

SATURDAY 18 APRIL 2015

SAT 19:00 Ice Age Giants (p018cc8p)
Land of the Cave-Bear

Professor Alice Roberts journeys 40,000 years back in time on the trail of the great beasts of the Ice Age. Drawing on the latest scientific detective work and a dash of graphic wizardry, Alice brings the Ice Age giants back to life.

In this episode, Alice ventures to the parts of the northern hemisphere hit hardest by the cold - Europe and Siberia.

High in the mountains of Transylvania, a cave sealed for thousands of years reveals grisly evidence for a fight to the death between two starving giants, a cave bear and a cave lion. These animals, which would dwarf their modern-day relatives, were probably driven into conflict by the pressure on food supplies as the Ice Age gathered pace.

Yet Alice discovers that, for woolly rhinos and woolly mammoths, the Ice Age created a bounty. The Mammoth Steppe, a vast tract of land which went halfway round the world, provided food all year round for those that liked the cold. It was these mammoths that Europe's most dangerous predators - Neanderthals and our own ancestors - hunted for their survival.

SAT 20:00 Wild China (b00bwky1)
Tibet

Documentary capturing pioneering images to exhibit the dazzling array of mysterious and wonderful creatures that live in China's most beautiful landscapes.

The vast Tibetan Plateau is one of the world's most remote places and home to chiru antelopes, wild yaks, foxes and bears. It has a remarkable culture shaped by over one 1,000 years of Buddhism, while its mountains and glaciers provide a vital life support system for half the planet.

SAT 21:00 Inspector Montalbano (b03f89hh)
Angelica's Smile

A series of burglaries take place at the houses of wealthy Vigata residents. One of the victims is a beguiling young bank manager called Angelica, to whom Salvo finds he is soon attracted. As the investigation progresses, Montalbano starts to suspect that the burglaries might be a cover for something rather more sinister.

In Italian with English subtitles.

SAT 22:55 John Denver: Country Boy (b03j4cz2)

Documentary exploring the private life and public legacy of John Denver, America's original country boy. With exclusive accounts from those closest to him, the man behind the music is revealed in an intimate profile in his 70th birthday anniversary year.

SAT 23:55 John Denver at Wembley Arena (b03jgq83)

Country singer-songwriter John Denver performs in concert at Wembley Arena in 1979, featuring hits including Rocky Mountain High and Take Me Home, Country Roads.

SAT 00:35 An Evening with Glen Campbell (b01pyfht)

A special concert recorded at the Royal Festival Hall in 1977, where 80 musicians played new arrangements of Glen Campbell's hit songs.

SAT 01:55 Sounds of the Eighties (b0074shx)

Episode 1

The 80s saw many great contributions to the fields of art and culture. Not the least of these was floppy hair. Floppy hair dominates this episode of pop morsels from the BBC archive, featuring Adam and the Ants, Duran Duran, Culture Club, ABC, Wham!, Frankie Goes to Hollywood, Bananarama and Kylie Minogue.

SAT 02:20 The Sky at Night (b05qyqwb)

Hubble: The Five Greatest Images of the Cosmos

For 25 years the Hubble Space Telescope has been showing us the cosmos as we've never seen it before. The team reveals the 'top five' greatest images Hubble has produced, images that have astounded us, transforming our understanding of the universe and our place in it.

SAT 02:50 Wild China (b00bwky1)
[Repeat of broadcast at 20:00 today]

SUNDAY 19 APRIL 2015

SUN 19:00 10 Things You Didn't Know About... (b008s99l)
Earthquakes

Iain Stewart looks at some of the world's most dramatic earthquakes and reveals the stories and science behind them. In seconds, these powerful forces of nature which cannot be predicted or prevented can shake a town to destruction and shift the landscape forever. We discover why quakes can last 60 times longer on the moon than on Earth, how one particular earthquake fault line can produce hallucinations, and how 1960s Cold War spying gave scientists a crucial clue to understanding them.

