

# *The Rainbow Book*

*A collection of physical, emotional and creative activities to support all Black Country children and young people experiencing a Rainbow Hour every day.*

*October 2021*



Black Country  
**Rainbow  
Hour**

## What is the Rainbow Booklet?

This Rainbow booklet has been designed as part of the **Black Country Rainbow Hour Campaign** which seeks to provide all children and young people with access to one hour of wellbeing and physical activity each day.

This booklet provides a range of wellbeing and physical activities for children, young people and families to participate in across the summer holidays.

This booklet will be updated regularly with new activities for each of the 7 rainbow strands.

<b>Red</b>	Games Activities
<b>Orange</b>	Health and RSE Activities
<b>Yellow</b>	Move More Activities
<b>Green</b>	Outdoor and Nature Activities
<b>Blue</b>	Mental Wellbeing and Mindfulness Activities
<b>Indigo</b>	Personal Challenges and Competition Activities
<b>Violet</b>	Themed Celebration and Creative Activities

All activities within this Rainbow Booklet follow the concept of the 3C's and are deliverable whilst following national guidance around social distancing:

- Allowing **Communication** (helping with healing and coping).
- **Consistently** applied to support young people's need for routine and consistency.
- Activities that give pupils a sense of **Control** which prevents them from being consumed by emotional reactions.

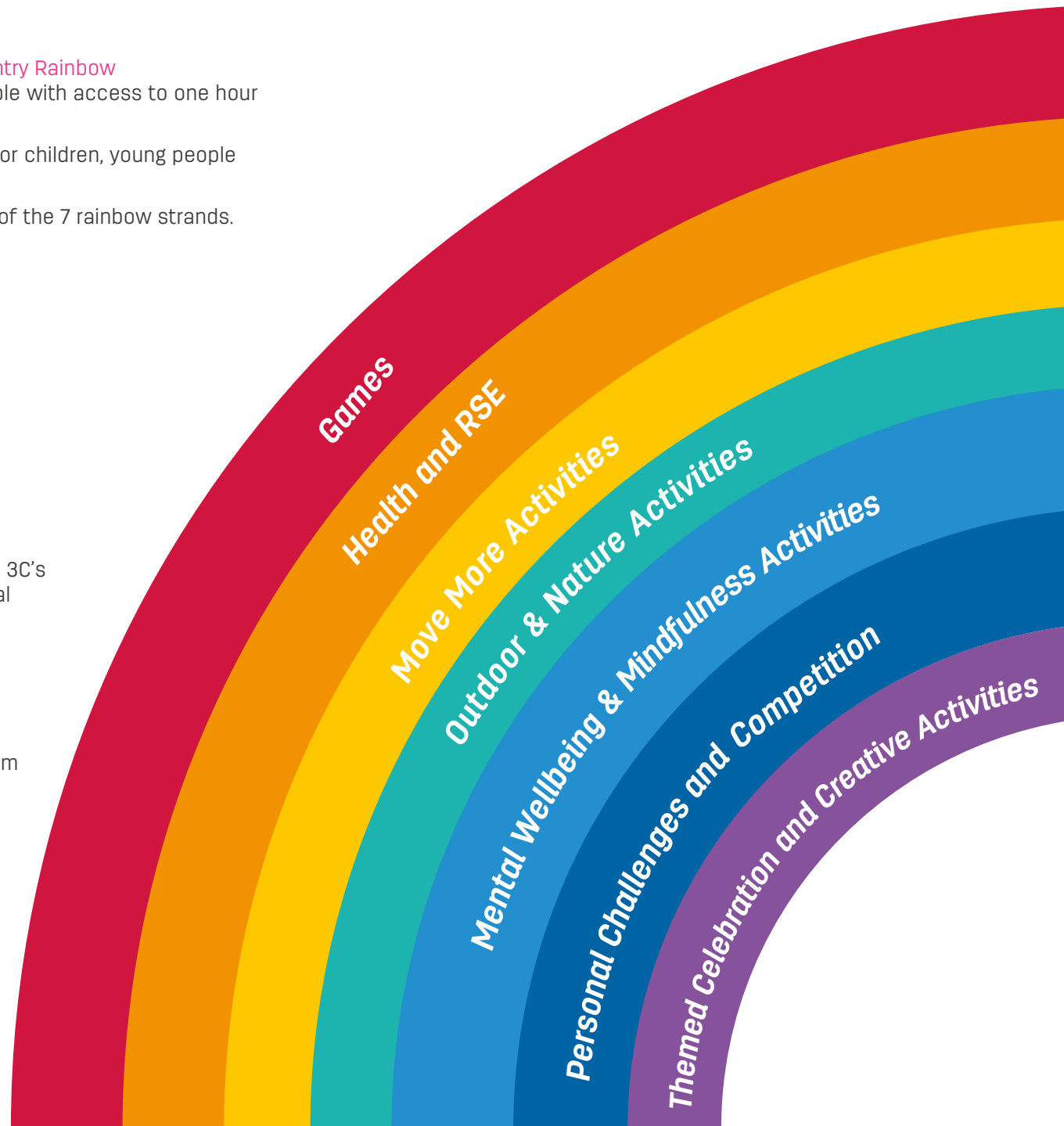
## Who is the Rainbow Booklet for?

