



Heavy: The Story of Metal (Part 2)

VH1 Music Studio
Cable in the Classroom

Lesson for Music Classes, Grades 7-12
Lesson 1

Note to Teachers: The programs viewed in conjunction with these lesson plans may include references, consistent with the eras portrayed, to substance abuse, violent acts, and topics of a sexual and/or political nature. Because this may be considered inappropriate for classroom use in some communities, you are encouraged to review the programs before presenting them to your students, and if necessary, choose those sections that enhance your lesson and are acceptable for use in your classroom.

Objectives

- Students will describe and learn about the development of Heavy Metal in America.
- Students will compare different sub-genres of metal, including Hair Metal and Teeth Metal.

National Standards:

6. Listening to, analyzing, and describing music.
7. Evaluating music and music performances.
8. Understanding relationships between music, the other arts, and disciplines outside the arts.
9. Understanding music in relation to history and culture.

Materials

- VHS VCR Player
- Television
- VH1 *Heavy: The Story of Metal (Part 2)*
- Student copies of *Heavy: The Story of Metal (Part 2) Worksheet* (provided below)
- Pens/Pencils for students
- Chalkboard/Dry-erase board

Prior Knowledge

- Although not a requirement, students will greatly benefit from having seen and experienced the lessons of VH1 *Heavy: The Story of Metal (Part 1)*.

Procedures

1. Before having students watch the documentary *Heavy: The Story of Metal (Part 2)*, lead a class discussion using the following questions/topics:
 - Ask the students how many types of Heavy Metal they know (examples include: thrash metal, death metal, black metal, power metal, doom metal, goth metal, stoner metal, etc.).
 - Ask students if they know what characterizes each sub-genre that was mentioned and name any bands that fall into that classification (For example, thrash metal is very fast and aggressive. Some of the best-known thrash metal bands are Antrax, Metallica, Megadeth and Slayer.).
 - Ask students what the difference is between Hair Metal and Teeth Metal. Write down some of the students' answers on the board.
2. Distribute copies of *Heavy: The Story of Metal (Part 2) Worksheet* (below) and tell students to complete the questions while watching the program.
3. After the program, discuss the answers with students.
4. Compare the students' answers from the board in reference to Hair Metal and Teeth Metal to those after viewing the program.

Extensions:

1. Ask students if they know any other meanings of the “Metal Sign” (made by raising the index finger and the little finger). Some other interpretations of the sign are the devil sign, devil horns, goat horns, evil fingers, infidelity, corna, etc.).
2. Discuss how different symbols can have a different meaning in different cultures. For example, as “Hook ‘em Horns” by University of Texas football fans; in Turkey it signifies wolf’s ears; the Phi Beta Sigma fraternity uses this symbol to greet its members; discuss the reaction of people in Norway to Jenna Bush’s “Texas Longhorns” greeting.

Supplemental Resources:

- For additional information on Heavy Metal: http://en.wikipedia.org/wiki/Heavy_metal
- www.vh1.com

National Standards for Music Education

1. Singing, alone and with others, a varied repertoire of music.
2. Performing on instruments, alone and with others, a varied repertoire of music.
3. Improvising melodies, variations, and accompaniments.
4. Composing and arranging music within specified guidelines.
5. Reading and notating music.
6. Listening to, analyzing, and describing music.
7. Evaluating music and music performances.
8. Understanding relationships between music, the other arts, and disciplines outside the arts.
9. Understanding music in relation to history and culture.

Heavy: The Story of Metal (Part 2) Worksheet

- 1. Describe the origin of the Heavy Metal group Van Halen.**
- 2. Name at least 2 other very popular groups that came out with very popular albums in 1980.**
- 3. What is the dance of Heavy Metal called and why do they refer to it as this?**
- 4. Describe how the “horns” sign became part of Heavy Metal culture.**
- 5. Describe the differences between Hair/Glam Metal and Teeth Metal.**
- 6. Who in particular did the song “We’re Not Gonna Take It” by Twisted Sister appeal to?**
- 7. What does “PMRC” stand for and what was the job of this unit?**

Heavy: The Story of Metal (Part 2) Worksheet TEACHER GUIDE

1. Describe the origin of the Heavy Metal group Van Halen.

Van Halen came together in 1974 and spent the next 3 years playing in LA clubs. In 1978, Van Halen released their self-titled debut in 1978. This album was full of radio-friendly hits and went platinum several times over. It also revolutionized guitar-playing as Eddie played with a style that no one before him had ever played. Every guitar player after that tapped into the “Van Halen style.” When they toured with Black Sabbath, which was supposed to be the “better band,” it turned out that Van Halen was more popular than Black Sabbath. Women and Children First was Van Halen’s 3rd album out in 1980, metal’s golden year.

2. Name at least 2 other very popular groups that came out with very popular albums in 1980.

Judas Priest’s British Steel
AC/DC’s Back in Black
Motor Head’s Ace of Spades
Ozzy Osbourne’s Blizzard of Oz

3. What is the dance of Heavy Metal called and why do they refer to it as this?

The dance of heavy metal is called “the Head-bang.” Headbanging is a type of dance which involves violently shaking the head in time with music, most commonly heavy metal music, even though similar dances have been performed along other types of music for a long time (to induce a state of trance). It is most visually effective when the person headbanging has long hair.

4. Describe how the “horns” sign became part of Heavy Metal culture.

Ronnie James Dio did the “horns” sign and it became a signature for metal. Some call it the universal metal sign. It is often called the moloch (the devil)/evil eye sign.

5. Describe the differences between Hair/Glam Metal and Teeth Metal.

Teeth Metal existed before Hair Metal and many say that Van Halen created it. It referred to bands who smiled a lot. It is “heavy music,” but the singer actually seemed as if he enjoyed being there. Teeth Metal bands actually caused an Americanization of Heavy Metal. They tended not go in for the mysticism of Heavy Metal, but rather for the good times, the girls, cars, etc.

In 1983, Heavy Metal was on top of the pop charts and record companies around the country wanted to cash in on it. As they started trying to figure out how to “cookie-cut” the music, Hair Metal/Glam Metal was born. MTV made the term “Hair Metal” popular. This term came from the trend among many Metal bands to have long, teased-up hair do’s. Hair metal in the 80’s was a combination of pop music and Heavy Metal, which was very image based, and was all about the look, haircut, have a cute bass player, videos with hot girls, make up, etc.

6. Who in particular did the song “We’re Not Gonna Take It” by Twisted Sister appeal to?

It appealed particularly to teenagers.

7. What does “PMRC” stand for and what was the job of this unit?

It stood for the “Parents Music Resource Center.” The Parents Music Resource Center was formed to provide more information for parents and consumers on music.

8. What issues did the PMRC have with Heavy Metal?

The PMRC said that the themes in Heavy Metal focused on topics such as rape and suicide.

9. Which bands are considered to be the “Godfathers of Metal”?

Black Sabbath, Judas Priest, Iron Maiden, Metallica

10. Why did the thrash metal group Anthrax work so well with the rap group Public Enemy?

They were both extremes and that is what made their “marriage” fit. They took it to the edge. They were both abrasive. They were breaking barriers in their particular genre.

11. The mixture between Rap and Metal was called “New Metal.” Which groups that you know today were inspired by this new type of metal?

Corn, Limp Bizkit and Lincoln Park



These standards-based materials are provided through a partnership with MENC: The National Association for Music Education. This lesson plan was created by MENC member Maureen Goeldjar Brown, Dove Science Academy, Tulsa, OK.