SUN 20:00 Wild (b0079gl2)
2006-07 Shorts

New Forest Badgers

The badger is one of Britain's best-loved animals, and yet it is rarely seen. In the New Forest, the first evidence of the badgers are the setts which they occupy. But once an occupied sett has been spotted, many hours of patience are needed just to get the smallest glimpse of these elusive animals. This intimate portrait follows the badgers through their busiest time of year, giving an insight into their lives.

SUN 20:10 Grand Prix (b014bb14)

Classic motor racing movie. While competing in the Monaco Grand Prix, American driver Peter Aron causes a crash in which his teammate Scott Stoddard is seriously injured. After being sacked by his team, Aron sets out to fight his way back to the top.

SUN 22:55 Madness in the Desert: Paris to Dakar (b01r1cnw)

Documentary telling the story of the world's craziest race.

In 1977, French motorcyclist Thierry Sabine was in serious trouble, lost in the Libyan desert and dying from thirst. Whilst most men would weep and think back over their lives, Thierry thought about coming back - to do a rally across the Sahara Desert. The 9,000km Paris-Dakar rally was born.

The rally became a beacon for eccentric adventurers battling the terrain in customised vehicles, seduced by the romance of the desert and the extreme challenge. It soon became a victim of its own rapid success. Caught up in controversy and with over 60 deaths, in 2008 this incredible event was brought to an end in Africa by terrorism.

Featuring winners Cyril Neveu, Hubert Auriol, Jean-Louis Schlesser, Ari Vatanen, Stephane Peterhansel, Martine de Cortanze, former participant Sir Mark Thatcher and many more, this is the story of the biggest motorsport event the world has ever seen and one of the greatest challenges of human endeavour ever conceived, told by those who took part.

How the west took on a landscape of incredible beauty and scale. And lost.

SUN 23:55 How to Make a Number One Record (b05r6q4r)

Great pop records are the soundtrack to our lives, and that is why number one hits hold a totemic place in our culture. This film goes in search of what it takes to get a number one hit single, uncovering how people have done it and the effect it had on their lives. As the exploration moves through the decades, the goal is to trace the various routes that lead to the top of the singles chart and discover the role played by art, science, chance and manipulation in reaching the pinnacle of pop.

SUN 00:55 One-Hit Wonders at the BBC (b05r7nxx)

Compilation of some indelible hits by artists we hardly heard from again, at least in a chart sense. Featuring Peter Sarstedt's Where Do You Go To (My Lovely)? - a number one in 1969 and a hit he never really matched, Trio's 1982 smash Da Da Da, Phyllis Nelson's 1985 lovers rock-style classic Move Closer, and The New Radicals' 1999 hit You Get What You Give.

We travel through the years selecting some of your favourite number ones and a few others that came close, revealing what's happened to the one-off hitmakers since and exploring the unwritten laws that help make sense of the one-hit wonder phenomenon.

SUN 01:55 BBC Young Dancer (p023t46k)
2015

Contemporary Final

The BBC turns the spotlight on the UK's best young dancers with a nationwide talent search to find the first BBC Young

Dancer. Dancers aged 16-20 were invited to enter one of four categories - ballet, contemporary, hip hop and south Asian dance. In the first of these finals, five dancers compete for the contemporary category title and a place in the grand final at Sadler's Wells.

With behind-the-scenes access to workshops with mentors, rehearsals and an introduction to the world of contemporary dance, we follow the finalists as they prepare two solos and a duet for performance at the Riverfront Arts Centre in Newport. They must impress an expert judging panel - Kenneth Tharp, chief executive of The Place, a leading UK centre for contemporary dance, Jasmin Vardimon, artistic director of the Jasmin Vardimon Dance Company and Mark Baldwin, artistic director of Rambert Dance Company.

Finalists: Kai Tomioka, Kasichana Okene-Jameson, Jacob O'Connell, Diana Patience and Connor Scott.

