I was very musically talented. I started playing the piano at the age of 5!



This is a sketch of me as an adult playing the piano while I was a student at the Royal College of Music! I am composing music with my wonderful teacher, Hubert Parry, can you spot him faintly in the background?

Hubert Parry owned a yacht called 'The Wanderer' and he used to go on a lot of sea adventures with his yacht. This is a picture of him on board 'The Wanderer!'





Create

Shall we go on a sea adventure as well? I love travels! Now, to be a sea captain you need to have a lot of confidence and a very loud, strong voice so you can shout commands! I learnt how to shout commands when I joined the army. Ready? Take a deep breath and repeat after me with a LOUD voice:

1. ALL ABOARD!
2. ALL HANDS ON DECK!
3. HOIST THE SAILS!
4. HEAVE-HO!
5. LAND AHOY!
6. DROP THE ANCHOR!



Can you make some sea sounds and create some waves?

- Let's start with the wind. Take a deep breath, fill your cheeks with air and blow out, moving your arms from left to right to create the wind.
- Take your finger and move it up and down your lips as you say 'shhhhh' to create the sound of foamy waves.
- Now crouch down and touch your toes and say 'ououououou' and get louder and louder as you rise up and go on your tiptoes raising your hands right up to the sky!
- Then jump back down shouting: 'CRASH!'

Wow! I'm soaking wet, you've created quite a storm!

My longest symphony is called 'A Sea Symphony'. It has four movements (a movement is like the chapter of a story) and each one has a different name.

1. A Song for All Seas, All Ships
2. On the Beach at Night, Alone
3. Scherzo: The Waves
4. The Explorers

Listen

Watch a performance of A Sea Symphony by Royal College of Music's Symphony Orchestra & Chorus <https://bit.ly/3P6tgn5>

Write

The words of my symphony were inspired by poetry! The first movement which is called A Song for all Seas, all Ships was all about, you'll never guess... seas and ships! Can you make up your own poem for first movement? Here are some tips to get you started:

- Lots of songs about the sea use words that rhyme like this sea shanty: <https://bit.ly/3uuJ2Dq>
- Here are some ideas of rhyming words that you could use to make your sea poem:

Foam	Alone	Smell	Bell	Shell	Weed
Boat	Moat	Float	Bubble	Trouble	Feed
Shark	Dark	Remark	Stark	Sea	Me
Navy	Gravy	Fish	Dish	Whale	Sail
Tale	Tail	Hurl	Whirl	Swirl	Pearl

- Now create a steady beat: clap your thighs twice and clap your hands twice
- Recite your rhyme over your steady beat.



Wonderful! Now that you have composed your own Sea Symphony let's see if you can try your hand at conducting. You'll need a conductor's baton! Something long and strong like a straw or a stick or roll up some paper and stand like I am standing in the sketch above.

Discover

When I became 80 years old I got married to a woman who was forty years younger than me called Ursula. She encouraged me to continue my work as a composer and conductor but I was now getting very old and tired...

Here's a portrait of me which was painted for my 80th birthday. It took a whole year to paint

it because there were no cameras in those days. Look at my face and body, how do you think I am feeling? VERY sleepy! I just wanted to sleep and dream of the sea.... Yawn.





Sing along to our sea song: ***I Dream of the Sea***

- First listen to the song with the words.
- Now listen to the backing track on our webpage and see if you can sing the song by yourself!

Discover Treasures from the RCM Museum:

www.rcm.ac.uk/sparks/digitalresources/explore/

Lyrics

I dream of the sea and the ocean below,
I dream of the places the seaweed grows,
The children all play and the warriors do fight,
And the tide closes in through the day and the night,
The waves I have written asleep in my chair,
As the sailing ship passes the wind blows my hair.
Wow! I can't wait to hear about you when you become famous musicians like me!



Discover

Make your own conductors baton!
Conduct music with your very own b
just like Ralph Vaughan Williams.