**For schools:** To help plan your delivery of the Rainbow Hour each day or to share, either electronically or as a printed pack, with parents to share at home.

**For Parents:** The pack is designed to make sure your household can experience your schools' Rainbow Hour everyday too!

## Where can Rainbow Hour activities be done?

This booklet has been designed so all activities can be done safely at school or at home. Where you see the house symbol, this means activities can easily be done in the home.



# STEP

All activities provided can follow the STEP principles to develop and offer progression.

When undertaking each activity consider the below changes to make it easier or more difficult:

## Space

- Make it bigger/smaller
- Make it wider/thinner
- Change the shape of the space
- Make it closer to the ground
- Make it away from the ground
- Have your own space or area

## Task

- Make it easier/harder
- Have more/less time to complete the task
- Have more/less tasks to complete
- Start before/after everyone else
- Get more/less points for completing the task

## Equipment

- Make it Smaller/Bigger
- Make it Lighter/Heavier
- Make it predictable/unpredictable
- Increase the range for the task
- Choose your own Equipment

## People

- Have someone to help you
- Have more/less people in your team
- Work with/compete with others
- Choose someone to work with/against
- Take on a different role

# Games

A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending

## Runders Small Games - Runders



### Runders

A team game that emphasises accurate underarm throwing and catching, and improves running technique



**E Equipment:** 1 ball • 1 bat • 4 posts and bases

#### Variations

- Vary distance between fielders
- Alter size of pitch
- Make Batters go around more than once
- Batters run round individually (relay)

Credit:



Small Games Cards - Runders

[www.roundersengland.co.uk](http://www.roundersengland.co.uk)



#### Safety Point

Position fielders away from Batters

• Use ball appropriate to group

#### How to play

- Recommended number of players = 12 (6 v 6)
- Can be played with more or less
- Batting Team: on 'go' run from batting square around pitch to 4th Post in a 'train'
- Rounders rules: no overtaking
- Last 'carriage' touches 4th Post and shouts 'stop'
- Fielding team: Make two railway lines
- Throw ball underarm as shown
- Count catches until 'stop'
- Teams change over
- Most 'catches' wins



#### Focus Questions

What is the best technique for cornering?

•

How could you include players with varying skill levels?



#### Coaching Opportunities

Observe running technique

•

Introduce team work between fielders

•

Practice throwing & catching

Small Games Cards - Runders



# Games

A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending

## Rounders Small Games - Up and Back



### Up and Back

A game where Batters have to select which post to go to



**E Equipment:** 1 ball • 1 bat • 3 posts and bases • Batting Tee • 1 floor marker

#### Variations

- Batter self hits
- If Batter caught they are out
- Vary the fielding skills, i.e. they can only roll or kick the ball
- Place posts nearer the Batter
- Place posts further away from the Batter
- Players work in pairs and add up their total score

Credit:



Small Games Cards - Up and Back

[www.roundersengland.co.uk](http://www.roundersengland.co.uk)