SUN 02:55 10 Things You Didn't Know About... (b008s99l)
[Repeat of broadcast at 19:00 today]

MONDAY 20 APRIL 2015

MON 19:00 World News Today (b05rd2x7)

The latest national and international news, exploring the day's events from a global perspective.

MON 19:30 Railways of the Great War with Michael Portillo (b04dbt1w)

Railways and Remembrance

World War I was a railway war. Michael Portillo finds out how the railways helped to precipitate a mechanised war, shaped how it was fought, conveyed millions to the trenches and bore witness to its end. He takes to historic tracks to rediscover the locomotives and wagons of the war that was supposed to end all wars and hears the stories of the gallant men and women who used them in life and in death.

In this final episode, Michael explores the aftermath of this earth-shattering conflict. For four years, the railways had fed the front line with vast numbers of men, munitions and supplies. But even after the armistice had been signed in a railway carriage, the work of the railways was not done. As Britain continued to mourn its dead, the railways played an important part in their remembrance. Michael hears stories of railway war heroes and encounters a remarkable railway wagon used to honour them. He hears how the railways helped give birth to battlefield tourism, and in the cemeteries of Ypres he meets the great-grandchildren of some of the fallen.

MON 20:00 Medieval Lives: Birth, Marriage, Death (b03cv0lm)

A Good Birth

For a medieval woman approaching the moment of labour and birth, there were no antiseptics to ward off infection or anaesthetics to deal with pain. Historian Helen Castor reveals how this was one of the most dangerous moments a medieval woman would ever encounter, with some aristocratic and royal women giving birth as young as 13. Birth took place in an all-female environment and the male world of medicine was little help to a woman in confinement. It was believed that the pains of labour were the penalty for the original sin of humankind - so, to get through them, a pregnant woman needed the help of the saints and the blessing of God himself.

MON 21:00 Kim Philby - His Most Intimate Betrayal (b0406y95)

Episode 2

In the second episode of this two-part special, the net begins to close on Philby.

Summoned back to London from Washington, he faces interrogation, as suspicion grows that he is a Soviet agent, working within MI6. His old friend and colleague in MI6, Nicholas Elliott, defends his friend's reputation, insisting that he is innocent.

For the next 12 years Philby, with Elliott's unwitting help, manages to charm and bluff his way out of every accusation. Then, in January 1963, Philby's luck runs out as the two friends meet for the final time and Elliott demands the truth.

This is the remarkable tale of two friends and two spies, each working on opposite sides in the Cold War.

MON 22:00 The Human Factor (b0074qmt)

Espionage drama based on the novel by Graham Greene. A potential leak is discovered in a small section of the Secret

Service. Two men are under suspicion - Davis, a bachelor, and Castle, who has a black African wife and son.

MON 23:50 Timeshift (b03pzsd9)
Series 13

How to Be Sherlock Holmes: The Many Faces of a Master Detective

For over 100 years, more than 80 actors have put a varying face to the world's greatest consulting detective - Sherlock Holmes. And many of them incorporated details - such as the curved pipe and the immortal line 'Elementary, my dear Watson' - that never featured in Conan Doyle's original stories. In charting the evolution of Sherlock on screen, from early silent movies to the latest film and television versions, Timeshift shows how our notion of Holmes today is as much a creation of these various screen portrayals as of the stories themselves.

With contributions from Sherlocks past and present, including Benedict Cumberbatch, Christopher Lee, Tim Pigott-Smith and Mark Gatiss. Narrated by Peter Wyngarde.

MON 00:50 Al Murray's Great British Spy Movies (b04w85jj)

Comedian and history buff Al Murray is joined by former director of MIS Dame Stella Rimington, political comedian Matt Forde and film expert Matthew Sweet for a fresh look at the great British spy movie. This round-table discussion looks at the films themselves - not to mention the spies that star in them - and uses them as a lens on the British people, our fear of the world and our changing views of espionage over the decades.

