



# Rag-Na-ROCK!

## By MJ Long

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**Synopsis:** Loki has taken over Northmen Middle School as the principal and is planning to take his ultimate revenge against the Norse Gods by starting Ragnarök-- A great battle – also known as the end of the Gods and the world as we know it. Thor and Odin come to the school in disguise to capture Loki and save the world.

**Setting:** PE Class in the Gym; later that night in GYM at the dance

### **About this play:**

This is a 30 minute comedy. Most of the facts referenced in the play come directly from Viking mythology. It can be cast with as few as 12 actors, or it can be expanded to include more. Many of the roles can be adapted for boys or girls. It was written for the 2018 Virginia Beach Public School's One Act Play Festival, and was performed by a cast and crew of 18 students from Virginia Beach Middle School.

### **About the author:**

I have been an English teacher at Virginia Beach Middle School for 30 years. I live in Virginia Beach, Virginia with my loving and supportive husband, my two artistic and dramatic daughters, two cats, a spoiled rotten rabbit, a hermit crab, and a bearded dragon, and a tortoise. I enjoy reading, teaching, and acting crazily in front of my students during the school year.

### **About the artist:**

The cover art for this play was drawn by my daughter, Megan C. Long, a graphic design graduate of Radford University. She acted in the One Act Play at Virginia Beach Middle School when she was 12 and 13 years old.



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### **Characters**

Principal Laufrey (Law-frey) -- aka Loki – Trickster and Shapeshifter (hawk, salmon, wolf, horse) carries a staff – principal of Northmen Middle School

Mrs. Elli (Ellie)– Goddess of Old Age – Loki’s secretary

Mr or Ms. Balder (Bald-er)– Odin’s second son, Thor’s brother – Physical Education/Gym Teacher

Mr. Woden (Woe-don) – Odin with eye patch and hat -- Physical Education/Gym Teacher

Tor – Thor in disguise as a teenager – inflatable hammer

Heimdallr (Heym-dall) – Far seeing guardian of Asgard, blows horn to call the Gods to Ragnarök – disguised as a teen

Other Middle School Students:

Freya (Fray-ya)

Astrid (As-tred)

Solveig (Sol-vay)

Eirik (Er-ik) or Eiri if played by a girl

Brenna and Gustav: Twins

### **Suggestions for Props and Costumes**

- Plastic or rubber fish
- microphone (doesn't have to be a real one)
- Norse Mythology Book with picture of Heimdallr in it or attached in.
- Streamers and balloons for the dance
- Storage box
- Balls
- Jump jopes
- Hula hoops
- Small PE cones
- PE Tic-Tac-Toe Poster with Velcro spots
- Cardstock blue Os and red Xs with Velcro Spots
- Rag-Na-ROCK posters
- Streamers and balloons

Loki -- staff, black clothes with bright colored sport coat/jacket

Mrs Ellis -- grey wig, old lady dress and sneakers or sensible shoes, tape

Hiemdallr -- black clothes, Party Blower, Wooden Sword

Balder -- whistle, clipboard, pen, Viking helmet, shorts and collared shirt

Woden/Odin -- eye patch, Viking helmet, shorts and collared shirt

Tor/Thor -- Thor's Hammer (inflatable?)

Astrid -- small throwing cast net, String backpack big enough to put the net into

All kids -- PE clothes (Shorts and T-Shirts) and Dance Outfit (Jeans, skirts, etc)

### **Scene 1 – P.E. or Gym class**

*When the curtain opens, all of the students, except Tor and Heimdall, are on the stage wearing school gym uniform shorts and t-shirts. The stage has no furniture on it only gym equipment (jump ropes, hula hoops, basketballs, etc) in a box and scattered around the stage. There is a wall or other tall object on the stage with a large, poster size 3 x 3 space Tic-Tac-Toe card on it with calisthenics listed in the spaces. The students come in staggered Astrid is already on the stage, etc... Some are sitting in small groups on the floor stretching and talking quietly; Astrid is reading a book of Norse Mythology. Their teacher takes roll. Balder has a whistle, clipboard, and wears a Viking helmet on the back of his head like someone today would wear a baseball cap.*

Balder: *(Blows whistle and kids get into staggered line facing the auditorium. Astrid stays in place, reading)* Alright, settle down. Settle down. Are the twins here? Brenna and Gustav?

Brenna and Gustav together: Here.

Balder: Freya?

