

Video script

1 The Mag: The kimono

Section 1 00:00 00:30

Anand Hi.

Rebecca Hi.

Anand Today, we're going to find out about the Japanese kimono. Have you ever worn a kimono, Rebecca?

Rebecca No, I haven't and I'm sure you haven't either.

Anand Too right!

Rebecca Well, today we've come to visit a Japanese lady called Mrs Kumakura.

Anand She lives in England now and she's going to tell us all about the kimono.

Mrs Kumakura Hello, come in!

Section 2 00:40 00:38

Mrs Kumakura These are my daughters, Lala ...

Lala Hello.

Mrs Kumakura ... and Miu.

Miu Hi.

Rebecca Hello, I'm Rebecca.

Anand And I'm Anand.

Rebecca We're looking forward to hearing all about the kimono. What exactly is a kimono, Mrs Kumakura?

Mrs Kumakura The kimono is the national costume of Japan.

Anand Do you know how it began and how old it is?

Miu Yes. It came from a part of Japan called Jomon.

Lala People started wearing kimonos about 13 thousand years ago.

Anand Wow!

Rebecca Kimonos don't look the same as they did all that time ago, do they?

Mrs Kumakura No, not quite. The style of the kimono has changed several times. These changes are an important part of Japan's history.

Anand So, do people still wear kimonos today?

Lala Well, most young people like to wear western-style clothes, like jeans and tops. But people sometimes wear a kimono for special occasions, festivals and celebrations, for example.

Mrs Kumakura And a famous style of kimono is worn for a royal wedding. It's called a 'Jyunihitoe'.

Miu It has 12 layers and it weighs 20 kilograms.

Rebecca Oh my goodness! I'm glad I don't have to wear one of those. But I've heard there are different kimonos for winter and summer. That's right, isn't it?

Mrs Kumakura Yes. The winter kimono has lining. The summer one is made of lighter material and the colours are cooler. But, you know, we even have different kimonos for each month of the year. There is a special material, colour and design for each month. So the cherry design, for example, we can only wear in March.

Anand That's amazing!

Mrs Kumakura Now, Rebecca, are you ready to try one on?

Rebecca Sure!

Section 3 02:44 02:41

Mrs Kumakura It usually takes between 30 minutes and an hour to put the kimono.

Anand Between 30 minutes and an hour! Why does it take so long?

Mrs Kumakura It is very important to do everything in the right way and the right order. First, you put on special socks called the 'Tabi'. Next, you put on an undergarment and then a petticoat over it and then another undergarment over the petticoat. At each stage you must make sure the clothes are in exactly the right position. Now you put on the kimono itself. And finally, the 'Obi', a Japanese belt.

Section 4 04:07 04:05

Mrs Kumakura OK.

Rebecca Wow!

Mrs Kumakura Do you like it?

Rebecca It's fantastic! Thank you, Mrs Kumakura.

Mrs Kumakura It's a pleasure.

Anand So, how important is the tradition of the kimono in Japan?

Mrs Kumakura Oh, I think it's very important. It's a part of our culture. Also families hand down their kimono from generation to generation. This kimono is part of my family history. It helps keep it alive.

2 It's All About Me: Ice skating

Section 1 00:00 05:00

Lauren Hi, my name is Lauren and I'm 17 years old. I was born in the USA but I came to live here in England when I was eight years old. As you can see, I love ice skating and, to be honest, I'm very good at it. I skate in top-level competitions. I want to win, so I have to practise every day.

Section 2 00:33 05:31

Lauren I have to wake up at 4.15.

Lauren's Mum Hi, Lauren. Are you awake?

Lauren Yeah. Thanks, Mom.

Lauren's Mum It's very difficult to be a top skater. Lauren has to be very organised and hard-working. She has to get up early every morning and drive to the ice rink. The drive takes about 15 minutes.

Lauren Here we are at the ice rink. My lesson starts at half past five, so I have about half an hour to warm up.

Section 3 01:28 06:26

Lauren It's important to warm up really well before I go on to the ice. Hi, Darren.