#### Safety Point

Ensure that the Fielders do not interfere with the Batter running between floor marker and the post

#### How to play

- Recommended number of players = 5 (4 v 1)
- Each player takes it in turns to be the Batter while others are Fielders
- The Batter hits the ball off the Batting Tee anywhere into the field of play before running up to a post and back from the floor marker
- Each Batter has three hits before the next player takes over as Batter
- Different posts are worth different points
- The Fielders have to throw the ball back to the floor marker where one of their team-mates has moved to catch it
- Two points are deducted if the Batter is caught running between the posts, i.e. the ball is thrown back to the floor marker before the Batter gets there



#### Focus Questions

- How can you trick the Fielders so that they don't know where you are going to hit the ball?
- When will you risk going for more points?
- How can you work together to best cover the space available to the Batter?



#### Coaching Opportunities

- Explore different options for batting to maximise scoring
- Maximise by fielders

Small Games Cards - Up and Back

# Games

A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending

## Lacrosse - Bench Ball



# BENCH BALL

Credit:

[www.englishlacrosse.co.uk](http://www.englishlacrosse.co.uk)

ACCURATE THROWING

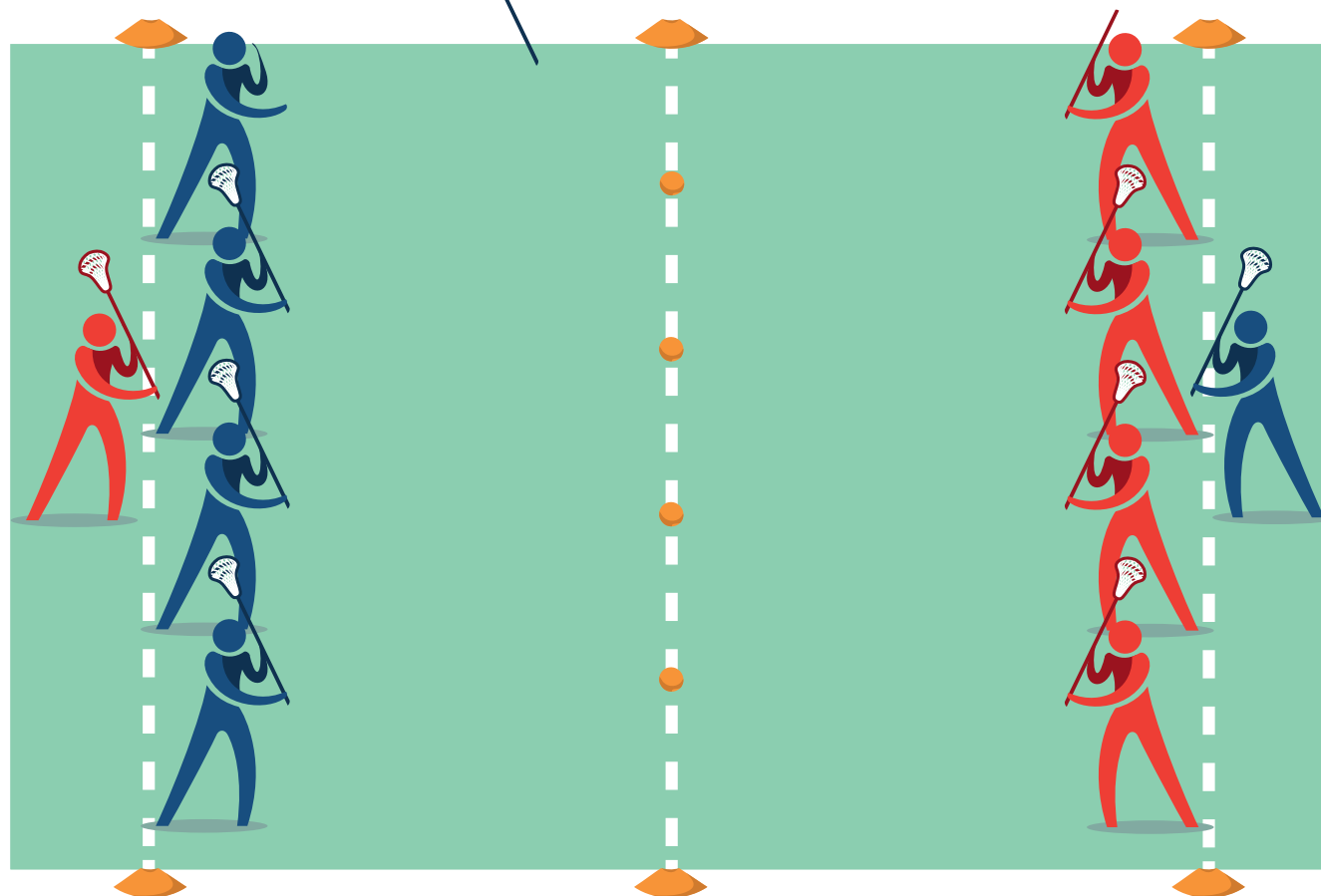
SUCCESSFUL CATCHING

DEVELOPING SCOOP

### INSTRUCTIONS

- Teams of 5–6 players
- Position the cones 15m – 20m apart, set-up is like Benchball/Dodgeball
- Players cannot cross halfway until successful pass is made to zone
- The winning team has all players in end zone
- All balls must be in play at all times. Catchers roll the balls back into play

### EQUIPMENT



# Games

A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending

## Lacrosse - Pressure Box



# PRESSURE BOX

Credit:

[www.englishlacrosse.co.uk](http://www.englishlacrosse.co.uk)

