

Let's Move with Naomi and Nigel!

The Great Fire of London

NAOMI: Hey, Nigel, are you ready to travel back through time?

NIGEL: Time travel...travelling back through history?

NAOMI: Exactly. Let's go back over 350 years to an important event. The Great Fire of London.

NIGEL: Okay, and even more fun, let's tell the story of the Great Fire of London using our bodies and movements.

NAOMI: Of course. Right we are going to pretend we are the people of London way back in history, 1666 to be exact.

NIGEL: Make sure you're in a space giving your fellow Londoners plenty of room.

[WARM-UP]

NAOMI: First, we need to warm up our bodies, so join in and copy us.

NIGEL: Here we go. Okay, everyone, let's go for a little walk around London, and there are lots of people out today.

NAOMI: Wave at our fellow Londoners, wave at another friend. Oh, look, a bakery. Let's go inside. We're going to make some bread.

NIGEL: Fold the dough. Now knead the dough. It's very stretchy. It takes a lot of hard work to make the tastiest bread.

NAOMI: Can you stretch the dough even more?

NIGEL: And really bend your knees as you knead the dough. Oh, smell the freshly baked bread. Mmm, that bread looks ready to bake.

NAOMI: Mmm, what delicious smells coming from the oven! Mmm!

NIGEL: The bread smells so good. Good enough to eat.

NAOMI: Sparks are flying out of the oven. Pretend to be a fire spark. Leap and crouch. Big leap and crouch.

NIGEL: Can you leap a bit further? The sparks are so bright and super hot!

NAOMI: Sparks grow and become flames. Twist and swirl your arms upwards from low to high.

NIGEL: Now roll your arms as if they're a big cloud of smoke, starting with small flames that get bigger and bigger. Smoke billowing upwards from the ground to the sky.

NAOMI: Flames are climbing higher and higher.

NIGEL: Filling the streets of London with smoke. Look at the houses around the bakery. Show us the shape of a house. Here we go.

NAOMI: Tall, strong shape like a London house and bit by bit, the houses are crumbling with the fire.

NIGEL: Another house is crumbling. Stand tall and drop one arm, the other arm, bend your body right down and then stand back up.

NAOMI: One by one, the houses are being taken over by the fire.

NIGEL: One more time.

NAOMI: Can you put your warm-up moves together? Remember, we fold the dough.

NIGEL: Now knead the dough with a bend and stretch.

NAOMI: Mmm, smell that freshly baked bread. Oh, it smells so good. Now the sparks from the oven.

NIGEL: Leap and crouch, stretch your body.

NAOMI: Jump even higher. Sparks flying.

NIGEL: And now let's move like flames in the Great Fire of London. Remember.

NAOMI: Let's see your arms moving like flames.

NIGEL: And roll your arms like clouds of smoke.

NAOMI: The fire is twisting, turning, swirling.

NIGEL: The smoke is rising higher and higher and higher.

NAOMI: Well done everyone. Dancing flames be still.

[03 43 - POSSIBLE PAUSE POINT]

NIGEL: Wow, I'm certainly warmed up, ready to move and ready for some history. Let's start the next part of our storytelling by using some of the actions we've just done to become flickering flames.

[PART 1: THE GREAT FIRE BURNING AND THE HOUSES BEING DESTROYED]

NAOMI: Yeah, we're going to work in pairs. Now the bells of London St Paul's Cathedral are going to count to five. You need to find a partner before the last chime. Will you be my partner, Nigel?

NIGEL: Absolutely. Yay!

NIGEL: Has everyone got a partner? Decide who will become the flames first. You do. Okay, I'll become the flames first. The other partner will copy, just like they're looking in a mirror. Ooh, looking good today. If you're the flames first, make a flickering flame movement anything you like when the music starts, there you go. Cool, yeah, start by pretending to be the tiny sparks of fire in the bakery where the Great Fire of London began. The sparks will gradually get bigger and bigger and hotter and hotter as the fire spreads.