Darren Hi, Lauren.

Lauren This is my coach, Darren.

Darren Hi.

Lauren We're going to work together for an hour and a half. Darren will help me practise things like jumps, spins and dance moves.

Darren OK, let's go.

Darren OK, see you tomorrow.

Lauren Bye.

Darren Bye.

Section 4 03:05 08:02

Lauren Now I get a 15-minute break. After that I'll go back on the ice to practise all the things Darren has taught me.

Section 5 03:19 08:17

Lauren It's very easy to get hurt when you're ice skating. I've hurt my knee and my wrist quite badly. I've broken two toes and my elbow. And I've hurt my back.

So it's really important to keep very fit. After I have practised on the ice for two hours, I come here to the gym. It's hard work training to be a winner. But I want to be better than anyone else. I want to be the best. So this is what I have to do. I'll be here for the next hour and a half. See you.

3 Life Swap: Hospital radio

Section 1 00:00 09:14

Narrator Nick Arnold is 17 years old. He lives at home with his parents and two sisters. He studies kickboxing and practises it every day. He is also a good musician. He plays the saxophone.

Rachel Forbes is 18 years old. She has just left school. Next year she is going to travel round the world. After that she will go to university. Rachel does voluntary work for a hospital radio station once a week.

What will happen when Rachel tries to learn kickboxing? And Nick tries to become a disc jockey?

Rachel Hi, Nick.

Nick Hi.

Rachel Come in.

Section 2 01:05 10:16

Nick Where are you going to travel to this year, Rachel?

Rachel I'm going to Florida, in the USA, for three months. I'm going to work at Disney Radio, in Disney World. Then, I'm going to Hong Kong for two weeks. And then I'm going to go to South America to do some conservation work for three months. Oh, and then I'm going to visit Barcelona.

Nick Wow, that's fantastic!

Rachel And then I'll have to come home to get a job. I'll need to earn the money to pay for all the travelling.

Section 3 01:37 10:48

Rachel My ambition is to work for radio or TV. I'd like to be a radio broadcaster or a children's TV presenter. I love working for the hospital radio. I come here every Thursday.

Nick I've never been inside a radio studio before.

Rachel Follow me.

Section 4 01:58 11:09

Rachel First you have to talk to some of the patients. Ask them what music they would like to hear on the radio today.

Nick OK, but I feel quite nervous about this.

Rachel Don't worry.

Section 5 02:13 11:25

Rachel Hello.

Nick Hi, er, yeah ... I'm Nick.

Narrator At first, Nick is shy talking to the patients but he soon begins to enjoy it. Even the staff have music they'd like to hear.

Section 6 03:01 12:14

Nick I really enjoyed talking to the patients today. They like lots of different kinds of music. Some want classical, some want jazz, some want rock 'n' roll.

Rachel You did really well, Nick. Now we have to go and find the CDs. We've got an excellent music collection. It's much better than my collection at home!

Section 7 03:22 12:34

Rachel Write the name of the song there. That's right. Yes, we've got that one.

Section 8 03:43 12:56

Rachel Hi, this is Nick. He's got all the music ready for today's show.

DJ Hi Nick, thanks. I'm Geoff.

Rachel Geoff, can Nick be allowed to introduce some of the songs? You'd like to, wouldn't you, Nick?

Nick Wow! If it's OK, I'd love to.

DJ Yes, sure. No problem.

Section 9 04:03 13:15

Narrator Nick soon realises being a disc jockey is quite difficult.

Nick Hello, Kingston Radio.

Narrator But it's also good fun.

4 The Mag: Street dancing

Section 1 00:00 13:58

Rebecca Hi, I'm Rebecca.

Anand And I'm Anand.

Rebecca Today we're going to meet a London street dancer called Kofi. How's your street dancing, Anand?

Anand Well, let's just say I want to learn something from Kofi.

Rebecca So, not great then?

Anand Too right!

Rebecca Kofi's agreed to show us some moves.

