

Chris Hoy Went Out for a Cycle One Day

A song writing activity by
Dyzelle Sutherland

A talented group of young people I work with started this song, but we never got the chance to finish it and we need your help to complete the story – the lyrics we have so far are on page 3.

The song is all about our favourite characters from books and an adventure that they all go on together. One young person in my group was a keen cyclist and had just finished reading an autobiography about the cycling hero Chris Hoy and decided he should start the adventure. He then meets Captain Underpants and Harry Potter. Where the song goes next is up to you – follow my activities below, or free style and do it your own way!

When you have the lyrics written, you can either share them with us as they are, or you can have a go at setting them to music at home – make up a tune for the words, or if you are lucky enough to have another musician at home, rope them in to help you! If you don't have any instruments at home and want to try putting your words to music, you could try using free apps like Garageband or Bandlab to create the music! There is some information on the next page about how to send us your ideas.

Have fun and don't forget to let us know what happens to Chris Hoy and his pals!

Dyzelle



How to share

We would love to see your ideas and your endings for our song. Get an adult to send us your lyrics, you singing the melody, or a whole music track! Remember to follow the guidelines below to record and share your work with us! By sending us your lyrics, films or sound recordings, you are giving us permission to use them on our website and social media channels.

Creating the right environment if you're filming/ recording music

A suitable location to host the video would be somewhere:

- Quiet, with good sound acoustics
- Light, but not in front of a window or any other light source
- A non-busy backdrop, please check that the images/content of your background don't have photos or anything like post with your address on!
- With good Wi-Fi connection- near your router is best

Lyrics can be typed up and sent as a word document to sophie@thepoint.org.uk

If you're sending us films or sound recordings, try to send them by email to sophie@thepoint.org.uk

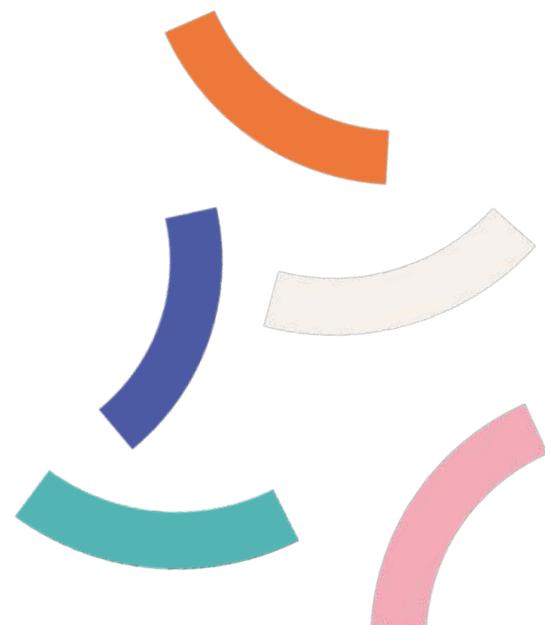
If they are too big to email, you can use WeTransfer (it is free and really easy to use).

Or just tag us from a parent or carer's account if you are under 18 on:

Instagram - @wearedarts

Facebook - @wearedarts

Twitter - @we_aredarts



Lyrics so far

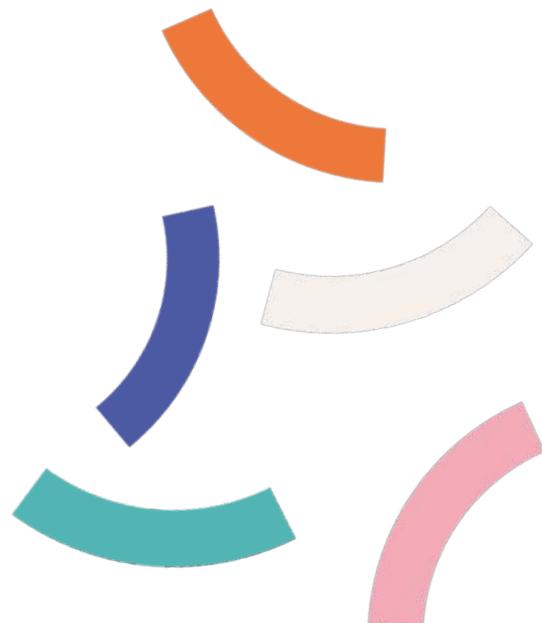
Chris Hoy went out for a cycle one **day**,
Got a flat tyre, and he had to stop and **say**...
“Help me, help me, help me, **please!**
Who is up there, in that house in the **trees?**”