As well as discussing the inevitable moral ambiguity, the limited female roles and general distrust of the intelligence community, we also find out what Dame Stella Rimington, the real M, actually thinks about James Bond, what you really say at a party when someone inevitably asks what you do, the spy gadget she'd really like to get her hands on, and the film that was genuinely used as a training movie when she first joined the service.

MON 01:50 Medieval Lives: Birth, Marriage, Death (b03cv0lm)

[Repeat of broadcast at 20:00 today]

MON 02:50 Kim Philby - His Most Intimate Betrayal (b0406y95)

[Repeat of broadcast at 21:00 today]

TUESDAY 21 APRIL 2015

TUE 19:00 World News Today (b05rd2xl)

The latest national and international news, exploring the day's events from a global perspective.

TUE 19:30 The Flying Archaeologist (b01s1ll4)
Stonehenge

Archaeologist Ben Robinson flies over Wiltshire to uncover new discoveries in the Stone Age landscape. Sites found from the air have led to exciting new evidence about Stonehenge. The discoveries help to explain why the monument is where it is, and reveal how long ago it was occupied by people.

TUE 20:00 The Secret History of Our Streets (b01jt9bv)
Series 1

Deptford High Street

In 1886 Charles Booth embarked on an ambitious plan to visit every one of London's streets to record the social conditions of residents. His project took him 17 years.

Once he had finished he had constructed a groundbreaking series of maps which recorded the social class and standing of inhabitants. These maps transformed the way Victorians felt about their capital city.

This series takes six archetypal London streets as they are now, discovering how they have fared since Booth's day.

Booth colour-coded each street, from yellow for the 'servant keeping classes', down to black for the 'vicious and semi-criminal'. With the aid of maps the series explores why certain streets have been transformed from desperate slums to become some of the most desirable and valuable property in the UK, whilst others have barely changed.

This landmark series features residents past and present, exploring how what happened on the street in the last 125 years

continues to shape the lives of those who live there now.

In Booth's time, Deptford High Street was 'the Oxford Street of south London'. Today, marooned amid 1970s housing blocks, it is one of the poorest shopping streets in London.

Featuring compelling accounts from residents, including one family which has been trading on the high street for 250 years, the film tells the story of transformation and endurance as the people themselves tell the history of their own past and the street they lived in. Through these deeply personal accounts of huge extended families living together in a single street, the bigger story of slum clearance and the unravelling of the old ways of life emerge - a change which shaped the lives of tens of millions of British families all over the country.

TUE 21:00 The Plantagenets (b03zdm4b)
Series 1

An English Empire

Professor Robert Bartlett continues the remarkable story of the Plantagenets. England's longest-reigning royal dynasty fights to expand their power across the British Isles and win back their lands in France. In this golden age of chivalry, a clear sense of English nationhood emerges and parliament is born.

TUE 22:00 A Very British Airline (b047hj9f)
Episode 3

In this final episode we're in the company's main control room with operations manager, and rugby enthusiast, Kevin McKenzie.

He reveals how the airline manages the challenges of operating out of the world's most congested airport, and deals with the knock-on effects of some passengers actions - from panic attacks before take-off to suspicious items discovered in luggage.

We follow the training of the airline's first intake of cadet pilots since the downturn in air travel after 9/11 - each cadet has to pay £84,000 for the 18-month course, so failure would be expensive.

And through some of the company's 40,000 staff, including ex-Harrods manager David Page, we explore what makes BA such a Very British Airline.

TUE 23:00 Timeshift (b01rjr2y)
Series 12

How To Be A Lady: An Elegant History

Journalist Rachel Johnson goes in search of what seems an almost vanished social type - the lady. With a handful of vintage etiquette books to guide her and a generous helping of film archive, she wants to find out how the idea of the lady changed over time - and what it might mean to be one now. Along the way she tries out etiquette classes and side-saddle lessons, as well as discovering that debutante balls have been revived for export.