Anand And tell us a bit about how street dancing started and why it's so popular.

Rebecca Let's go then.

Section 2 00:30 14:25

Rebecca Hi Kofi, thanks for talking to us.

Kofi No problem, Rebecca.

Rebecca Please will you take us through the different kinds of moves that you use in street dance?

Kofi Yeah, sure. Let's go into the dance studio.

Section 3 00:46 14:42

Kofi The phrase 'street dance' covers all sorts of different dance styles – some old and some new. I'll show you. This is 'Bashment'. This is 'Nu School'. This is 'Egyptian'. This is 'Flava'. This is 'Krumping'. This is a 'Flip'.

Section 4 02:11 16:06

Rebecca Wow! Thanks, Kofi. That was brilliant!

Anand Yes, fantastic.

Rebecca Why did you get into street dancing?

Kofi I was impressed by the way street dancers could body pop and wave. So I decided to try and body pop myself.

Anand I see. So, how long have you been interested in street dancing?

Kofi For three and a half years.

Anand And in that short time you've become a world champion?

Kofi Well, not me on my own. It's my group. We're called Plague. In 2005 we went to Los Angeles and we won the world championship event.

Rebecca Cool! And you teach as well. How long have you been a teacher?

Kofi Since 2003.

Anand What kind of people do you teach?

Kofi All ages, all backgrounds and cultures. I've mostly taught in performing arts schools but I've also taught classes for local councils in youth centres and places like that. A lot of people want to learn.

Anand Why is that, Kofi? Why is street dancing so popular?

Kofi I think it's mainly because people like watching TV channels such as MTV. Also, many RnB and hip-hop artists love using street dance moves in their videos. Kids see them and want to copy them. It's becoming a craze.

Rebecca OK, well you've promised to show us a few moves, Kofi. I think this is the moment we become your students.

Kofi Yeah, great, no problem. Let's start!

Section 5 03:38 17:33

Kofi I always begin with a warm-up. Then I move on to muscle stretches. Then I show my students the movement they are going to learn. Then they have a go. Then we perform the routine with music a few times. Then I add some moves. We end with a warm-down.

Section 6 05:28 19:22

Kofi Well done. Well done. Good class today.

Anand Well, Kofi, what do you reckon?

Kofi You two are both pretty good. Do you think you'll take up street dancing?

Rebecca Why not? If we do, we'll be right back for more lessons.

5 It's All About Me: Lauren's free time

Section 1 00:00 19:57

Lauren Hi. I've just finished my training for the day but I'm not going home. It's the school holidays and during the school holidays I work in the ice rink shop for two days a week. I need the money to help pay for gas for my car and for when I go out with friends. In term time I work here at weekends because I have to go to school on weekdays.
Can I help you?

Section 2 00:52 20:48

Lauren Sometimes I have a day off from everything. On a day off I like to go shopping.

Section 3 00:58 20:54

Lauren I also love to perform in ice shows. I can play leading roles because I am the top skater here at my rink. Last year, I played Peter Pan in our production of *Peter Pan*. At the moment, I'm rehearsing for our production of *Cinderella*. I play the part of Cinderella. Loads of people will come to see it. It will be a really exciting show. There will be comedy and romance, and lots of brilliant skating and ice-dancing. Oops! That was a mistake. Never mind. If you make a mistake, you must carry on. We always have a good laugh in rehearsals. To be honest, it's important to make a fool of yourself sometimes. But not when there's an audience watching.

Section 4 02:02 21:59

Lauren I hope you've enjoyed watching this. I know my life is different but I really like it. Because I'm ambitious I have to be very determined and organised.

I think ice skating has made me into a very independent person too. But the important thing is I really love doing it.

6 Life Swap: Kickboxing

Section 1 00:00 22:38

Narrator Rachel Forbes wants to be a radio presenter. Last time in *Life Swap* she showed Nick Arnold how to do her work in a hospital radio station. Now, it's Rachel's turn to visit Nick. What will happen when she lives his life for a day?

Nick Hi, Rachel.

