

Video script

1 It's All About Me: Horse riding

Section 1 00:00 00:28

Emma Hi, my name's Emma Kent and I'm nineteen years old. And I live in a place called Dartford. I have a disability called Holt Oram syndrome. That means I have a problem with my heart. And as you can see, I have severely shortened arms.

I can do a lot of things for myself. But I do need help with some things. For example, I need help with opening cans, bottles of drink and some packets of food. If doors are heavy or difficult to open, I have trouble with those too. Thanks, Mum.

But one thing I can do really well is ride a horse. Thanks to my physiotherapist, Anita, I've been riding since I was eighteen months old.

Section 2 01:03 01:23

Anita Riding can help people with physical problems in a very special way. It can help with head and spine control. And also it helps to relax muscles. It will develop hand and eye co-ordination. It'll improve the circulation of the blood.

Above all, riding gives people a real feeling of achievement. And it helps them not to rely on other people too much.

Section 3 01:27 01:47

Emma I love riding. When I'm on a horse I feel free and creative. And I love communicating with my horse. It's important to be calm at all times and to respect your horse.

My horse's name is Gentle. I've had him for three months. He's ten years old and he's very kind and good tempered. He's also a very quick learner. He's already learnt loads of dressage movements. Dressage is when the horse moves around like this. And I think he's capable of learning a lot more.

If I continue to get better at riding, I think I will be good enough to deserve a place in the Great Britain squad. I really hope so!

2 Life Swap: A flight attendant

Section 1 00:00 02:47

Narrator Welcome to *Life Swap*! David Fenton is a graffiti artist. Stephanie Kent is a flight attendant. What will happen when Stephanie tries to become a graffiti artist? And David tries to become a flight attendant?

Stephanie Hi, David.

David Hi.

Stephanie Good to see you. Come on in. First thing you have to do is change into your flight attendant's uniform!

David Oh, no!

Section 2 00:41 03:27

Stephanie Come in, David. Right. Well, my airline likes us to look nice and smart. So before you can get on board the aircraft, you have to be checked by the flight attendant in charge.

Today I'm in charge. So if you'd like to stand over there, I'll make sure that you look neat and tidy.

Mmm, well, to be honest, you do look a bit of a mess. You must tuck your shirt into your trousers. And your hair looks terrible. You'd better comb it.

David Do you know where I can find a comb?

Stephanie I'm sure someone can lend you one. Let's go and see.

Section 3 01:32 04:18

Stephanie Your first job is to stand here by the door, David, and welcome the passengers as they come on board. Look at their boarding passes and show them where their seats are. OK?

David OK.

Stephanie Before take-off you must check that all luggage is in these lockers and that the doors are shut. And make sure all the passengers are wearing their seat belts. Then you have to tell the passengers about safety and what to do in an emergency. I'll show you.

David I don't think I'll remember it all.

Stephanie Don't worry. Have a go.

Section 4 03:24 06:10

Stephanie OK, um, well done.

Now, let's see how you do with the trolley.

OK. Now, these are the glasses. And the drinks are here. And everything else is in these drawers down here.

All you have to do is push the trolley along there,

ask the passengers what they would like to drink, and give it to them.

Remember to smile all the time. OK?

David OK. I'm not sure about the smiling, but I think I can do everything else.

Stephanie OK. Let's go. That's it.

OK, now I'll sit here and I'll be a passenger, so serve me a drink.

David OK. Would you like a drink, ma'am?

Stephanie Yes, please.

David Er. What?

Stephanie I'd like a tonic water, please.

David OK.

Oh my goodness! Um.

Stephanie Thank you. Well done, David. Now you have to get ready to serve the meal.

David Oh, no!

Phew, that was hard work! Could I have a coffee or something?

Stephanie Certainly, sir, I'll get you one. You deserve it.

3 It's All About Me: The riding centre

Section 1 00:00 08:35

Emma Hi. I keep Gentle near my home here at the Arrow Riding Centre in Dartford. And I come here for lessons three times a week. Lots of kids with different disabilities come here. The riding school is run by Valerie and Ken.

Valerie This is a large riding centre. We have fourteen horses here. We have a large riding arena with a viewing gallery, an outdoor riding arena, lots of pathways, and fields for the horses to graze in.

Ken Our youngest riders are 17 months old. Our oldest are adults. They all have some kind of disability. For example, some cannot control their heads or spine. Others have been in accidents.

Section 2 01:09 09:42

Valerie Emma is an amazing young woman.

Ken She's a fantastic example to other people here. They can see what she's achieved and that makes them want to do the same.