TUE 00:00 Tales from the Royal Wardrobe with Lucy Worsley (b048wss8)

Today, few people's clothes attract as much attention as the royal family, but this is not a modern-day Hello magazine-inspired obsession. As Dr Lucy Worsley reveals, it has always been this way. Exploring the royal wardrobes of our kings and queens over the last 400 years, Lucy shows this isn't just a public preoccupation but our monarchs' as well.

From Elizabeth I to our present Queen, Lucy believes that the royal wardrobe's significance goes way beyond the cut and colour of the clothing and that royal fashion is, and has always been, regarded as their personal statement to their people. So most monarchs have carefully choreographed every aspect of their wardrobe and, for those who have not, there have sometimes been calamitous consequences.

TUE 01:00 John Denver: Country Boy (b03j4cz2)
[Repeat of broadcast at 22:55 on Saturday]

TUE 02:00 The Secret History of Our Streets (b01jt9bv)
[Repeat of broadcast at 20:00 today]

TUE 03:00 The Plantagenets (b03zdm4b)
[Repeat of broadcast at 21:00 today]

WEDNESDAY 22 APRIL 2015

WED 19:00 World News Today (b05rd2xt)

The latest national and international news, exploring the day's events from a global perspective.

WED 19:30 The Flying Archaeologist (b01s1czf)
Norfolk Broads

Archaeologist Ben Robinson flies over the Broads where aerial photos have discovered a staggering 945 previously unknown ancient sites. Many are making historians rethink the history of the area.

The fate of the Roman town of Caistor St Edmund has puzzled archaeologists for decades. It's long been a mystery why the centre never became a modern town. Now archaeologists have discovered a key piece of evidence. And near Ormsby, the first proof of Bronze Age settlement in the east of England has been revealed.

WED 20:00 Secrets of Bones (b03vrtzp)
Size Matters

Evolutionary biologist and master skeleton builder Ben Garrod begins a six-part journey to discover how bones have enabled vertebrates to colonise and dominate practically every habitat on Earth.

Ben shows us what bone is constructed from and how it can support animals that are both minuscule - a frog just a few millimetres long - and massive - the blue whale, two hundred million times bigger.

WED 20:30 The Quizeum (b05rj5xg)
Series 1

Episode 5

At the Museum of London - a collection which documents the history of London from prehistoric to modern times - the experts being put to the test by Griff Rhys Jones are historian Dr Suzannah Lipscomb, historian specialising in European and Chinese ceramics Lars Tharp, author and social historian Hallie Rubenhold and historian and presenter Dan Snow.

WED 21:00 Treasures of Ancient Greece (b05rj5xj)
The Long Shadow

Alastair Sooke explores the extraordinary afterlife of the Greek masterpieces that changed the course of western culture. Succeeding centuries have found in ancient Greek art inspiration for their own ideals and ambitions. Filming in Italy, Germany, France and Britain, Alastair's investigation includes The Venus of Knidos, the first naked woman in western art, the bronze horses of St Mark's in Venice which became a pawn in an imperial game and the naked discus thrower, the Discobolus, personally bought by Adolf Hitler and used by him as a symbol of Aryan supremacy.

WED 22:00 Storyville (b04m3k1q)
Russia's Toughest Prison: The Condemned

With unprecedented access, this documentary looks into the hidden world of one of Russia's most impenetrable and remote institutions - a maximum security prison exclusively for murderers. Deep inside the land of the gulags, this is the end of the line for some of Russia's most dangerous criminals - 260 men who have collectively killed nearly 800 people. The film delves deep into the mind and soul of some of these prisoners.

In brutally frank and uncensored interviews the inmates speak of their crimes, life and death, redemption and remorselessness, insanity and hope. The film tracks them through their unrelenting days over several months, lifting the veil on one of Russia's most secretive subcultures to reveal what happens when a man is locked up in a tiny cell for 23 hours every day, for life.