Rachel Hi, Nick.

Nick Come in.

Section 2 00:30 23:06

Narrator Nick is a really good saxophone player.

Rachel Brilliant! How often do you play, Nick?

Nick Two or three times a week. I'd like to practise more but I have a lot of homework to do as well.

Rachel Play me a tune.

Nick OK, here goes.

Rachel Wicked! You're really good.

Nick Now, you play.

Rachel No way. I can't play musical instruments.

Nick Have a go.

Rachel OK.

Nick Hold it like this and blow here.

Rachel That was awful!

Nick Try again. That was a better sound. Blow again and this time press here and here. Excellent! Well done, Rachel. Did you enjoy that?

Rachel Yes, I did actually. You're a really good teacher, Nick. But I'll be surprised if you can teach me kickboxing.

Nick Let's find out.

Section 3 02:31 25:07

Nick Kickboxing is a martial art. Let me show you some moves.

Rachel Wow! Do you enter competitions?

Nick Yes, there are competitions for fighting but the type of kickboxing I

like best is called 'Forms'. In 'Forms' competitions you have to show the judges really clever moves. Look.

Rachel That's brilliant!

Nick Now, it's your turn. We'll do a performance together.

Rachel Oh no!

Nick Oh yes! Off we go.

Section 4 03:31 26:08

Rachel Can I have a rest?

Nick Yes, of course. You're doing really well, Rachel.

Rachel You teach kickboxing, don't you, Nick?

Nick Yes, when I get home from college. I'm training to be an instructor.

Rachel So, who comes to your classes?

Nick I teach young children aged between four and eight. They learn kickboxing skills and also how not to bully other children and how not to be bullied.

Rachel That's great! So, do people use kickboxing for self-defence?

Nick Oh yes. We run special classes to teach women and girls how to defend themselves. Come on. Let's go through some more moves.

Section 5 04:37 27:11

Nick Nice one, Rachel. OK, let's do our performance. Are you ready?

Rachel Sure.

Section 6 05:09 27:44

Nick Congratulations! You were excellent.

Rachel Thanks.

Nick We should enter a competition together.

Rachel OK, I'll enter a competition with you if you present a show on hospital radio.

Nick Done.

7 The Hub: Kelly auditions

Scene 1 00:00 28:13

Kelly OK, here's your meal, Josie.

Josie Thank you, Kelly.

Kelly And yours, Sam.

Sam Thank you.

Kelly And here's Dad's. Look, I'm putting it in the oven for him to keep it warm. Joe's coming to walk to rehearsals with me.

Josie Joe's helping to direct your show, isn't he?

Kelly Yes, he's assistant director.

Bernie Hi, I'm back.

Kelly Brilliant. Bye.
 Josie and Sam Bye.
 Bernie Hi, kids.
 Kelly Hi, Dad. Are you OK?
 Bernie I'm tired.
 Kelly I'm not surprised. You work really hard.
 Bernie Too right!
 Kelly That's Joe.
 Bernie Hello, Joe. How's the assistant director?
 Joe The assistant director is very nervous, Bernie. Luckily the actors are doing really well. Kelly's fantastic.
 Kelly Yeah, yeah. Bye, Dad.
 Bernie Bye. Have a good time!

Scene 2 01:25 29:35

Mandy OK, everyone. Listen, please.
 Before we begin the rehearsal, I'd like to introduce you all to David. Now, David has come to The Hub because he's looking for people to take part in a TV show. So let's start with some songs. Kelly, would you like to go first?

Kelly

In the summer time, the birds, they all sing.
 I step outside, it's a little chilly, feels like spring.
 But in the winter, you know, yes, it's Christmas time.
 But my favourite is the autumn, because yeah, we'll be fine.
 We're just fine, we're just fine.
 Seasons change, still the same I remain. I'm just fine, yeah!
 'Cos I'm fine, and he's fine, and we're fine
 Yes we're fine, we're just fine. Yeah, yeah!

