PRIMARY SCHOOLS
TEACHER'S RESOURCE PACK

The Sixteen
HARRY CHRISTOPHERS



Let Me Walk In Peace – Will Todd



MEET THE COMPOSER

Will Todd (b.1970) grew up in County Durham, North East England where his grandfather was a coal miner and his parents were teachers. His early musical development was with the Durham County Music Service and St Oswald's Choir in Durham and in 1981 he was awarded a music scholarship to study at Durham School.

Will's love of improvising has been the central force in a wide-ranging career of composing and playing. Will has worked with many of the UK's leading music organisations including The Royal Ballet and Opera, Welsh National Opera, Opera North, The Hallé Orchestra, Opera Holland Park, The Sixteen, Tenebrae, The BBC Singers and the BBC Concert Orchestra. He has also visited many countries performing and directing his music as well as working all over the UK with professional and amateur choirs as well as youth singers.

Let Me Walk In Peace is a new song inspired by the aria 'How Beautiful Are The Feet' from Handel's Messiah. Designed to work either in unison or 2 parts, the song uses some of the intervals and phrases from Handel's original aria, notably on the phrase 'How beautiful'. This phrase is also heard at the start of the piano introduction and links the new piece to the old one as a musical quotation. The words of the new song derive from the older words, changing the language to have a universal and diverse message in keeping with more modern traditions.

INSTRUCTIONS

We have provided you with everything that you will need to teach this song to your class or choir. You can choose to learn only voice part 1 and sing in unison, or split your group into two and learn both part 1 and part 2. The vocal range is the same for both parts.

RESOURCE BANK

- Performance Video
- Warm-Up Video
- Line-by-Line Learning Video (Part 1 only)
- Audio Tracks
  - Full Audio
  - Part 1 Audio
  - Part 2 Audio
  - Piano Accompaniment Audio
- Animated Score Video
- Sheet Music
- Lyrics Sheet



STEP 1
Watch the **Performance Video** of The Sixteen singing the full version of this song, so that your pupils can get used to what the music sounds like.

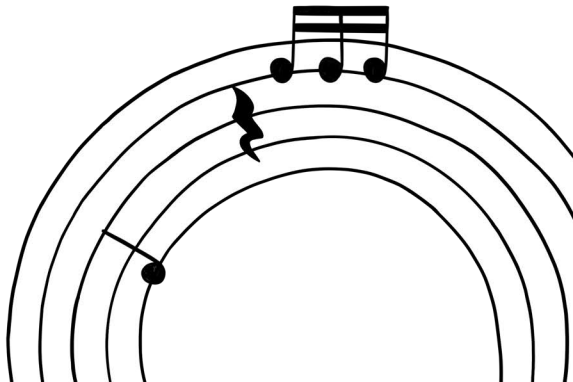
STEP 2
Join in with the **Warm-Up Video** to get your bodies and voices ready for singing.

STEP 3
Learn the song using the **Line-by-Line Learning Video** (Part 1 only), or teach it yourself using the **Sheet Music** or **Lyrics Sheet**.

STEP 4
Learn the harmony part using the **Single Part Audio Track** for Part 2 (optional).

STEP 5
Practise the song by singing along with the **Performance Video** or **Full Audio Track**. You can also practise by singing along to the **Animated Score Video**.

STEP 6
Perform the song using the **Piano Backing Track**.



EXTENSION ACTIVITIES

Once you have learned the song, here are some ideas to expand your learning into other areas of the KS2 music curriculum.



LISTENING

EXERCISE 1

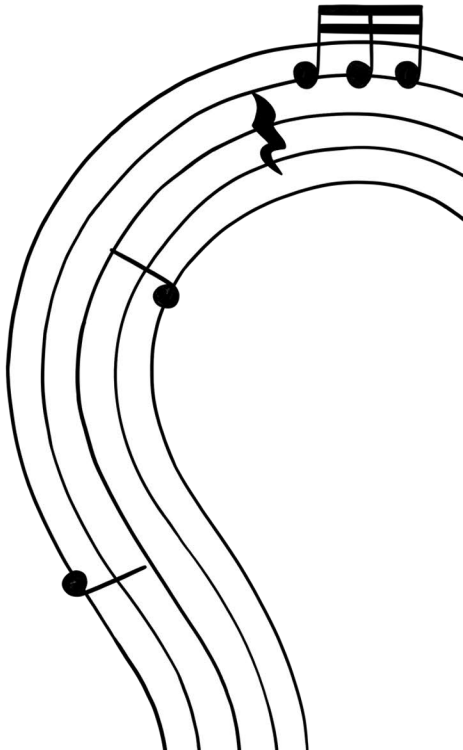
Listen to the soprano aria 'How Beautiful are the Feet' from Handel's Messiah written in 1741

YouTube Link

Compare and contrast this with **Let me Walk in Peace**. Can you hear the quotations from the original Handel piece in the new song? HINT: Listen for the phrase 'How beautiful'.

