

Active 30 Transcript

Amanda Healy, Director of Public Health, Durham County Council

So, our Active 30 program in County Durham helps children and young people and their families to take part in 30 minutes of moderate or vigorous physical activity every day, either at home or in school.

We know how important physical activity is for children and young people's health not just their physical health but their emotional health and well-being too.

During the pandemic it's been a real challenge and we've had to be really creative, so we've developed new resources that children can access online and use in the home setting and now new physical resources that can be used at school.

I know how important physical activity has been to people during the pandemic, and it's been important to me too, and it's really encouraging to see that we've had over 76 schools sign up to Active 30.

Those schools are really helping to commit to positive healthy behaviours of children, young people, and our families, which is helping with healthy communities, and hopefully that will be sustained from children young people going into adulthood.

We really want to have as many schools signed up to Active 30 as possible and in the coming year, we've got some exciting new developments and would really ask people to check out our social media pages and our website to see what's coming next.

We'd like to see every school in County Durham signed up during the academic year 2021/22 so please click on the link below so you can see how you can get involved and thank you once again to everyone who's already involved for their commitment, massive achievement and great stuff, thank you well done.

[TEXT: Active 30 Durham Use this 10-minute Active Blast with KS1 children during the school day to get young people moving. Healthy, Happy, Active -get involved]

David, DCC Activity Coordinator

[Activity coordinator stood in front of children taking in part in outdoor activity]

So, guys, David's going to come up with some rhymes today. Alright, I will shout a number and we are going to perform, alright, some activities around that number. So, I'm going to come up with some silly rhymes, so you really need to listen.

[David and children running on the spot]

Number One run along.

Lovely stuff, well done guys, still pumping the arms

Ok, brilliant, oh like it down here, you two are fantastic.

[David speaks to a child]

You look at me as you're doing it. Brilliant, yeah.

[David stops run]

And relax.

Number two, you know what's coming. Touch your shoe.

[David touches his shoe, followed by the children]

And number two, touch your other shoes.
[David touches both shoes, followed by children]

Number two, touch both shoes.
[David touches his other shoe, followed by the children]
Brilliant.

Number one, skip along
[David skips, followed by children]

Give David a big smile.
[David looks at the camera man]
Give Olie a big smile, where's he gone, there he is.

[David skips, followed by children]
Skip along on the spot
Number two touch your shoe.
[David touches his right shoe, followed by the children]

Number Three touch your knee.
[David touches his right knee, followed by the children]

Number Three touch your other knee.
[David touches his left knee, followed by the children]

Number three, touch both knees.
[David touches both knees, followed by the children]

Brilliant, and Number One, can we jump along.
[David jumps, followed by the children]
So, take off our two feet land on two feet. Can anyone touch the clouds?

[David jumps followed by children]
Give it a go!

Big jumps for David, thank you.
[David walks around the field looking at children as they jump]
Oh, lovely jumps down here. Let's have a look at you lot at the back, wow what a lovely jump young man, well done!

Great stuff can we have two more jumps, big jumps yes, brilliant stuff guys! Like it!

Number Three, touch your ...
[David stops speaking and lets children answer 'shoe']

Number Three, touch your ...
[David stops speaking and lets children answer 'knee']

Number One a little jog along, just nice, and easy
Number Four sit on the ...
[David stops speaking and lets children answer 'floor']
[David sits on floor, followed by children]

You're good you mind.
Number Three touch your knee.
Number Two, touch your shoe
[David touches shoe, followed by children]
Number Two, touch both shoes
[David touches both shoes, followed by children]
Number One, can you hop along
[David hops, followed by children]
On the floor, its going to be on foot, ha just like that.
[David hops, followed by children]

To help you, some of you might find it helpful to keep your arms out like this okay give it a go!
[David stretches arms out wide while hopping]
Keep your arms out like this, give it a go.

Oh, we've got a young man there who's flapping and he's hopping in a circle.
Well done you lot, brilliant.
Stay close to your bean bag though, stay very close to your bean bag.

Lovely stuff what a class this is, brilliant. And relax, eyes on David.
Give me a big smile, not bad.

Number Five can we twist and jive. Show me your Saturday night dance moves you lot.
Oh, I like it, fantastic over here, yeah.
[David move towards a group of children at the edge of the field]

Yeah fantastic, twist and jive.
[David moves to back of the group]
Let's have a look at the back there, keep twisting and jiving. Lovely stuff.

Number Four sit on the floor.
[David sits on floor, followed by children]
Number Five twist and jive.
[David twists and jives followed by children]
Come on, show me your cool dance moves. Think of your own dance moves this time, you don't have to copy David. Show your dance moves
[David points to a child]
Yeah, I like this young man, well done down there. Fantastic dance moves.
Ok, remember to stay close to your bean bags.