Section 3 01:23 09:56

Emma Mum and I start by grooming Gentle. Then we put bandages on his legs to protect them. Then we put on his saddle and bridle. And after that my trainer rides him to warm him up while Mum helps me put on my boots.

Then I practise various movements and exercises. When we've finished, I walk Gentle to warm him down. Finally, I take off his saddle and bridle and leave him to graze in the field.

Section 4 03:04 11:37

Emma I take part in a lot of riding competitions. Some are local competitions. Some are national. Sometimes I take part in international competitions, too.
As you can see, I've won quite a lot of awards.
But what would make me really happy would be to achieve my big ambition, which is to represent Great Britain in the 2012 Paralympics. With luck and hard work, hopefully Gentle and I will be there.

4 The Mag: An eco house

Section 1 00:00 12:28

Rebecca Hi, I'm Rebecca.

Anand And I'm Anand.

Rebecca Today, we've come to visit this house just behind us.

Anand Er ... what house would that be, Rebecca?

Rebecca The one behind this wall.

Anand There's a house behind it?

Rebecca Yes, and it's two storeys high. It's different from all the other houses around here because it's below the ground.

Anand It's also different because it's an eco house. The owner had it specially designed to be environmentally friendly.

Rebecca And it's always been important to protect the environment. We've come to meet the owner, Alex.

Anand He's going to show us around and tell us all about it.

Section 2 00:48 13:14

Alex Hi, I'm Alex. Come in.

Anand This house is amazing, Alex. Why did you build it?

Alex I've always wanted to build a house from scratch and install all the green energy systems that will make a difference. But I had to find the right place. Then I heard that this site was available.

Rebecca Did you have to get permission from the local council?

Alex Yes, we did, but it was easy because the house I've built is behind a wall and no taller than it. Would you like to look around?

Rebecca/Anand Definitely!

Section 3 01:31 13:57

Anand Hey, what's this?

Alex It's a slide.

Anand Can I have a go?

Alex Yes. And now I'll show you my favourite room in the house.

Rebecca Great!

Anand A swimming pool in your house!

Alex Yes, we have a lot of fun in here.

Anand And apart from the swimming pool, what are the special features of the house?

Alex Come and see. First of all, there has to be a lot of light in this house because it's underground. So it's very important to have all of these windows. And obviously the house looks very modern. It's quite different from the older houses around it.

This part of the house is a play area for the children. We've even got a climbing wall.

Section 4 02:32 15:00

Anand Can we see the eco features of the house now, Alex? The things that make it so environmentally friendly?

Alex Sure. OK, well, here you see taps like in any other kitchen. But this water doesn't come from the main pipes that supply the other houses. We have drilled a whole 100 metres below ground to find the natural water supply. What's more, we heat it ourselves.

Rebecca So you're completely self-sufficient?

Alex Not quite, but we use less energy than normal houses. Electricity is generated by those solar panels. I had them installed to save energy. Power is provided to heat the water, light the house and run equipment, including our electric car.

Anand An electric car doesn't pollute the atmosphere, does it?

Alex No, all our energy here is clean energy.

Rebecca And you've had grass planted on your roof?

Alex Yes, oxygen is put back into the atmosphere, just as if there was no house on this land at all.

Anand That's brilliant, Alex.

Alex I'm glad you like it.

Rebecca We do! I think we've just seen the house of the future.

5 Life Swap: A graffiti artist

Section 1 00:00 16:25

Narrator Welcome back to *Life Swap*!

Last time, Stephanie Kent helped David Fenton try her job as a flight attendant. Today, David is going to show Stephanie how to be a graffiti artist. David learned to do her job. What will happen when she tries to do his?

Stephanie How long have you been a graffiti artist, David?

David Twenty-four years! But I've been doing it professionally for five years now. I can't imagine doing anything else really.

Stephanie So why did you start doing graffiti?

David Through breakin', that's break-dancing. And I was amazed by the size and beauty of the first burners I saw.

Stephanie Burners?

David Yeah. That means a technical, stylish piece that's outstanding, generally done in bright colours.

Stephanie I'm hoping to learn a lot of new words today.

David Yeah, graffiti art is part of hip-hop culture and hip-hop culture has its own vocabulary too, like 'taggin', 'writin', 'piecin', 'bombin', and 'burnin'. It's a form of expression. The way I see it, it's a way of life.

Stephanie Wow, so there's a lot to it then. It's not just spraying names on a wall.

David That's right.

Stephanie So you've offered to show me some of the work that you've done. Can I see it?

David Yeah, sure. I've done all sorts: double-decker buses, caravans, camper vans and walls, of course.

Stephanie They're fantastic. I don't expect to paint anything like that.

David You never know until you've tried. Are you ready?

Stephanie OK.