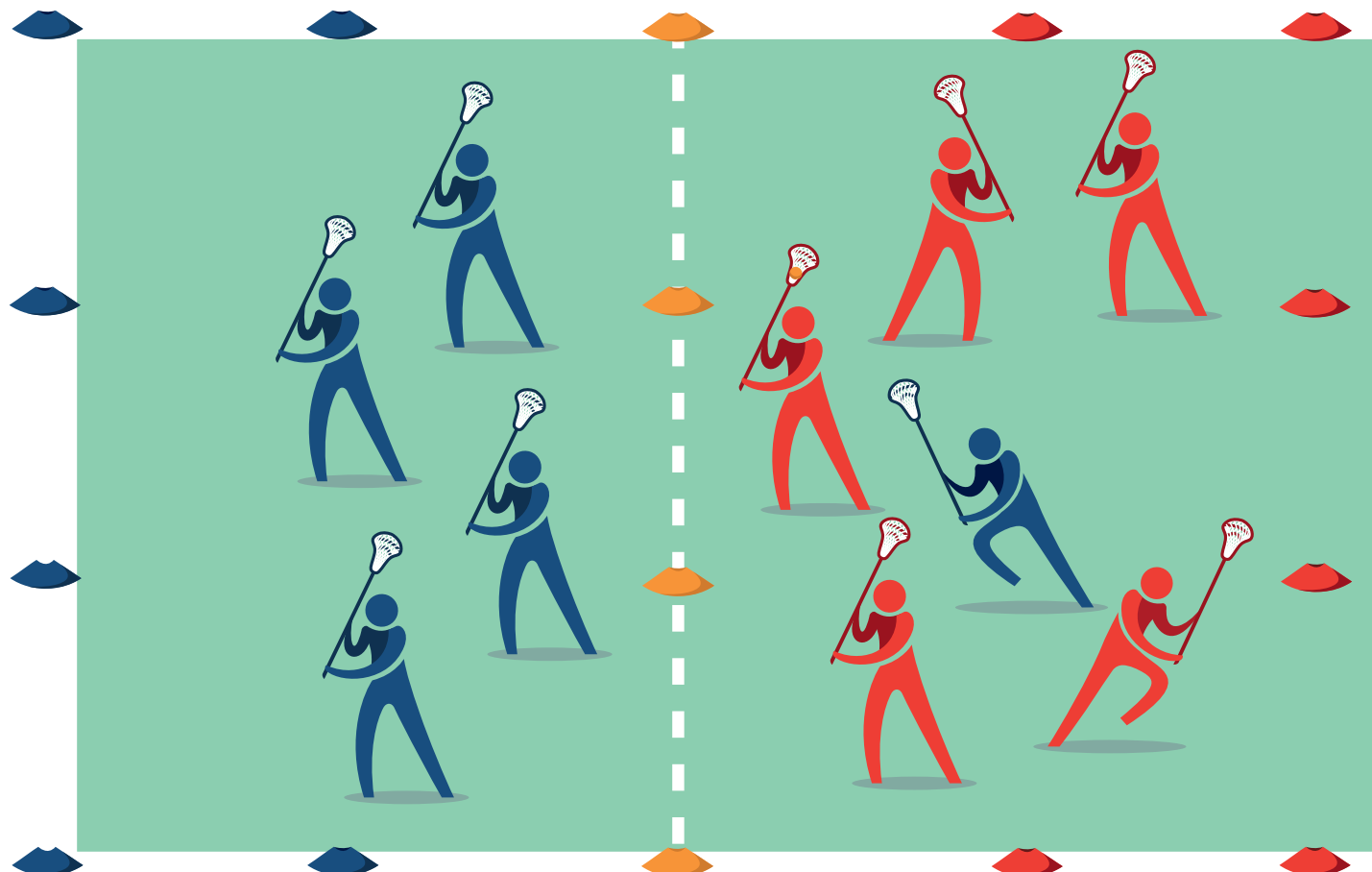
**QUICK PASSING**

**FINDING SPACE**

### INSTRUCTIONS

- One team starts with the ball and aims to complete 5 passes
- On completing passes, 1 opposition player joins to try and intercept the ball, if intercepted defender takes ball to their area
- If unsuccessful, other team start again. To win 5 passes achieved with all opponents in their half

### EQUIPMENT





# Games

A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending



## *Orienteering - Netball Numbers*

### Equipment required

- Map of court being used, i.e. netball court.
- Cones to act as control points (with punches/crayons/numbers or questions).
- Master map courses – with cones/courses marked on (and answers if applicable if course adds up).
- Map with cone locations marked on – enough for each competitor or team.
- A card with space for answers, e.g. space for punching, writing the number etc.
- Stopwatch/whistle to start and finish competition.
- Once you have established these courses they can be used many times by different classes.

### Think tactics

- Competitors need to be as quick and as alert as possible.
- Competitors need to know where they are at all times.

### Quick rules

- Start at the start point and finish at the finish point.
- Make sure you visit all of the points that are marked on the map in the correct order.
- Fill in the correct information that you find at each control point.
- Have your answers checked after you have finished.

### Health and safety

- Recognise the dangers of running with a map.
- Avoid pushing or bumping into other competitors when running in an enclosed space.
- Players must stay away from the competition area unless it is their turn.
- Avoid wearing anything that may cause danger to opponents; this includes caps, jewellery and other sharp objects.