A startling insight into inscrutable minds and the forbidding world they have been condemned to.

WED 23:20 10 Things You Didn't Know About... (b008s99l)
[Repeat of broadcast at 19:00 on Sunday]

WED 00:20 Timeshift (b016pwgw)
Series 11

Of Ice and Men

Timeshift reveals the history of the frozen continent, finding out why the most inhospitable place on the planet has exerted such a powerful hold on the imagination of explorers, scientists, writers and photographers.

Antarctica is the coldest, driest and windiest place on the globe. Only a handful of people have experienced its desolate beauty, with the first explorers setting foot here barely a hundred years ago.

From the logbooks of Captain Cook to the diaries of Scott and Shackleton, from the Rime of the Ancient Mariner to HP Lovecraft, it is a film about real and imaginary tales of adventure, romance and tragedy that have played out against a stark white backdrop.

We relive the race to the Pole and the 'Heroic Age' of Antarctic exploration, and find out what it takes to survive the cold and the perils of 'polar madness'. We see how Herbert Ponting's photographs of the Scott expedition helped define our image of the continent and find out why the continent witnessed a remarkable thaw in Russian and American relations at the height of the Cold War.

We also look at the intriguing story of who actually owns Antarctica and how science is helping us reimagine a frozen wasteland as something far more precious.

Interviewees include Sir Ranulph Fiennes, Francis Spufford, Huw Lewis-Jones, Sara Wheeler, Henry Worsley, Prof David Walton and Martin Hartley.

WED 01:20 Madness in the Desert: Paris to Dakar (b01r1cnw)

[Repeat of broadcast at 22:55 on Sunday]

WED 02:20 The Quizium (b05rj5xj)

[Repeat of broadcast at 20:30 today]

WED 02:50 Treasures of Ancient Greece (b05rj5xj)

[Repeat of broadcast at 21:00 today]

THURSDAY 23 APRIL 2015

THU 19:00 World News Today (b05rd2xz)

The latest national and international news, exploring the day's events from a global perspective.

THU 19:30 Top of the Pops (b05s4pk9)

David 'Kid' Jensen presents chart hits of the week, with performances from Madness, Barbara Dickson, Dexy's Midnight Runners, the Pretenders, BA Robertson, the Lambrettas, Prima Donna and the Jam, and a dance sequence by Legs & Co.

THU 20:00 Guilty Pleasures: Luxury in... (b0126vdc)
Ancient Greece

Luxury isn't just a question of expensive and the beautiful objects for the rich and the powerful. It has always been much more, and much more important, than that, especially in the ancient and medieval worlds.

This first episode follows the debate about luxury which convulsed ancient Greece from the beginning of the classical era. In Athens, it explores the role of luxury in the beginnings of democracy - how certain kinds of luxury came to be forbidden, and others embraced. A simple luxury like meat could unite the democracy, and yet a taste for fish could divide it. Some luxuries were associated with effeminacy and foreigners. Others with the very idea of democracy.

Yet in Sparta there was a determined attempt to deny luxury, and the guilty contradictions of this eventually brought what had been the most powerful state in Greece to its downfall. When Sparta was replaced by the Macedon of Philip II, father of Alexander the Great, the absolute luxury of his court set new standards for luxury as political propaganda. Yet the guilty anxiety of ancient Greece could not be suppressed and still affects our ideas of luxury today.

THU 21:00 Delphi: The Bellybutton of the Ancient World (b00w4jtx)

What really went on at the ancient Greek oracle at Delphi, how did it get its awesome reputation and why is it still influential today?

Michael Scott of Cambridge University uncovers the secrets of the most famous oracle in the ancient world. A vital force in ancient history for a thousand years, it is now one of Greece's most beautiful tourist sites, but in its time it has been a gateway into the supernatural, a cockpit of political conflict, and a beacon for internationalism. And at its heart was the famous inscription which still inspires visitors today - 'Know Thyself'.

