



## **Swim4Life Introduction video transcript**

EXTERIOR: A NON-SPECIFIC BACKGROUND OF GREENERY AND TREES.

OUR YOUNG PRESENTER, SAM, POPS INTO FRAME AND BEGINS TO SPEAK. THE CAMERA IS HAND-HELD THROUGHOUT. WE CUT QUICKLY FROM ONE LINE TO ANOTHER – EACH IN A DIFFERENT LOCATION.

SAM TAPS THE LENS

**SAM**

Okay, now listen up.

CUT TO ANOTHER EXTERIOR BACKGROUND

**SAM**

It's been brought to my attention that some people just aren't getting wet enough!

CUT TO AN EXTERIOR SHOT OF A FULLY-DRESSED MAN. WE DRENCH HIM WITH A BUCKET OF WATER.

**SAM**

No, not like that.

CUT TO A CLOSE-UP OF SAM IN THE POOL

**SAM**

I'm talking about swimming!

CUT BACK TO OUTSIDE

**SAM**

So who are these people?

SHE STANDS NEXT TO A LINE OF ADULTS, AS THOUGH SHE'S INSPECTING THEM.

**SAM (VO)**

Grown-ups!

SHE LEANS INTO CAMERA IN FRONT OF THEM AND GIVES US A QUIZZICAL LOOK

**SAM**

Hmmm

CUT TO A LOCK-OFF SHOT LOOKING DOWN AT THE POOL. SAM IS SWIMMING AROUND IN DIFFERENT PLACES AS SHE DELIVERS EACH LINE

**SAM**

You know, it's really important for us kids to be active everyday.

**SAM**

Cos we're happiest when we're up and about.

**SAM**

Having fun.

**SAM**

And burning off all our excess energy

CUT TO A BRIEF SPEEDED-UP SEQUENCE OF SAM SWIMMING ABOUT AND HAVING FUN

CUT TO SAM SITTING AT THE SIDE OF THE POOL

**SAM**

But lots of kids risk growing up with dangerous levels of fat in their bodies.

SHE'S NOW POOLSIDE WITH A WHITEBOARD. WE SPEED UP A SHOT OF HER WRITING THE 3 DISEASES

**SAM**

Which can lead to cancer, type 2 diabetes and heart disease when you're older.

CUT TO A SHOT OF THE WATER'S SURFACE. SAM POPS UP FROM UNDERWATER AND DELIVERS THE NEXT LINE

**SAM**

So swimming is an ideal way for us to keep active and healthy.

CUT TO A MONTAGE OF DIFFERENT FAMILY GROUPS ENJOYING THE  
ACTIVITIES.

SAM (VOICEOVER)

We've got loads of great ideas for you to join in with – even if you can't swim at all.  
Great games for everyone.

SHE'S NOW POOLSIDE. SHE'S MAGICALLY STANDING ON THE SURFACE OF  
THE WATER

**SAM**

That are dead simple.

WE'RE NOW IN THE WATER WITH SAM. AFTER THE NEXT LINE, SHE  
SUBMERGES

**SAM**

You don't even need to get your hair wet if you don't want to!

SHE NOW SPEAKS UNDERWATER

**SAM**

But it's much more fun if you do!

WE CUT BACK TO SAM SITTING ON THE SIDE OF THE POOL

**SAM**

So come on!

SHE BECKONS US

**SAM**

What are you waiting for?!!

SHE GETS UP AND LEAPS INTO THE POOL – WE CUT TO A CLOSE-UP OF HER  
LAUGHING FACE AS SHE EMERGES FROM THE WATER AND WE FREEZE-  
FRAME.

**SAM (VO)**

Kids need to be active for 60 minutes every day, but it doesn't have to be all at once.

Check out the videos of some great games you can play together in the water.

**ENDING**

Search for 'Change4Life' online or call 0300 123 4567 for tips and information on  
more ways you can be active.

## **Swim4Life Games transcripts**

### **What's The Time Mr Wolf? video**

One person – the wolf - stands with their back to everyone else on the other side of the pool. Everyone shouts... “What’s The Time Mr Wolf?” and moves forward however many steps the wolf shouts out. So if the wolf says 2 o’clock everyone moves forward 2 steps. Just like this. Got it? After a few goes, the wolf’s response is... “Dinner Time” and they try to catch someone before they get back to the other side. That person then becomes the wolf.

### **Ring-a-ring of Roses video**

For this one, all you have to do is form a circle and sing the nursery rhyme. When it gets to “we all fall down”, duck your head right under the water and get really wet.  
Easy!

### **Swimming Through Legs video**

See if you can swim underwater through someone’s legs. If that gets too easy, try two people’s legs and get them to keep moving away from each other after each go.  
Great for practicing your underwater swimming!

### **Roly Poly video**

How many roly polys can you do? One, two or even three? Try it backwards as well!

### **Over and Under video**

Just like the party game where everyone stands in a line and passes a balloon backwards - but this time you’re standing in the pool and passing any small object or ball - either over your shoulder or through your legs. When it gets to the person at the back, they move to the front of the line and start again. It’s even more fun if you can form two teams and have a race!

### **Simon Says video**

One person is Simon and tells the others what to do beginning with “Simon Says..” Like this. At some point, they give an instruction without using “Simon Says” like this and anyone who follows the instruction is out. The game continues until there’s one person left. Make the most of being in a pool as you play by ducking under the water or splashing about!

### **Fishy in the Middle video**

One person is the “fishy” and at least two others throw a ball to each other. If the fishy catches the ball, the person who threw it, goes in the middle and the game continues.

### **Balancing Game video**

Well away from the sides, sit on a swimming float or two and see how long you can stay on before falling off and making a big splash! Great fun!

### **Treasure Hunt video**

Get some pool toys and drop them to the bottom. Then dive down and pick them all up. When you can do that, spread them further apart or even have a race to see who can collect the most!

### **Deep Dive video**

This one’s all about diving down and touching the pool floor. Hey, that’s me on the left!

### **Underwater Humming video**

One person thinks of a tune, ducks under the water and hums it! Yes, you will be able to hear it! The other person has to guess the song and then think of one themselves!