EXERCISE 2

Many composers have written songs about peace. Listen to **Imagine** by John Lennon (written in 1963), discuss the music and the lyrics. What might have been happening at the time that inspired artists to write songs about peace? You may wish to expand this to include **Blowin' in the Wind** by Bob Dylan and **One Love** by Bob Marley.



EXTENSION ACTIVITIES continued

SINGING

If you teach in a church school, your pupils will probably know lots of hymns and songs about peace such as **Peace, perfect peace**, and **Let there be peace on earth**. You could sing these alongside your performance of **Let me Walk in Peace**, and work on your vocal and performance techniques to project a calm and peaceful sound and atmosphere.

If it is not appropriate to sing Christian worship songs in your school setting, or if you want an additional singing activity, you could learn to sing **Imagine**, **Count on Me**, or **Three Little Birds**, focusing on getting the message of each song across in your performance.

Each song approaches peace differently:

Three Little Birds – inner peace and feeling calm

Count on Me - peace in friendships and everyday actions

Imagine – a peaceful world

YouTube Karaoke Links:

Imagine (John Lennon)

Count on Me (Bruno Mars)

Three Little Birds (Bob Marley)



EXTENSION ACTIVITIES continued



COMPOSING

EXERCISE 1 - SOUNDSCAPE

With younger pupils, create a free-form soundscape about peace, choosing appropriate vocal and instrumental sounds to create a calm atmosphere, and discussing the appropriate use of the inter-related dimensions of music such as dynamics (volume) and tempo (speed). You could create a contrasting piece for a different concept such as 'Joy' or 'Anger.'

Preparation:

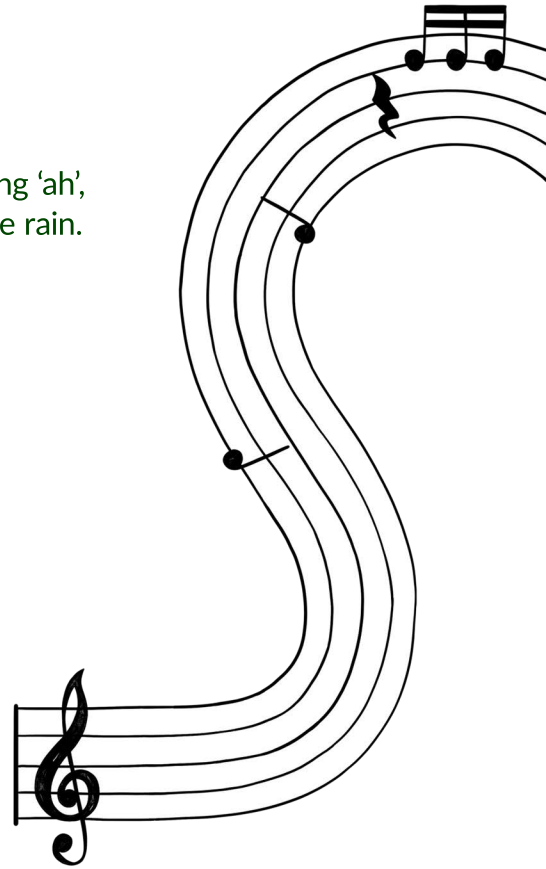
Question. What does 'peaceful' sound like?

Question. What peaceful sounds do we have in nature?

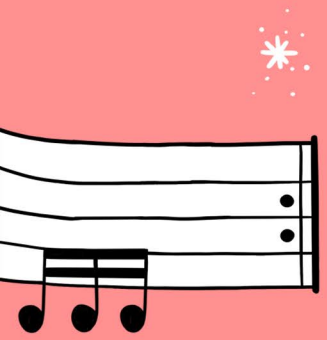
Encourage pupils to suggest sounds using voice or body. Examples: humming, birdsong, breath sounds, happy sighing 'ah', heart-beat tap chest 'da-dum', finger-tip clapping like gentle rain.

Suggestions for making instruments:

- Scrunched paper slowly (rustling leaves, gentle breeze)
- Plastic bottles with rice (gentle rain)
- Spoons or keys (distant chimes)
- Fabric swished through air (gentle wind)
- Water bottle half full (gentle flowing water)