Freya: *(bored, looking at her nails)* Here.

Balder: *(Checks off her name on the checklist)* Eirik?

Eirik: Here.

Balder: *(Checks off his name)* Sol-veig? *(he mispronounces her name and says it with a loud g sound at the end.)*

Solveig: *(sighs loudly and speaks with a touch of frustration)* It's Sol-vay, Mr. Balder.

Balder: *(Checks off her name)* Yes, yes. Sol-vay. I'll get it right next time.

Solveig: *(shakes head and rolls eyes)* You say that every day, Mr. Balder. *(Her friends giggle)*

Balder: *(pauses to give the girls a stern look)* Astrid?

Astrid: *(puts a book aside)* Yes?

Balder: *(continues not hearing her or noticing her)* Is Astrid here?

Astrid: Oh, here! *(jumps up and runs over with the rest of them, brings book with her)*

Balder: *(Checks off her name)* Astrid, I'm glad you could get your head out of your book and join us in the real world today.

Astrid: Oh, Mr. Balder, Norse mythology is just how ancient people explained the real world. It really is fasci—

Balder: *(cuts her off)* I'm sure it is, Astrid, but it is time for our warm up. Everybody find their warm up partner. I want you to start with sit ups – two sets of eight.

*He blows his whistle and Freya and Solveig and Astrid and Eirik pair up at the front of the stage, one doing the sit ups and the other student holding their feet. Brenna and Gustav are partnered behind the other pairs. When the one student sits up, the students say their lines then the student lies back down. Eirik and Astrid go first and then Freya and Solveig. Mr. Balder walks back and forth, supervising the group not talking at the time.*

Eirik: Did you see Principal Laufrey this morning, Astrid?

Astrid: No, why?

Freya: I heard there were supposed to be some new kids in our class.

Solveig: Really? Who are they?

Eirik: Principal Laufrey seemed different today. He had this staff thing.

Astrid: Like a cane? Was he hurt?

Freya: I don't know who they are! They are NEW kids, right?

Solveig: Well, we sure could use some more people in this class.

Brenna: Hmmm, a weird principal and new kids

Gustav: What else is new?

Balder: Switch! *(He blows the whistle and the kids switch places with their warm up partners)*

Sloveig: Have you heard anything about there being a dance tonight?

Freya: Tonight? No, it seems like a weird night for a dance. It is only Thursday.



Astrid: What could Principal Laufrey need a staff for?

Eirik: Maybe he's a magician?

Astrid: Wouldn't that be a wand then?

Solveig: I saw some posters in the office earlier. They were about some Rock Dance?

Freya: Rock Dance? Like granite? That sounds SO weird.

Gustav: Who would want to go to a dance with rocks?

Brenna: Wouldn't it be cool to have a magic wand?

Gustav and Brenna together: Sometimes I don't get you.

*Suddenly there is the snap of fingers. All of the students and Mr. Balder freeze. Principal Laufrey enters the stage from the side (up ramp or stairs?). He is wearing all black with a jacket in a crazy color like purple or orange, and he walks with a tall staff in his hand. His secretary follows him onto the stage, calling to him. She is an older lady in a grey wig wearing a dress or suit—she is carrying several flyers papers and some tape.*

Mrs. Elli: Loki – I mean, Principal Laufrey, wait!

Loki: *(Speaking angrily and dangerously. He points his staff towards her)* DO NOT CALL ME LOKI HERE!

Mrs. Elli: I'm so sorry, sir. It won't happen again. Principal Laufrey, were you serious in going forward with your plans for the, um *(air quotes)* dance tonight?

Principal Laufrey: *(much calmer but still menacing)* Why, yes, Mrs. Elli. I definitely want to go forward with my plans for the Ragnarök Dance tonight.

Mrs. Elli: *(looks nervous)* Oh, well, all right then, sir. I will get these posters up and start selling dance tickets immediately. *(As she exits from the stage, she attaches a Rag-Na-ROCK Dance poster to top of the BINGO poster and she says the following until she is completely off stage)* Oh dear, oh dear, oh dear...