NAOMI: So that means, your movement should get bigger and bigger too.

NIGEL: Yes, yeah, remember to use all of your body to make lots of different shapes.

NAOMI: In 1666, the wind blew, making the fire spread. So when you hear the wind blowing like this - **[SFX - WIND]** - it's time to swap over.

NIGEL: If you were mirroring, now become the flames.

NAOMI: And if you were the leader, it's your turn to copy your partner.

NIGEL: Swap over every time you hear the wind blow. Are you ready?

NAOMI: Let's move!

NAOMI: Listen, there's the wind. Swap over!

NIGEL: Don't forget to use all of your body.

NAOMI: Okay, stop there, in your pairs.

NIGEL: When the wind blew and the fire spread, what happened to the buildings?

NAOMI: Well, in 1666, mostly the buildings were made of wood. So as the fire swept from building to building, they burned and collapsed in the flames.

NIGEL: Okay, so let's tell that part of the story next.

NAOMI: Okay, let's all become the buildings of London. Everyone stand strong, tall and rigid like a house.

NIGEL: Very good and then slowly and gradually collapse to the floor, piece by piece.

NAOMI: Good. Again in your pairs, choose who will start this time as the building and who will be the mirror.

NIGEL: Okay, if you're the mirror, copy your partner's moves. How many different ways can you crumble to the floor, using all of your shapes and actions?

NAOMI: Now the music's going to play, and whenever you hear the wind blowing, swap over.

NIGEL: Are you ready?

NAOMI: Let's move!

There's the wind, swap over.

NIGEL: Remember to use your whole body. Start by standing strong and slowly collapse.

NAOMI: Okay, stop there, but stay in your pairs.

[08 08: POSSIBLE PAUSE POINT]

NIGEL: I guess if you were living in London in 1666 the Great Fire was frightening.

NAOMI: Yeah, definitely, fire is really dangerous. We should always keep away from it. Some Londoners use boats to escape from the fire.

[PART 2: THE GREAT ESCAPE]

NIGEL: Together in small teams. Let's pretend we are rowing on the River Thames, the big river that flows through London.

NAOMI: Now, to make a rowing team, you and your partner need to join with another pair. You have until the bells of St Paul's stop ringing again to get together.

[SFX - BELLS CHIME]

Hey, right, stand in the line like this that you're getting ready to get on your boat.

NIGEL: Is everyone in your group ready? Naomi - um where's the boat?

NAOMI: Oh well, we have to imagine that bit, Nigel.

NIGEL: Wow.

NAOMI: Right when the music starts, you and your team climb carefully into your imaginary boat.

NIGEL: Now hold on. I imagine that because it's on an imaginary river, it's unsteady and rocks as we get into it. Let's give it a go.

NAOMI: Once you have your balance, sit in your boat. Right one behind the other, work together to row away from the fire.

NIGEL: Let's push and pull our imaginary oars together. We all move in the same direction, at the same speed.

NAOMI: Use the beat of the music to help you row in time. But pay attention, as the speed of the music might change, so listen carefully.

NIGEL: That's it. Keep going. Listen to the music and work together to row to safety. Everyone row to one side of the boat. Watch out, the waves are rocking your boat.

NIGEL: Row faster, keep in time with your team.

NAOMI: Okay, great teamwork, everyone stop there.

[11 07: POSSIBLE PAUSE POINT]

The Great Fire of London spread far and wide, Londoners wanted to put it out as quickly as possible.

NIGEL: Why didn't they just call the fire brigade? Neenaw, neenaw.

NAOMI: Well, back in 1666 there wasn't a fire brigade like we know today.

NIGEL: Ah, or telephones to ring them.

NAOMI: Londoners did use water to try to put the fire out, and the wind helped too.

NIGEL: Hang on. I thought you said the wind was the thing that made the fire spread.

NAOMI: Yes, I did, but on the third day the wind died down and this helped to end the fire.