EXTENSION ACTIVITIES continued

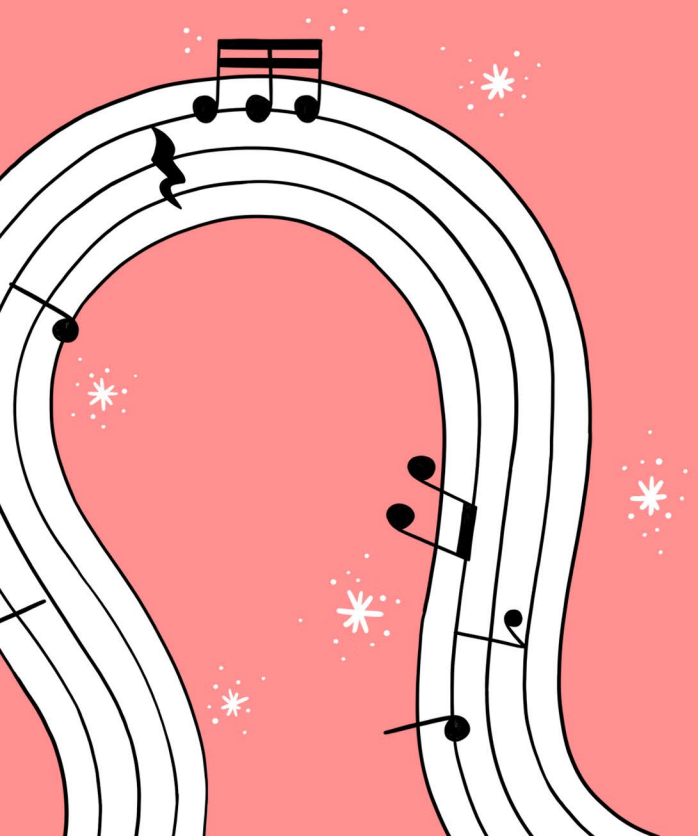


EXERCISE 1 - SOUNDSCAPE

1. Choose 6 sounds and assign to small groups
2. Start with 3 breaths altogether breathing in through the nose and out to a gentle ‘ssshhhhh’ sound.
3. Point to group 1 to start, then group 2, gradually adding all the groups in.
4. Control the volume by raising your hands up to get a little louder and down to get quieter.
5. Point to each group in turn to stop their sound.
6. End with 3 breaths altogether breathing in through the nose and out to a gentle ‘ssshhhhh’ sound.
7. Close your eyes and keep breathing slowly. See if you can hold the silence for a couple of seconds.
8. Reflect: Which sounds helped you feel calm and safe? What part of the soundscape helped everyone work together? What can we do in school to make our classroom feel more peaceful?



EXTENSION ACTIVITIES continued



EXERCISE 2 - SONGWRITING

Older pupils might like to create their own song for peace, writing both the lyrics and the music with support from the teacher. Start by brainstorming vocabulary associated with peace, it can help to find the opposite of each word e.g. calm / stormy, gentle / rough. Decide on a structure for your lyrics: how many lines will be in each verse, and which lines will rhyme, then use your vocabulary to construct each line. Using voices, instruments, or music software, depending on your pupils' confidence levels and the resources available, try out ideas for melodies that your lyrics could be sung to, and then add an accompaniment.

A further option is to take a well know tune like 'Twinkle Twinkle Little Star' and re-write your own words, for example:

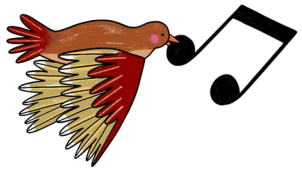
In our classroom every day,
We can choose a peaceful way,
Taking turns and being kind,
Leaving angry words behind,
In our classroom every day,
We can choose a peaceful way.

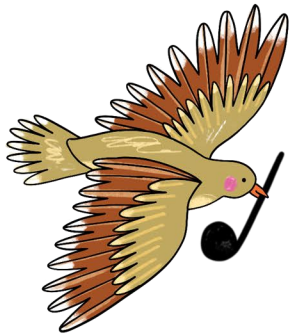


CROSS-CURRICULAR ACTIVITIES

Use these activites to expand your learning into other areas of the KS2 curriculum.







ENGLISH / HISTORY

Discuss what peace means, and why it is important in the world. Write a persuasive le□er to a real current or historical figure, or an imaginary adversary, to encourage them to promote peace.

ART / DT

Discuss what makes an outdoor space feel peaceful. Sketch a layout for an outdoor Peace Garden, incorporating some of the features you have discussed. You could extend this into making 3D models of your Peace Garden using mixed media.

DRAMA

Discuss why friends might fall out in the playground, being careful not to bring up real-life incidents that make pupils feel targeted! Model a role-play scenario with the whole class, and then divide them into groups and give each one a different scenario to resolve through role-play. Perform to the class and discuss whether these were good examples of conflict resolution.

PSHE

Bring a little peace to your classroom with a guided meditation activity. You could use one of the many videos available on YouTube, or simply put on some calming music and instruct your pupils to close their eyes and breathe slowly and regularly in and out. It can help to breathe out through pursed lips onto your hand, imagine you are making a candle flame flicker.

YouTube Link

Cosmic Kids Yoga – Peace Out guided relaxation (play audio only)