- Ensure appropriate run off exists around the court; this avoids any momentum causing them to run into walls or doors.
- Ensure the area is dry and object free at all times.

### Spirit of the Games: Excellence through Competition

- Develop respect and trust between yourselves and for others. Encourage the involvement of young people with cognitive or learning difficulties using a safe and familiar sports area.





# Games

A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending



## *Orienteering - Netball Numbers continued....*

[www.yourschoolgames.com](http://www.yourschoolgames.com)

### Quick introduction

Netball numbers is a fast paced competitive introduction to orienteering, reinforcing the skills of map orientation and accuracy to complete a course in the order stated on a map.

### Getting started

- Find a court with markings and place cones on a series of points on the court.
- Using a diagram of the court as the basis of a map, draw on a course linking a set number of cones. Make sure you include a starting point and a finishing point. Examples can be downloaded from the British Orienteering website. See [www.britishorienteering.org.uk/page/schools](http://www.britishorienteering.org.uk/page/schools)
- Using the same layout of cones, you can draw on separate maps different competitive courses by linking the cones in a different way.
- Competitors are given a map of a course. Keeping the map orientated as quickly as possible they must go to the cones in the order it states on the map, adding up the points along the way.
- Once they have found each cone and added up the total the answers must be checked to ensure they are correct.
- The competition can be run as an individual competition or as a team/relay competition.