*Principal Laufrey whistles or hums and swings his staff as he heads for center stage. All of the other actors are still frozen.*

Principal Laufrey: *(he studies the audience for a moment and then speaks directly to the audience)* You look like intelligent people, so I'm going to let you all in on a little joke. *(pause and then announce)* I am LOKI, wily trickster, amazing shapeshifter, and father of monsters! And tonight is the night! *(laughs)*. Tonight is the night that Odin and my brother, Thor, as well as all the other Asgardians bite the dust, kick the bucket, and give up the ghost! They will all fall in the great battle that is Ragnarök – otherwise known as the end of the world for all the Norse Gods and also quite a few humans. *(insincerely)* Oh, don't worry; I'm sure you will all perfectly safe in your seats out there! As my honored guests, you get a front row seat to tonight's show. There will be monsters, perhaps a giant wolf to eat the world, or a sea dragon dripping with poison. Well, whatever happens; it's gonna ROCK! *(Air guitar to sounds of electric guitar riff )* That's right, it's gonna ROCK tonight at the Rag-Na-ROCK Dance. *(He laughs then dances and hops off the stage playing air guitar. As soon as he disappears, the guitar riff stops, and he reappears)*

Principal Laufrey: Oh yeah. I almost forgot.

*He snaps his fingers, everyone on stage unfreezes, and Loki disappears backstage.*

Balder: (Looks at his watch) Okay, kids. Now that you are all warmed up let's ---

*There is a loud crash of THUNDER and the stage goes dark. Kids scream, there is the sound of running feet. The lights come up in a funny tableau with the students and teacher frozen in fear. Two new students and an older man are on stage now. Tor, Thor in a PE uniform (too small?) holding an inflatable hammer; Heimdallr, the Far-Seeing also in a PE uniform and carrying a party horn; and Mr. Woden, aka Odin, in disguise as a PE Teacher with eye patch and wearing a Viking helmet like Balder. Everyone unfreezes and turns to stare at the newcomers.*

Mr. Woden: What ARE you all looking at? *(He picks up a ball and throws it to a student.)* Carry on. *(The students slowly start throwing the ball around, but they are really trying to listen)*

Balder: *(to Woden)* Sir? Who are you? What are you doing in my class?

Woden: I am the new Physical Education teacher. I was hired today by Principal Lok- um, that is Principal Laufrey. He thought you could use some help.

Balder: I'm not sure how to take that, Sir. What was your name?

Woden: *(Starts in a loud, god-like roar)* I'm Odin, um... Mr. Woden. I come from a uh...school in the North – far, FAR to the North.

Balder: How far North are we talking about?

Woden: Um...Maine?

Balder: And these students? Did they come with you from um..Maine?

Woden: Who? These children? *(gestures to Tor and Heimdallr)* I have no idea who they are. They were in the office when I got here. Boys? Are you here to join this warrior training class?

Balder: What? This is gym class, not warrior training.

Woden: Oh...That's unfortunate. *(calling out to the students)* Warriors, er students, let's huddle up over here to create our battle... um... athletic plan.

*All the students groan (except Tor and Heimdallr) and meet Woden in a loose semicircle and proceed to talk inaudibly. Woden gets down on one knee and begins to draw out a plan. The students listen and nod.*

Balder: *(talking to the new kids while he gets his clipboard)* Kids, I'm Mr. Balder, and I'm your PE teacher. Welcome to Northmen Middle. What're your names and where are you from?

Tor: *(lifts his hammer and yells)* I am Thor, God of ---

*Heimdallr coughs and gestures to Tor to stop.*

Tor: Oh, right, right. I am Tor and I'm from Asgardian Middle.

Balder: Tor *(he scribbles on his clipboard)* Asgardian Middle? I've never heard of that school.

Heimdallr: It's, like, in the far, far, FAR north.

Balder: In Maine, right?

Tor: Oh, um, yes, Maine. Right, definitely Maine.

Balder: And your name?

Heimdallr: I'm Heimdaller. It's like Heym-dawl-er.

Balder: How did you know I was going to ask you how to pronounce it?

Heimdallr: Everyone asks. Everyone ALWAYS asks. Also my name means far-seeing in the Old Norse language. You know Vikings and all?

Balder: Vikings, why yes! I have some Scandinavian ancestry. It's part of the reason why I like working here. And the hats. *(He gestures to his Viking hat)*

Tor: *(In an aside to Heimdallr)* No Viking ever wore such a thing.

Heimdallr: I know we just got here, but can we join the rest of the warriors for training?