[PART 3: WATER EXTINGUISHING THE FLAMES]

So now we're going to move as the water and the wind. Your teacher is going to split your class in half.

NIGEL: You'll need to stand in two long lines facing each other. Again. You'll have until the bells of St Paul's stop chiming to get into position.

[SFX - BELLS CHIME]

NAOMI: Everyone in two lines? Okay, one line is going to be fire. Remember how we moved like flames earlier.

NIGEL: The other line will become the wind and the water. Teacher, over to you to decide which line is which.

[SFX - BELLS CHIME]

NAOMI: Excellent work, teachers. Right fire line staying on the spot pretend to be the flames burning and flickering. Let's see you all doing that.

NIGEL: Wow, I can really feel the heat here. The other line you are either the water being thrown onto the flames, like this: whish. Or the wind blowing strongly and then dying down whish, nice, the choice is yours. Water or wind. Try to work at different levels. You could be high or low, or fast or slow, or all of these. Let's see your movements.

NAOMI: Very good, you'll need to make your movement towards the person opposite you. So wave at the person opposite you. Hey, hey. So if you're fire after the wind and water opposite you has moved, you decide if you're going to be put out.

NIGEL: Or do you keep burning? Once you've made your movement return to your starting position? Are you ready to move, both lines together? Ready, let's move?

Stop there! Good work.

[14 39: POSSIBLE PAUSE POINT]

Can you see how we are telling the story using our bodies and our movement?

NAOMI: The Great Fire of London lasted four days. Thousands of houses, churches and other buildings were destroyed. It changed London forever.

[PART 4: THE WHOLE STORY]

NIGEL: It's a fascinating story. Let's see if we can remember the movements we used to tell it.

NAOMI: We move like hot flames. The flames made the buildings collapse.

NIGEL: We rode away from the heat and danger in our boats and tried to put out the fire, moving like water, whish, and the wind. As a class, let's create a performance. Let's put all of our storytelling movements together.

NAOMI: First you need to get into your pairs again. The bells of London St Paul's Cathedral are going to count to five. Find a partner before the last chime.

[SFX - BELLS CHIME]

NIGEL: Now you have found your partner, start by becoming the flames of the fire, mirroring each other, beginning with small movements, and growing into great, big flames.

NAOMI: Switching whenever you hear the wind blow.

NIGEL: Are you ready? Let's move!

NIGEL: Here comes the wind.

NAOMI: Staying in your pairs and still mirroring each other's movements, become the London houses slowly being destroyed by the fire. Are you ready? Let's move.

NIGEL: Here comes the wind.

Some people escape to safety in boats. Move into your boat teams of four and row together. Try to row in time with each other. Are you ready? Let's move!

NAOMI: So now we're going to move as the water and the wind. Your teacher is going to split your class in half.

NIGEL: Here come the bells of St Paul's again.

[SFX - BELLS CHIME]

Are you ready? Let's move!

NAOMI: Amazing storytelling. Stop there, everyone.

[19 21: POSSIBLE PAUSE POINT]

NIGEL: That was great. We used our imaginations and our bodies to tell the story of the great fire of London.

NAOMI: I really felt like I was back in 1666. Let's focus on how proud we all feel after such a fantastic team performance, as we all cool down together.

[COOL DOWN]

NIGEL: Let's start by being the flames dying down gently. Now gently sway from side to side. That's it.

NAOMI: Good work everyone. Now let's rebuild those London houses. Start low and slowly stand up tall, stretching up like a house.

NIGEL: And let's do that again. Build another house.

NAOMI: Feels nice, doesn't it? Now reach up with your arm and wave at your fellow Londoners. Big friendly wave. Relax and smile. Now the fire is out.

NIGEL: Then finally, take a deep breath in, imagine clean, safe air filling your body and breathe out.

NAOMI: Well done everyone. Maybe there's another story that you could try to tell through movement. Let your teacher know if there's one that you'd like to try.