### Hints and tips

- A plan of a football pitch, badminton court, all weather pitch or similar provides a variation.
- Even a playground can be used with their lines/markings.
- Get the children to draw their own mapped area on which to do the competition.

### Leadership and volunteering opportunities

- Encourage young leaders or older pupils to set courses for a competition by planning and placing cones on the court markings and drawing these locations on a blank court map.
- Encourage them and support competitors.

### Officiating

- Setting up the course/s.
- Timekeeping.
- Checking answers.
- Be at start/finish points to ensure the smooth running of the competition.

### Think inclusively

#### STEP Space

- Consider using a hard surface when including SEN/disabled athletes.

#### Task

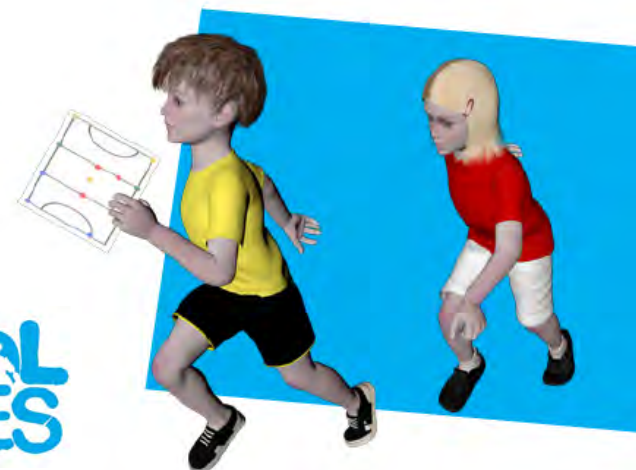
- If appropriate create a shorter or simpler course within the regular course. Add additional controls if required.

#### Equipment

- Use letters instead of numbers to create this word.
- Create a tactile map that visually impaired athletes can access. Use spots or tactile markings instead of cones for SEN/disabled pupils.

#### People

- Ensure appropriate teams compete against each other.
- Allow visually impaired athletes to work with a guide.
- If beneficial allow SEN/disabled pupils to work in teams.



# Health and RSE

A range of activities to support pupils relationship and health education.

*Odd Socks Day - 15th November*



We'll be wearing odd socks with the **Anti-Bullying Alliance** and their patrons, **Andy and the Odd Socks**, on **Monday 15<sup>th</sup> November** for **Odd Socks Day**. Will you?



**Odd Socks Day** 

**#AntiBullyingWeek**  
**#OddSocksDay**





# Health and RSE

A range of activities to support pupils relationship and health education.

## Introducing the Dog, Duck and Cat Trust



The Dog, Duck and Cat (DDC) Trust provides educational, preventative and harm minimisation resources for use with children aged 0 – 9 with a core focus on promoting safety and developing resilience. The DDC characters were originally created in 2008 and were designed for key stage 1 and 2 pupils to deliver messages around alcohol, medicines and tobacco. The Trust now provides a broad suite of fun, interactive and age-appropriate stories, supporting session plans and teaching resources for children aged 0 – 9 across topics including:

- school readiness
- being a good friend and understanding healthy relationships
- staying safe (household products, medicines, road, dog, car, water, sun, online, etc.)
- building resilience and coping skills
- preventing exploitation and bullying
- dealing with bereavement
- developing empathy and awareness

The Trust has also designed resources in the programme so that they can be used outside of school to promote quality time between parent and child, as this is proven to increase attachment and resilience. The opportunity for parents, carers and guardians to access the stories and resources with their children at home also enables schools to engage with the community on important issues and 'continue the learning' outside of school. Once a school has signed up to the programme, all relevant stories and resources can be accessed free of charge by parents, carers and guardians via the Trust website.

The resources and materials are designed to be used by teachers, professionals and anyone that works with a child and wants to help them to achieve the best possible outcomes in life. We are always looking to develop new materials, so if you have any suggestions as to new topics to cover or would like to work with us to develop these, then we'd love to hear from you!