David So the first thing you have to do is choose a name for yourself. We call that a tag. Mine's 'AKS'. I suggest choosing something that you can relate to.

Stephanie 'FLYE'?

David OK, that's great. That's how you're going to sign your piece when we're done. Now we're going to start to make a design.

Section 2 02:10 18:34

David A good 'writer', that's a graffiti artist, always draws a design first. Next, we 'line up'. That means taking a light colour and doing a rough sketch of the design on the board itself. Now we do the 'underfill'. That's a base coat of colours on the inside of the design.

Next, we do the 'borders' and 'backdrop'. That means everything that's outside the design. Next comes the 'overfill'. That's the detail and decoration of the piece. You can be as creative as you like with this.

Then you outline the piece, so that people can see it easily. Then you add the 'highlights' and 'shines'. Last of all, you sign your piece with your tag.

Stephanie Yay!

Section 3 04:02 20:27

David What do you think of your piece, Stephanie?

Stephanie I'm amazed. I didn't expect it to be so good. I've done a lot better than I thought I would.

David Yeah. You've done really well. It's great. Now you see why I enjoy teaching graffiti art, especially to young people. It gives them confidence in themselves and in their own creativity. And it can lead to jobs too. Graffiti artists can teach. They can design clothing labels, album covers for bands, even tattoos.

So what do you think, Stephanie? If you had to choose my job or your job, which would you choose?

Stephanie Mine. I'm better at being a flight attendant to be honest, but this has been brilliant. It's a fantastic form of art. I'd definitely like to do more one day.

6 The Mag: The White Horse

Section 1 00:00 21:31

Rebecca Hi!

Anand Hi!

Rebecca Today we've come to a small English village called Uffington to try to solve a mystery.

Anand The mystery of the White Horse of Uffington.

Rebecca How did it get here? And what is it for?

Anand But we're not talking about a real horse, are we, Rebecca?

Rebecca No. This horse has been cut into the grass on the hillside above the village.

Anand It's a fantastic shape, isn't it?

Rebecca Yes. And even though it looks modern it was actually designed thousands of years ago.

Anand So we're going to talk to Sharon Smith who runs the local museum here.

Rebecca Maybe she can help us.

Section 2 00:49 22:19

Anand Sharon, this isn't the only white horse on the side of a hill, is it?

Sharon Oh, no, not at all. There are quite a few in various parts of Britain. But the White Horse of Uffington is the oldest by a long way.

Rebecca Like, how old?

Sharon We think it must have been made in prehistoric times. About 2,500 years ago.

Rebecca Wow!

Anand Do you know who made it, Sharon? And why?

Sharon We think members of a prehistoric tribe must have made it. They might have wanted to show that this was their territory.

Rebecca But it's enormous!

Sharon Yes, it's the biggest in the country.

Rebecca So how did the tribe make it?

Sharon Well, that's really interesting. Some white horses are more modern and we know that they were made by removing the turf and exposing the white chalk underneath. But this one is different. Archaeologists think that the tribe dug trenches. They could have been up to one metre deep. Then they must have filled the trenches with crushed white chalk.

Anand I wonder how they managed to create that wonderful abstract shape.

Sharon Yes, it's really unusual.

Section 3 02:02 23:31

Anand We've heard that there are a lot of local myths about the White Horse, Sharon. Is that true?

Sharon Yes. One is that the horse leaves the hillside at night and goes down to feed in 'The Manger'. 'The Manger' is the name of that dry valley down there.

Rebecca What other stories are there, Sharon?

Sharon Well, you see that flat-topped mound over there? Let's take a look. Some say that the White Horse belonged to Saint George, the patron saint of England.

Anand The one that killed the dragon?

Sharon Yes. This mound is called Dragon's Hill and the legend says that Saint George killed the dragon here. See that bare patch of ground over there?

Anand/Rebecca Yes.

Sharon Nobody knows for sure, of course, but some people believe that this was the place where the dragon's blood was spilled. It's also said that the White Horse itself has special powers.

Section 4 03:04 24:34

Rebecca Some believe that the eye of the horse has mystical powers. They place simple offerings of flowers there to bring good luck.

Others turn round in the middle of the horse to wish.

What did you wish for?

Anand I can't tell you that. It might stop the wish from coming true!

7 The Hub: Joe makes mistakes

Scene 1 00:00 25:14

Mandy Right, everyone. We're going to perform our show in three weeks' time so Joe and I will organise extra rehearsals. Please make sure that you know when you have to be here and please be on time.

Scene 2 00:33 25:46

Joe I'll get back to you.

Mandy How are things going, Joe?

Joe Fine, thanks, Mandy. Everything's under control.

Right, we're in here, everyone. Oh!