THU 22:00 Wild China (b00bwky1)

[Repeat of broadcast at 20:00 on Saturday]

THU 23:00 The Plantagenets (b03zdm4b)

[Repeat of broadcast at 21:00 on Tuesday]

THU 00:00 Top of the Pops (b05s4pk9)

[Repeat of broadcast at 19:30 today]

THU 00:35 Timeshift (b019c85h)

Series 11

The Rules of Drinking

Timeshift digs into the archive to discover the unwritten rules that have governed the way we drink in Britain.

In the pubs and working men's clubs of the 40s and 50s there were strict customs governing who stood where. To be invited to sup at the bar was a rite of passage for many young men, and it took years for women to be accepted into these bastions of masculinity. As the country prospered and foreign travel became widely available, so new drinking habits were introduced as we discovered wine and, even more exotically, cocktails.

People began to drink at home as well as at work, where journalists typified a tradition of the liquid lunch. Advertising played its part as lager was first sold as a woman's drink and then the drink of choice for young men with a bit of disposable income. The rules changed and changed again, but they were always there - unwritten and unspoken, yet underwriting our complicated relationship with drinking.

THU 01:35 Delphi: The Bellybutton of the Ancient World (b00w4jtx)

[Repeat of broadcast at 21:00 today]

THU 02:35 Guilty Pleasures: Luxury in... (b0126vdc)

[Repeat of broadcast at 20:00 today]

FRIDAY 24 APRIL 2015

FRI 19:00 World News Today (b05rd2y7)

The latest national and international news, exploring the day's events from a global perspective.

FRI 19:30 Sounds of the Eighties (b0074sjk)

Episode 2

Serious and sincere they may have been, never cracking a smile where a tortured, artistic look would do, but this tranche of 80s pop stars know how to make that look work - Eurythmics, Spandau Ballet, Phil Collins, Fine Young Cannibals, Tears for Fears, Suzanne Vega and Simply Red.

FRI 20:00 BBC Young Dancer (b05rjc99)

2015

Hip Hop Final

The BBC turns the spotlight on the UK's best young dancers with a nationwide talent search to find the first BBC Young Dancer. Dancers aged 16-20 were invited to enter one of four categories - ballet, contemporary, hip hop and south Asian dance.

In the second category final, it's the turn of the hip hop dancers to impress a panel of judges and win a place in the Grand Final at Sadler's Wells.

We follow them popping, locking, krumping and freestyling their way through mentoring workshops and rehearsals, on their way to present two solos and a hip hop battle on stage at the Riverfront Arts Centre in Newport. The task of choosing the winner goes to DJ Renegade, choreographer and artistic director of Indahouse Clara Bajado and, judging across all four categories, Kenneth Tharp, chief executive of The Place, a leading centre for contemporary dance.

Finalists: Harry Barnes, Jonadette Carpio, Jodelle Douglas, Sharifa Tonkmor and Kieran Lai.

FRI 21:00 Tales from the Tour Bus: Rock 'n' Roll on the Road (b05rjc9c)

Rock legend and tour bus aficionado Rick Wakeman takes us on a time-travelling trip through the decades in this first-hand account of rockers on the road from the late 1950s to the 80s and beyond.

It's an often bumpy and sometimes sleepless ride down the A roads and motorways of the UK during the golden age of rock 'n' roll touring - a secret history of transport cafes, transit vans, B&Bs, sleepless roadies and of loved ones left at home or, on one occasion, by the roadside. And it's also a secret history of audiences both good and bad, and the gigs themselves - from the early variety package to the head clubs, the stadiums and the pubs.

This is life in the British fast lane as told by Rick and the bands themselves, a film about the very lifeblood of the rock 'n' roll wagon train. With members of Dr Feelgood, Suzi Quatro, The Shadows, The Pretty Things, Fairport Convention, Happy Mondays, Aswad, Girlschool, The Damned and many more.