Balder: Warriors?! *(shakes his head)* Sure, sure, go on. *(When the two are halfway to the group, he says)* Whooee, things are getting mighty weird around here all of a sudden. *(He heads to the back of the stage to get some cones, on the way, he picks up equipment and stores it away in the box on stage.)*

Woden: *(As the new kids arrive)* All right, while you are not battle hardened berserkers, I'm sure there will be a spot for you in Valhalla if you fight well and give your lives for me today. There you will feast among the heroes of old!

Tor and Heimdallr: *(yelling and putting their right fist over their hearts)* For Odin!

Freya: What are you talking about?

Solveig: Valhalla?

Brenna: Battle?

Gustav: DYING?

Eirik: Is this approved by the city of Virginia Beach?

Astrid: Who are you guys?

Woden: I'm your gym teacher. Today, we will be learning something new -- spear throwing and axe tossing.

Tor and Heimdallr: Oh, yeah! Let the party begin! *(They fist bump and then do fireworks with their fingers)*

*There is a long pause while the other students stare at the three characters.*

Solveig: Nope, no thanks.

Eirik: I think I'll just sit today out. I don't mind getting a failing grade in PE.

Freya: I have a doctor's note.

Brenna: I'm feeling a little sick and you don't look well either Gustav.

Gustav: Maybe we should go to the clinic.

*The five of them walk over to the side of the stage and sit. By this time, Balder, has set out cones on both sides of the stage like starting and finishing lines. He comes over to talk with the seated kids, and they point and throw looks over to the other group, obviously talking about them. Brenna and Gustav pantomime feeling sick. Balder sends her and Gustav off stage.*

Woden: *(to Astrid)* I see you are the only one brave enough to join us. You will be well rewarded in the after-life.

Astrid: I think I have you guys figured out, but what I don't understand is why you are here?

Tor: Figured out? *(Laughs loudly and deeply)* What is there to figure out? We are simply here for a little, um, physical education. *(In aside to Heimdallr)* That's what we're for, right?

Heimdallr: *(in aside to Tor)* Shut up, Thor, she isn't stupid. *(to Astrid)* You are wise for your years. What is your name?

Astrid: Astrid.

Heimdallr: Your name means Godly Strength in Scandinavian.

Astrid: *(She walks around Heimdallr – looking him over)* What is your name?

Heimdallr: Heimdallr.

Astrid: The far seeing one. Guardian of the gates of Asgard.

Heimdallr: *(Gasps and jumps)* How do you know of me?

Astrid: It's all in my book, *Myths of the Norse*. *(She holds out her book)*

Tor: *(Snatches the book and flips through the pages)* A remarkable likeness. *(He holds up the book or a drawn picture of Heimdallr guarding the Rainbow Bridge between the worlds.)*

Astrid: And who are you? *(snatches book back from Tor)*

Tor: Tor.

Astrid: That sounds a lot like Thor --

Tor: *(nods)* God of Thunder! *(Thunder sounds)*

Woden: *(smacks Tor on the top of the head)* Pay no attention to all of that, Astrid. We are just regular people, and we certainly aren't mythical Viking Gods.

Tor: No, nope, no way.

Heimdallr: Definitely not.

Astrid: Hmmm.

Balder: *(blows his whistle interrupting their conversation)* All right now, I want Freya, Eirik, and Sol-egg to stand by this cone *(Points)*

Solveig: *(while the three start to stand)* Sol-Vay!

Balder: Oh yeah, sorry. Tor, Heimdogger, and Astrid over there.

Heimdallr: Heym-Dawl-er!

Balder: Sorry, sorry! I'll get it next time.

Solveig: Don't count on it!

Balder: Any-hoo, We're going to be play –

Woden: War games! Yes, yes, perfect!

Balder: War Games? No! We are not doing that. We will be playing Gym BINGO. You have to choose three activities from this Tic-Tac-Toe card, here. *(He gestures to the set piece where the Tic-Tac-Toe poster hangs, now covered by the Rag-Na- ROCK Dance poster)* Hey! Who put this here? Rag-Na-ROCK Dance? When is that happening? TODAY? On a THURSDAY, really?

Tor: Best day of the week, am I right? Tor's-day! *(Woden and Heimdallr laugh)*

Freya: What? Like, I don't get it.

Astrid: You mean like Thor's-day? Which is our modern Thursday?

Tor: Thor, God of – *(Woden smacks Tor on the back of the head.)* All right, all right.

Balder: No more distractions please. *(He pulls the dance poster off and tosses it on the floor)* Choose three activities, first team finished wins. *(blows his whistle)*