Lovely, Number Three, touch your ...
[David leaves a gap for the children to answer 'knee' then he touches his knee, followed by the children]
Touch both knees

Number Two touch your shoes. Your two shoes, brilliant.
[David touched his shoes followed by the children]

Number One, little jog along.
[David jogs, followed by the children]

Nice guys, brilliant. This time, I want you to pick up your bean bag please.
Lovely, listen *[David speaks over children's chatter]* don't fiddle around with it, keep it close, well in your hands if you can guys, keep it on your hands not your head.

Good man, well done. [David speaks to a child]

So, what we're going to do this time, oh, David needs a bean bag for this one.

Number Six, and I don't want you to do anything yet but you're going to show David some tricks.

So, Number Six, show me some tricks.

If I was doing this with you, I might show some fancy tricks like that. I might bring the bean bag round my body. [David passes bean bag around his body]

I might try balance it on my head. [David balances bean bag on his head]

So, you're going to try some fancy tricks if you can but make sure guys you always have the bean bag somewhere on your body. I don't want it flying round the school. Alright, you're going to stay where you're at.

I like that young man, trying to balance it on your chest, that's a fancy trick.

So, number six, show me some tricks Neville's Cross.

Show me, I like it, lovely little catch there, well done. [David walks towards a boy balancing a bean bag on his chest]

Oh, I've got one on the head and she's doing some little squats there, I like it.

[David points to a girl with bean bag on her head] [David bounces up and down with bean bag on his head]

[David moves around the group describing their moves]

So, we've got a dancer here with a bean bag on his head. Fantastic, lovely tricks.

Like that young man, so he's going from left to right, yes like it.

Wow I've got a hopping, some hopping down here and he's going round the other leg. Like it, well done.

Oh, a little tuck of the chin, I like that one as well. [David tucks bean bag under his chin]

Let's have a little look at the back. Like it, fantastic.

Show David your last trick for Number Six show me your last trick.

Oh, I'm going to balance it on my neck, I think. [David balances bean bag on back of neck]

Like it, well done. [David balances on one leg]

Nice, and relax guys.

Keep the bean bag in your hand. Now we're all going to put it in our hands. We'll do the rest of this activity with the bean bag in our hands, ok.

So, Number One, run along. [David runs on the spot, followed by the children] Go!

We're running along with a bean bag in our hands.

Number Two, with your bean bag, touch your shoe.

[David touches his shoe with a bean bag, followed by children]

Number Three, with your bean bag, touch your knee.

[David touches his knee with bean bag, followed by children]

Number Four sit on the floor.

[David sits on floor, followed by children]

Number Five, twist, and jive. Number Five, twist and jive.

[David twists and jives, followed by children]

Can we, Number Five, twist and jive with a bean bag on our head. Give it a go

Woah, not bad.

[David twists and jives with a bean bag on his head, followed by children]

Number Six show me one trick. Number Six show me another trick.

[David passes the bean bag around his body]

And we haven't had a Number Seven yet have we so keep hold of your bean bag

[David talks to children]

Number Seven, you're not going to let go of your bean bag but you're going to pretend for this one. So, Number Seven, pretend to throw your bean bag to heaven. Number Seven throw your bean bag to heaven, but don't let go of your bean bag whatever you do.

Nice, fantastic. Some of us are going under arm.

[David pretends to throw bean bag underarm]

Some of us are going over arm which is fine. *[David demonstrates overarm throw]*

[David speak to a child] Oh, so you're doing that. Are you going to try and get it to heaven oh, you're winding it up there, I like that one. Don't let go of your bean bag remember.

[David laughs]

And relax, Number Six, show me your tricks.

Number Five, twist and jive.

Number Eight, now Number Eight, what we going to say, we're going to pretend, I don't know, there's a little gate in front of you. So, if David shouts Number Eight, you're just going to do a little jump over the gate.

Ok, so Number Eight, jump over the gate. *[David demonstrates activity]*

Wow, Number Eight jump over the gate. Lovely stuff.

Number Zero pretend to be a superhero. You're just going to run on the spot.

Like it guys, brilliant.

So, a superhero, just do it where you are, don't run around just do it on the spot where you are. Lovely.

And a little bit faster superheroes, and fast as you can superheroes.

And relax.

Number Four sit on the floor. *[David sits on floor followed by children]*

Fantastic, guys that was brilliant.

If I had longer with you today what we would do for the next lesson, you lot would come up with some fancy rhymes of your own. Alright, so David has come here today with lots of different rhymes. You would come up with your own so David's not coming up with them all the time. So, what I'm going to say, the last one of the day, keep hold of your bean bags and its going to be *[inaudible]* Behind Harriet can we stand in a line. So, number nine, Harriet you come here.

Joe Armstrong, Children and Young People Coordinator, County Durham Sport

The Active 30 hub provides a centralised bank of resources for parents and schools to help provide inspiration to get our young people active. We want our young people in County Durham to have the best start in life and physical activity plays a key part in the mental, physical, and emotional wellbeing of young people as well as in academic learning.

The Active 30 hub covers an age range of early years to secondary schools and we've recently added a Get Active in the Holidays section for parents to take advantage of outside of school time. With a real mix of local and national partners there's something for everyone on the hub.

