

Picks of the day

PENNY MEYRICK

COMEDY: Comedy Classics: On The Buses, 10.35pm, ITV1

Chance for a family vote on whether they really do or don't make 'em like they used to – sitcoms, that is. First up is this warm-hearted look at a much-loved favourite that London Weekend Television ran for a remarkable 74 half-hour episodes in the early Seventies. A vintage episode, Brew It Yourself, follows. Just in case the decade that style forgot is before your time, the show centres on three blokes who work for a bus company. Stan (Reg Varney, right, centre) is the cheeky, cheerful driver, his happy-chappy mate Jack (Bob Grant, far right) is the conductor, and the bane of their lives is the stickler of an inspector, "Blakey" (Stephen Lewis, right), who's always after the pair of them.



FACTUAL: The Sex Education Show, 8pm, C4



All we need to know about sex, from sexually transmitted diseases, to the truth about childbirth and the best contraceptives. Amid fears over today's promiscuity rates and resulting pregnancy and disease, Anna Richardson (left) sets out in this six-part series to offer a much-needed wake-up call. Her confident, genital-warts-and-all approach is serious but unsquirmingly attractive, and while most parents will not expect their teenagers to watch it with them, there's much we could all learn from Anna.

AWARDS: The National Movie Awards, 8pm, ITV1



Enjoy a slice of Hollywood glitz with the second movie awards ceremony, hosted this year by James Nesbitt (left) from London's South Bank Centre. The major difference with these honours is that they are decided by the public, who this year have made their choices between movies such as Mama Mia!, Sex And The City, The Dark Knight and Indiana Jones. Look out for previews of up-and-coming cinema releases.



FILM: Brief Encounter 3.15pm, Film4

★★★★★

Close the curtains and curl up on the sofa with a box of paper hankies and a nice cup of tea for this moving, touching and ultimately noble romance directed by David Lean and written by Noël Coward. Celia Johnson and Trevor Howard (right) play the middle-aged married housewife and doctor who discover passionate love – but realise they must deny it for the sake of their families. Perfect.