FRI 22:00 Totally British: 70s Rock 'n' Roll (b01r3pm9)
1970-1974

Trawled from the depths of the BBC Archive and classic BBC shows of the day - Old Grey Whistle Test, Top of the Pops and Full House - a collection of performance gems from a totally rock 'n' roll early 1970s.

This was a golden era for British rock 'n' roll as everyone moved on from the whimsical 60s and looked around for something with a bit more oomph! In a pre-heavy metal world bands were experimenting with influences that dated back to 50s rock 'n' roll, whilst taking their groove from old-school rhythm and blues. It was also a time when men grew their hair long!

In a celebration of this era, we kick off with an early 1970s Badfinger number direct from the BBC library and continue the groove from the BBC vaults with classic rock 'n' roll heroes like Free, Status Quo, the Faces, Humble Pie and Mott the Hoople. Plus from deep within the BBC archives we dig out some rarities from the likes of Babe Ruth, Stone the Crows, The Sensational Alex Harvey Band, Man, Heavy Metal Kids and original rockers Thin Lizzy... to name but a few.

Sit back and enjoy a 60-minute non-stop ride of unadulterated Totally British 70s Rock 'n' Roll!

FRI 23:00 Totally British: 70s Rock 'n' Roll (b01r7hk5)
1975-79

A romp through the BBC archive library from 1975 to 1979 has unearthed some seldom-seen performances of the rarely explored genre of pub rock and other late 70s rock 'n' roll gems from classic music programmes like the Old Grey Whistle Test and Top of the Pops. Before the DIY culture of punk took hold there was a whole breed of real musicians who honed their craft in the backrooms of pubs. And towards the end of the 70s men's hair was starting to get shorter too.

This compilation has uncovered rarely seen footage from the likes of Canvey Island's Dr Feelgood, original pub rockers Ducks DeLuxe, Eddie and the Hot Rods, Elvis Costello, Meal Ticket, Steve Gibbons Band, Dave Edmunds and chum Nick Lowe, a pre-Mike & the Mechanics' Paul Carrack in his first band Ace, a post-Faces Ronnie Lane, The Motors, the first TV performance from Dire Straits, Graham Parker and the Rumour and many more.

FRI 00:00 The Old Grey Whistle Test (b014vyz3)
70s Gold

The Old Grey Whistle Test was launched on 21 September 1971 from a tiny studio tucked behind a lift shaft on the fourth floor of BBC Television Centre. From humble beginnings, it has gone on to provide some of the best and most treasured music archive that the BBC has to offer.

This programme takes us on a journey and celebrates the musically mixed-up decade that was the 1970s, and which is reflected in the OGWT archive. There are classic performances from the glam era by Elton John and David Bowie, an early UK TV appearance from Curtis Mayfield, the beginnings of heavy metal with Steppenwolf's iconic Born to Be Wild anthem and the early punk machinations of the 'mock rock' New York Dolls. Archive from the pinnacle year, 1973, features Roxy Music, The Wailers and Vinegar Joe. The programme's finale celebrates the advent of punk and new wave with unforgettable performances from Patti Smith, Blondie, Iggy Pop and The Jam.

Artists featured are Elton John, Lindisfarne, David Bowie, Curtis Mayfield, Gladys Knight & The Pips, Steppenwolf, Vinegar Joe, Brinsley Schwarz, New York Dolls, Argent, Bob Marley & The Wailers, Captain Beefheart, Johnny Winter, Dr Feelgood, Gil Scott Heron, Patti Smith, Tom Petty & The Heartbreakers, Cher & Gregg Allman, Talking Heads, The Jam, Blondie, Iggy Pop and The Specials.

FRI 01:30 Tales from the Tour Bus: Rock 'n' Roll on the

Road (b05rjc9c)

[Repeat of broadcast at 21:00 today]

FRI 02:30 BBC Young Dancer (b05rjc99)

[Repeat of broadcast at 20:00 today]