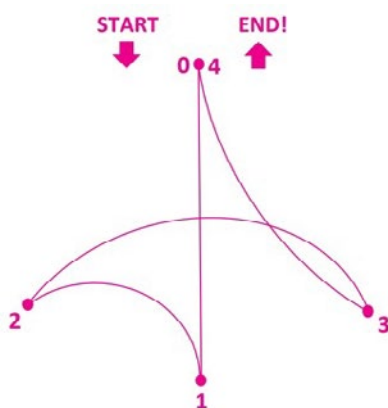
You will need:

- A cork from a bottle
- A wooden skewer (careful of sharp end)
- Felt tip or paint pens
- Masking tape (optional)
- Ribbon (optional)

Instructions

1. Take your cork and wooden skewer. Put the pointy end of the skewer into the end of the cork (in the centre) to make the baton.
2. Time to decorate! You can:
 - Wrap masking tape your cork to create an even surface
 - Simply go ahead and use felt tips or paint pens to draw your own designs on the cork base
 - If you have any ribbon, why not tie a nice bow around the stick where it meets the cork base?

Your baton is ready! Use our simple guide to conduct a 4/4 bar (4 crotch beat in a bar).



EXTRA: Conduct a song 'The Vagabond' from
Ralph Vaughan Williams' Songs of Travel collection:

<https://bit.ly/3VTslIx>



Compose

We have written a simple tune to the words 'behold the sea'!

Can you compose a melody to finish each 4-bar phrase?

You can add your own lyrics too!

The image shows a musical score for a 4-bar phrase. The first staff is a treble clef with a key signature of one sharp (F#) and a 4/4 time signature. The melody consists of four measures: a quarter note on G4, a half note on A4, a quarter note on B4, and a half note on C5. The lyrics 'Be - hold the sea!' are written below the notes. The second staff is empty. The third staff is a treble clef with a key signature of one sharp (F#) and a 4/4 time signature. The melody consists of four measures: a quarter note on G4, a half note on A4, a quarter note on B4, and a half note on C5. The lyrics 'Be - hold the sea!' are written below the notes. The fourth staff is empty.



Create

Make your own concertina fish

You will need: A4 paper (variety of colours) / Scissors / A glue stick / Felt tip pens

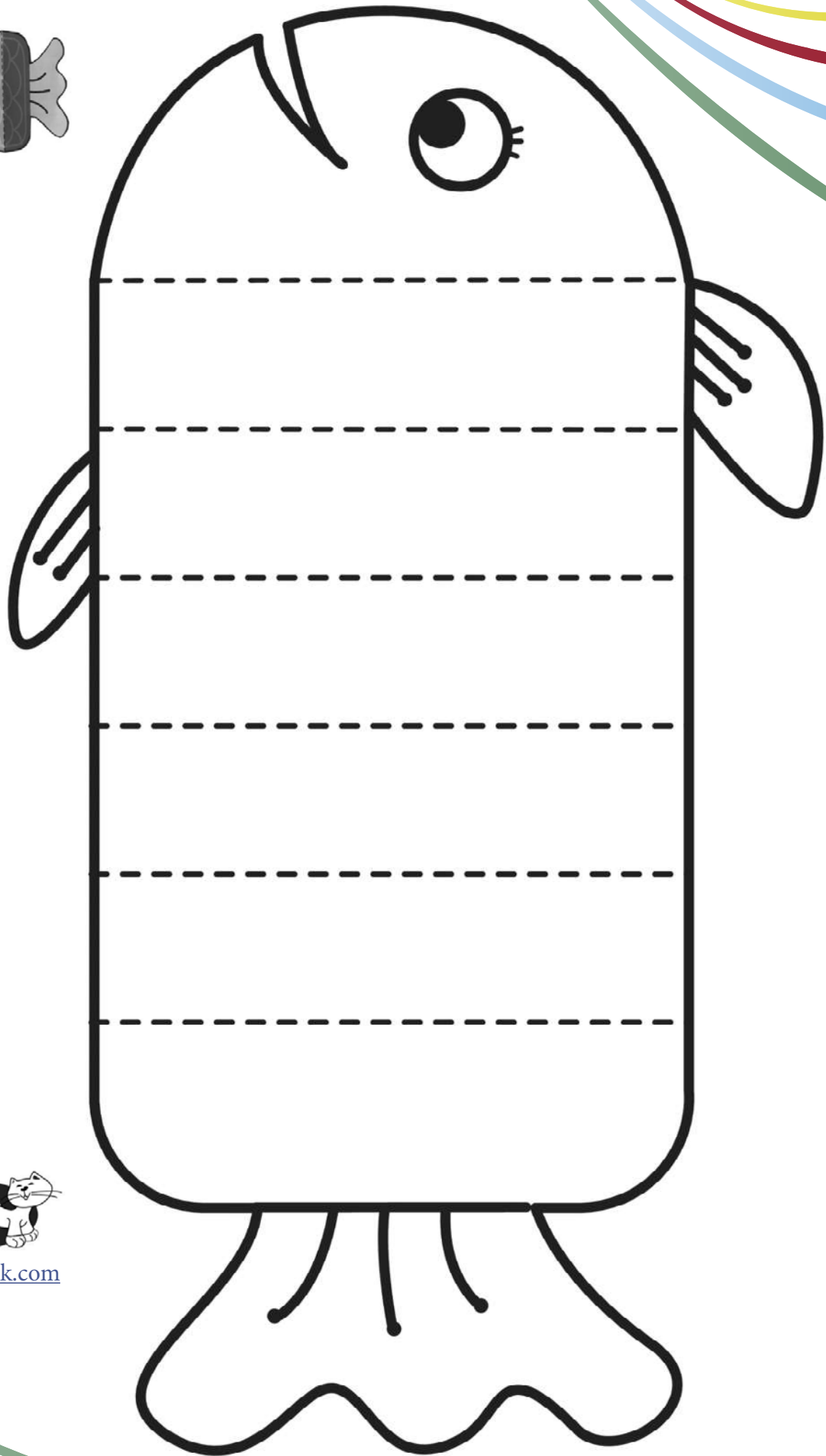
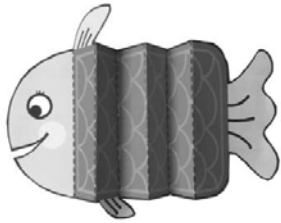
Instructions