**Download the full flyer here.**

Please visit the Dog, Duck and Cat Trust website for more information about our work, including access to some free resources and details of how to sign up for these cost effective materials. Contact us: [www.dogduckandcat.co.uk](http://www.dogduckandcat.co.uk) Email: [info@dogduckandcat.co.uk](mailto:info@dogduckandcat.co.uk)

Twitter: [@dogduckcat](https://twitter.com/dogduckcat)

Facebook: [@dogduckcat](https://www.facebook.com/dogduckcat)

# Health and RSE

A range of activities to support pupils relationship and health education.



## TasteEd - Touch - Textures of Corn



Children will explore touch. They will discover, by feel alone, which vegetable is in the bottom of a sock. If you have it, they can try sweetcorn in different forms, discovering textures and tastes. They will learn about how sweetcorn grows.

### Before you start you need:

For touching: A range of fruit and veg with different textures - anything you happen to have - and some long clean socks.

E.g. onion, pepper, apple, carrot, corn on the cob. Anything will work but steer clear of soft or soggy things such as berries or tomatoes.

**For tasting:** Ideally fresh corn on the cob and/or baby sweetcorn or a can of sweet corn. If you can't get hold of this then explore the textures of fruit and veg you do have in the house.

### Hint:

Put the individual fruit and veg in the bottom of the socks before you start, so your child gets to guess what they are.

One fruit or veg per sock!

### Golden Rules:

While you are doing the TastEd activity, no one has to like any of the food or even to taste it (including parents!).

### Let's get started:

Let's wash our hands?

Use soap and warm water.

Wash your hands for as long as it takes to sing Happy Birthday two times!

We are going to focus on using our sense of touch.

What part of our body do we use to touch food?

Yes, we can touch food with our hands...but we also touch it with our mouths when we eat it. The feeling of food in your mouth is called texture or mouthfeel.

Did you know that our sense of touch is actually our largest sense organ?

- In an adult, the sense of touch is about 1.5 to 2 metres square, as big as a large bath towel!
- Your sense of touch includes:
  - All of your skin
  - Your tongue
  - Muscles
  - Nerves

Often when we say we don't like the taste of a food what we are really talking about is the texture.

Do you like grated carrot or carrot sticks best?

They taste almost the same but the texture is different. If you don't like a vegetable, maybe you just haven't found a way of preparing with a texture you enjoy.





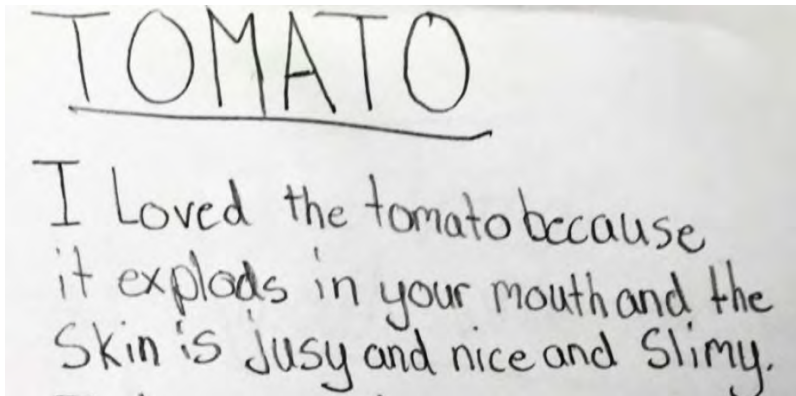
# Health and RSE

A range of activities to support pupils relationship and health education.



## *TasteEd - Touch - Textures of Corn continued....*

How do you feel about the texture of a tomato? Here is what one child wrote:



To stay healthy, we should choose foods with many different textures. What food textures do you like? Can you say why?

When we feel food with our hands, it gives us a clue about how the texture of the food will feel in our mouth. We are going to play a touch game with some different food using some socks!

Do you think you can recognize a food by touch?

Inside the socks are different fruit and vegetables.

Reach inside... what do you feel?

Credit: [www.tasteeducation.com/](http://www.tasteeducation.com/)



# Health and RSE

A range of activities to support pupils relationship and health education.



