

## Ready, Sett, Go video transcript

[Audio: Instrumental music throughout]

A graphic appears on screen with a light blue background and four drawings of different coloured badgers. One green, red, black, and blue. Text on screen reads 'Durham County Council's Ready, Sett, Go programme'. The thrive logo is also on screen.

A series of clips show a group of children playing with the multi-coloured parachute inside a sports hall. The range of video clips, shows some close shots of the children, the group sitting around and then underneath the parachute and waving it up and down.

[Audio: male voice over]

'Durham County Council's early years Ready Sett Go programme uses physical activity and play to develop children's fine and gross motor skills. These skills are important for a child's fundamental movements but also contribute to a wider range of developments such as writing and communication. The programme contributes to the early year's foundation stage statutory framework. Taking part in the programme will help the children embed an active lifestyle through childhood and into adulthood, reducing the risk of obesity and associated health risks.'

Another series of clips shows the children weaving in and out of cones with a ball and racquet, crawling and picking up specific objects.

We then see more clips of the children waving the rainbow parachute up and down, with close shots of the children and wide shots of the group.

The children are then see hopping up and down on one leg and stretching with staff members in the sports hall. Text on screen reads:

'What is Ready Sett Go

- Free
- Nursery and reception
- 10 weeks of delivery by Ready Sett Go
- Staff training
- Free bag of equipment
- 20 Brock the Badger resource cards
- Parent celebration day and take-home packs.'

[Dean Tinkler, Community Wellbeing Coordinator (start & develop well)]

'It was the last of twenty games so there all based on playing with the parachute, playing cat and mouse. It's a celebration event so the kids all got a certificate at the end to say that they completed the ten-week programme.'

As Dean is speaking, a series of clips show the children hiding under the parachute and receiving their certificates.

[Mrs Storey, Peases West Primary School]

'Our children and our staff have really enjoyed the programme. The staff have gained a lot from it, they've been able to see how we can use the cards and bring in new activities. So, the programme has made a big difference in our setting, so I'll be using it all the time. So, I'm going to use it weekly, I've already started planning from it.'

As Mrs Storey speaks, a range of clips that show the children carrying out different activities play. Showing the children with the staff playing with the parachute, balancing with bean bags and receiving their certificates.

[Chris Shield, Community Wellbeing Coordinator (start & develop well)]

'Yeah, so today we've been in South Moor, St. Marys in Stanley. We've been doing the Ready, Sett, Go parent's session. The celebration event where we bring the parent's, grandparents, aunties, uncles whoever can be available. We come in and show them the games that we've been playing, some of the games that we play during the programme but what we've also done today which is really fun on the parent celebration event, is we get the parents to join in or the adults who they're able to bring and their reaction to be fair, has been fantastic.

Clips play as Chris talks to the camera, showing the children and parents taking part in the activities together.

[Mrs Chapman, St. Marys Catholic School]

'The staff and children have really enjoyed the programme. They've been very enthusiastic in all the sessions, all the activities were brilliant, well organised, good use of resources and Chris and Kieron they've a strong bond with all the children and encouraged them to develop and we've seen huge progression with all the children.

As Mrs Chapman speaks, clips of the children play showing them taking part in a series of balancing, coordination and running activities with other children and also staff members.

[Parent, St Marys Catholic School]

'I think it brings out the confidence in them. Also, I've found with Jacob he's a lot more physical than he was beforehand. It's actually made him want to go back to his football, so yeah, I think confidence is the key really.

Clips of the children play showing them taking part in a series of balancing, coordination and running activities with other children and also staff members.

[Mrs Williams, Our Lady And St Joseph Brooms RCVA Primary School]

On entry, some of the children were presenting with some difficulties with gross motor skills. Taking part in this programme has helped improve their coordination, their balance which has in turn impacted on their learning in the classroom in terms of correct posture when they're writing. There has been mathematical elements in the programme, where children have been able to practise their counting skills which has increased their confidence, and this has been observed in the continuous provision within the classroom.

Clips of the children play showing them taking part in a series of balancing, coordination and running activities with other children and also staff members.

[Male voiceover]

'Research shows physical activity can help children in a lot of ways such as'

A graphic appears on screen that lists the text below as the male's voice reads them aloud.

- 'Improving behaviour, self-confidence, and social skills
- Develops Co-ordination
- Improves Health and Fitness
- Helps them sleep better
- Improves attention levels and performance at school
- Strengthens muscles and bones
- Maintains healthy weight
- Improves mood and makes them feel good'

\*\*ends\*\*