- Choose an A4 piece of coloured paper
- Fold it in half lengthways (along the long edge)
- Cut down the folded centre with scissors until you are left with two long thin bits of paper
- Take one of these and, from the bottom, start creating little folds. With each fold, turn the paper over and fold again
- Stop when you have folded just over half the paper
- Use your scissors and cut a round semicircle out of the remaining unfolded paper
- Cut out a little triangle to make the fish smile
 - Use bits of different colour paper to create a tail, a fin and an eye for your fish
 - Use your felt tip pens to colour in or give your fish scales!

Alternatively, you can use this ready-made template to create your fish, and decorate it with colour pens and stickers.

You can also watch an instruction video here:

<https://bit.ly/3VEVvva>



www.krokotak.com

The stories, music and activities in this pack were created by workshop leaders and children (aged 8-12) who took part in a Sparks Explorers Course at the Royal College of Music. The artworks of Ralph Vaughan Williams are from the RCM Museum's collections.



RCM Sparks

RCM Sparks is the Royal College of Music's exciting learning and participation programme, providing inspiring opportunities for families, schools and young people to engage with music education, both at the RCM and in the wider community. We provide accessible learning pathways in music, engaging children from early years to age 18.

www.rcm.ac.uk/sparks/



RCM Museum

Explore 500 years of musical history at the Royal College of Music Museum in South Kensington. Engage with our collection through a lively programme of concerts, events, tours and hands-on workshops, and learn more about these musical treasures through our digital exhibitions and online resources.

www.rcm.ac.uk/museum/



Anna Conomos

Anna Conomos-Wedlock is an award-winning Performance Storyteller, Coach and Author. She has spent over twenty years conducting specialist storytelling training programmes and performing internationally in museums, schools, universities, castles, for business companies, boats and beyond!

With her boundless energy and vocal colour, Anna's spell-binding collection of folk and real-life tales and songs from across the globe sweep you up into a whirlwind of adventure.

www.performancestoryteller.com

www.annathestoryteller



Anna Jewitt

Anna Jewitt is a workshop leader and teacher. She has worked as a facilitator for many education departments in the North West including Opera North, The Hallé and Manchester Camerata, and was Area Leader for eight Greater Manchester boroughs for Sing Up, the National Primary School Singing Programme. Anna loves songwriting and working with singers & instrumentalists to create accessible, enjoyable music-making experiences.