Scene 3 03:10 31:20

Joe Listen, I've spoken to David. The TV company aren't looking for boys. They're looking for a 16- or 17-year-old girl.
 Rachel Hey, that could be you, Kelly.
 Kelly I don't think so.
 Leon She's right. You'd be great.
 Kelly It won't happen. But if he offered me the part, I certainly wouldn't say no!

Scene 4 03:40 31:50

Kelly Hello? Oh hi, Mandy. Yeah. That's fantastic! Yeah. OK ... OK, I'll talk to you at rehearsals. Bye ... bye.
 Mary Good news?
 Kelly Mary, it's just brilliant! The best! I've got that filming part I told you about.

Mary Congratulations, Kelly! At last, I'll know someone who's on TV! When are you going to do it?

Kelly They don't know yet. But I'm sure my school will let me have a couple of days off.

Scene 5 04:38 32:48

Rachel Here she is!

Scene 6 04:49 33:00

Joe Are you coming for a coffee?

Kelly Yeah, why not?

Mandy Kelly, have you got a moment?

Kelly Sure.

Mandy I've got your timetable for the filming.

Scene 7 05:08 33:19

Joe What's the matter?

Kelly Everything. I won't be able to do the filming after all. It's not going to happen.

8 The Hub: Helping Kelly

Scene 1 00:00 33:54

Kelly I thought the filming would be on weekdays but Mandy says it's going to be on a Saturday and a Sunday. So I can't do it.

Joe But why not? Weekends are better than weekdays, aren't they?

Kelly Not for me. Look, on a Saturday I work for Mary on her market stall. I can't let her down. Anyway, I need the money. If I don't turn up, she'll find someone else to work for her.

Rachel And what about Sundays?

Kelly We haven't got much money. So Dad does a Sunday job and I look after Sam and Josie for him.

Leon You could see if someone else would look after them.

Kelly No. I don't want Dad to know about this. I'll tell him that the TV people want to use another girl.

Rachel But ...

Kelly Thanks, guys. But I've got to go.

Rachel I don't understand. If someone offered me two days of filming, I'd do anything to get there.

Joe So would I but Kelly's different. She's got her family to think about.

Rachel I know but it doesn't seem fair. This is such a big opportunity for her.

Leon There must be some way we can help her.

Joe I'll talk to her again after school tomorrow.

Leon Good luck.

Scene 2 01:46 35:36

Joe You used to want to be an actress so much.

Kelly I know.

Joe If I were you, I'd ask a friend to do your Saturday job and I'd ask Bernie if he could take the Sunday off.

Kelly No. I don't want to cause any trouble.

Joe Why should it cause any trouble?

Kelly Mary relies on me and I can't ask Dad to take time off. It isn't fair on him, Joe. We really do need the money. This is my stop, I'd better go. And thanks for trying to help.

Joe Leon, I've got an idea ...

Scene 3 02:47 36:58

Mary Yeah, that's fine.

Joe We really appreciate this.

Scene 4 03:34 37:25

Mary Oh, by the way, Kelly, you don't have to come the Saturday after next.

Kelly Have I done something wrong?

Mary No, don't be silly. I just thought you might like a day off. I can manage, really.

Kelly Oh, right. Well, I would quite like a day off actually, if you're sure?

Mary Yeah, that's fine.

Kelly Thanks, Mary. Great!

Scene 5 04:04 37:55

Bernie Oh, by the way, I'm not working the Sunday after next. You can have a day off.

Kelly The Sunday after next?

Bernie Uh-huh.

Kelly But that's ...

Bernie When you're filming.

Kelly How do you know the days? I haven't said anything. Who told you? Who's been ... ? ... and Mary. Someone must have told her. How dare they!

Bernie Kelly, calm down. You've got some good friends, you know, and it's no problem for me to take one Sunday off work.

Kelly But what about the money?

Bernie We can manage. It's only one day and it's worth it. You're a talented girl. Anyway, the TV company will pay you, won't they?

Kelly I hadn't thought of that.

Scene 6 05:17 39:07

Kelly Thank you, thank you!

All Well done!