Tutor Can I help you?

Joe I've got a rehearsal in here.

Tutor No, you haven't. I booked this room weeks ago.

Joe Ah! Sorry. Right, go back upstairs, everyone. We'll have to rehearse in the corridor.

Chris Again!

Joe OK. One, two, three, go. Music! Where's the music?

Technician Sorry, Joe. We'll have to run that again.

Joe OK. Back to the top, please. Ready? Right. One, two, three, go. Music! Keep still.

Technician Sorry, Joe, the sound ...
 Joe I should have explained. This is where you play the music.
 Technician Joe, the sound system has broken down.
 Joe Well, sort it out then. All right, leave the stage!

Scene 3 02:58 28:09

Kelly Joe! They shouldn't have done that.
 Joe It doesn't matter. They're behaving like babies.
 Kelly Is there anything I can do to help? I mean ... I think you're trying to do too much.
 Joe No, I can manage. Thanks.
 Kelly But Joe! The thing is ... you're making mistakes and you're being rude to people. Everyone's talking about it.
 Joe So what? I'm not worried about a bit of criticism, Kelly. I'm not paranoid. Tell you what. Why don't you get on with your acting, OK? And I'll get on with my directing.

8 The Hub: Joe needs help

Scene 1 00:00 29:47

Joe OK, everyone. Quiet. Quiet! Right. The way I see it, we have a problem. Some of you were talking and whispering in rehearsals. Some of you were making fun of me and even making fun of each other.
 It's not a good way to behave and it's bad for our show. I want you to concentrate really hard. And do what I ask, please.
 Chris Can we suggest things? You know, have ideas of our own?
 Joe No, I want you to do as you're told, Chris. You should respect the director.
 Chris You mean you?
 Joe Yes, that's right. Come along.
 Chris Actually, he's the assistant director.
 Rachel Oh, be quiet, Chris.
 Chris Keep your cool, Rachel. Otherwise, your friend Joe will get cross with you.

Mel I can't believe this has happened.
 Joe OK ... hold it there. Well, to be honest, that wasn't great. You all look miserable and tired. I want to see more excitement on the stage. And more comedy. Much more comedy.

Scene 2 02:00 31:46

Leon We all look miserable and tired because we are miserable and tired.
 Rachel The problem is no one enjoys Joe's rehearsals.
 Kelly I tried to talk it over with him, but he wouldn't listen. He's so determined to be right all the time.
 Rachel And let's face it. He's not very sensitive.
 Leon So are we just going to sit back and do nothing?
 Kelly No, he's our friend. We should help him as much as possible and stick up for him. It's all we can do.
 Leon OK. Let's give it a go.

Scene 3 02:40 32:26

Leon Hey, Chris. Leave it out, will you?
 Chris Ooh, listen to Leon! He's having a tantrum.
 Leon No, I'm not. I'm just asking you to stop making a fool of yourself. That's all.
 Chris Me? What about you?
 Leon Chris, if you had a brain cell, it would die of loneliness.
 Joe Leon! I asked you to concentrate. And here you are fooling around. Get out!
 Rachel But Joe ...
 Joe Be quiet, Rachel. Go on, Leon. I don't want you in here.
 Kelly I want to talk to you, Joe. Will you come outside, please?

Scene 4 03:32 33:18

Kelly Joe, you have got to listen! There's something I want to say. Everyone knows you're making mistakes, but you won't admit it. And you're being rude to people. So no one likes you

any more. Your friends – me, Rachel, Leon – we want to help you, but you won't let us. Leon was trying to support you in rehearsals just now. And what do you do? You send him out. What's the matter with you?

Joe You don't understand, Kelly. I'm doing a difficult job.

Kelly Don't bite my head off! I do understand. I know it's a difficult job and that's why people are offering to help you. But you're being bossy, bad-tempered and insensitive. I think that's just because you don't know how to do the job. I think you're frightened.

Joe I've never directed a play before, so obviously I'm going to make mistakes.

Kelly So why not do the intelligent thing and ask for people's help instead of pretending that you know all the answers?

Joe I know. I know. I just didn't want people to think I was weak. What do you think I should do?

Kelly Well ... You should start by saying 'yes' when people offer to help you. And you should listen to other people's ideas. Encourage people in rehearsals instead of always criticising them. And you could start today.

Joe Thanks, Kelly. I don't know what I'd do without you.

Scene 5 05:28 35:14

Joe Leon ... I'm really sorry. I got that completely wrong.

Leon Thanks! Don't worry. We all make mistakes sometimes. Even me!

Joe Thanks. Hey, Chris. I wonder if we could talk about those ideas of yours.

Chris Yeah, that would be great.