“Hi Chris Hoy, Captain Underpants **here!**
We will help you, do not **fear!**
I’ll send down my butler with a cup of **tea**,
We will fix you bike, just wait and **see!**”

“Harry Potter is with me and has a spell for **this**.
Biko Repairo will fix it, **Chris**”

This song is written in groups of 4 lines – each of these groups is called a verse. You’ll notice that I have made the last word in each line bold. That’s because this song is written using something called rhyming couplets, so the end of line 1 rhymes with the end of line 2, and the end of line 3 rhymes with line 4 etc.

I didn’t get to finish verse 3, so you might want to add 2 lines to explain what happens next with Harry Potter’s bike repair spell! In the following pages you’ll find some activities to help you get going.



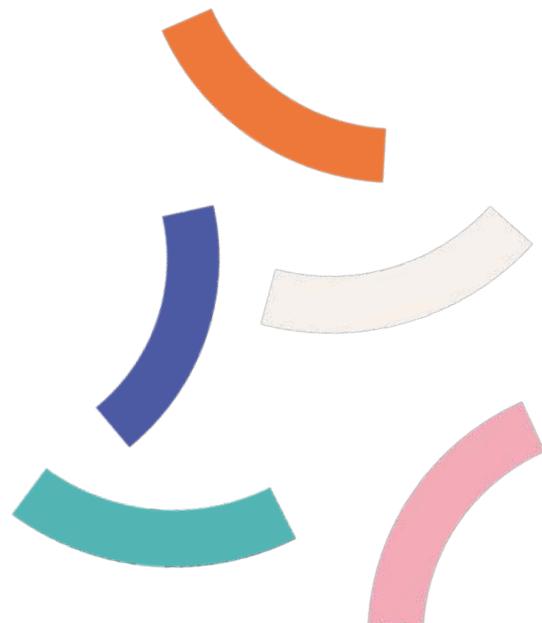
Activities to try

1. **Start by thinking about your favourite book characters. What are they like? What kind of adventures would they go on? What are they really good at?**

For example: One of my favourite book characters is Mr. Toad from a book called *The Wind in The Willows*. He is outrageous, loves adventure and causes mischief everywhere he goes. He likes exploring new gadgets and gets bored quite quickly - he is always looking for something new to entertain him.

2. **Think about how the character you have chosen could fit in to the story so far. How would they enter the story? What would they do or say in the situation our lyrics tell us about? What help would they offer?**

For example, Mr. Toad could come racing along the road in his favourite motor car (if you have read *The Wind in The Willows*, you'll know that Mr. Toad is a massive car fan). He could offer Chris Hoy a lift, or invite the group on a road trip. He might even decide to ditch the motor car and get himself a snazzy new bike!



- 3. What happens next? Have a think about what happens next in the song. Some songwriters say that there should be a surprise in every song's story – what surprise might happen in yours? Here are some questions to get you started!**

What happens when your character comes in?

What adventure do the group go on?

Does it go well or are there problems?

How does the story end?



- 4. Rhyming. Write a list of important words from your ideas in section 1, 2 and 3. Pick out some of the important words and see if you can think of words that rhyme with them.**

I sometimes go through the alphabet and try each letter at the start of my ending sound, to see if it makes a good word. So if I wanted to rhyme with Toad, I might try abode, code, load etc.

For example:

Toad	abode	load	road
Car	far	Raar	star

- 5. We use rhyming couplets in this song. This means that it is written in pairs of lines, where the end line 1 rhymes with the end of line 2, the end of line 3 rhymes with the end of line 4.**

Can you make up some rhyming couplets using the rhymes you found in section 3? Try to make sure that the lines you write make sense with the story of the song. Try reading your lines out loud, to make sure all the words fit in and flow together.

For example:

Before Harry's spell could get the bike on the road
Along came a motor car, driven by Mr. Toad