## *TasteEd - Touch - Textures of Corn continued....*

Even if you don't know the name of the fruit or vegetable, can you describe what you feel? Here is what one child wrote.

It felt bumpy like the  
playground. It feels flaky  
like an onion. It feels rough  
like a tree. It feels smooth

They were feeling a fruit called a pomegranate.

Did you feel some sweetcorn with your hand inside the sock?  
Did it feel bumpy?  
Do you think it will feel bumpy if we eat it too?



The texture of vegetables changes with the seasons. Vegetables have the crunchiest and most delicious texture when they are in season and fresh from the ground, like this corn on the cob which is in season in the U.K. in the late summer. What do you notice about the corn when it is growing?



**Sweetcorn Growing**

When fresh corn is growing, it looks green not yellow because it has a green husk around it. Before we can eat the yellow corn, we need to remove the green husk.



# Health and RSE

A range of activities to support pupils relationship and health education.



## *TasteEd - Touch - Textures of Corn continued.....*

Do you know the word for the little yellow bits of the corn?



The little yellow bits are called kernels.

When you eat canned or frozen corn, the kernels have already been taken off the corn cob.

Did you know that the proper word for corn is maize?

Maize is one of the most important crops in the world.

As well as being eaten as a vegetable, it is used as a flour..and to make popcorn!



Have you ever eaten fresh corn on the cob?

When we cook sweetcorn, the texture will change. The little kernels may go softer (if we boil the corn) or it may go crispy at the edges (if we barbecue it). Corn can also be ground up into flour and used to make tortillas which are very popular in Mexico. These have a very different texture from fresh corn.



Corn on the cob



Barbecued corn



Corn Tortillas

Sweetcorn comes in many textures. It can be canned or frozen, cooked or raw. It can be baby corn or whole corn on the cob. Let's try some different types of corn and describe the texture. What do you notice? (If you don't have sweetcorn why don't you try some different foods that you have in the house.)

If you don't want to taste the food you can smell it or lick it and write about that instead.



Credit: [www.tasteeducation.com/](http://www.tasteeducation.com/)

# Health and RSE

A range of activities to support pupils relationship and health education.



## *TasteEd - Touch - Textures of Corn continued....*

If you have some fresh corn, take a cob and a mixing bowl and a table knife. Stand the cob in the bowl and carefully strip off the kernels from top to bottom.

What do the raw kernels look and feel like when you strip them off the cob?

One child said 'they look like a crocodile's skin'. Another child said 'they feel squishy like bubble wrap'.



Can you write down which textures you noticed and whether you liked them?



Here are some texture words. Did you notice any of these textures today:

- Dry
- Squashy
- Soft
- Crunchy
- Hard
- Lumpy
- Chewy
- Juicy
- Wet
- Bobbly

If you have time, you could draw a picture of corn on the cob. Your corn picture doesn't have to be yellow. Look up Mexican corn on the cob on the internet and you will see that in Mexico, corn can be purple or red, brown or gold.



For more information, visit: [www.tasteeducation.com/](http://www.tasteeducation.com/)

Email: [info@tasteeducation.com](mailto:info@tasteeducation.com)



# Health and RSE

A range of activities to support pupils relationship and health education.

## Fruity Flapjacks



### Ingredients:

- 100g Butter
- 100g Honey
- 50g Mixed Seeds
- 100g Dried Fruits of Choice
- 250g Porridge Oats
- 1 Egg
- Cinnamon

### Method:

- Melt the butter and honey in a pan over a low heat and mix until combined.
- Take the pan off the heat and mix in the oats and seeds until well combined.
- Gently stir in a pre-whisked egg.
- Add your dried fruits and cinnamon and mix well.
- Press your mixture into a deep dish baking tray or ceramic dish.
- Bake at 180c for 18 - 25 mins until golden brown.



### Nutritional Information:

**Honey** - fantastic substitute for raw sugar. honey has miraculous healing properties, claiming that it can prevent cancer and heart disease, reduce ulcers, ease digestive problems, regulate blood sugar, soothe coughs and sore throats, and increase athletic performance.

**Seeds** - Seeds are great sources of fiber. They also contain healthy mono unsaturated fats, polyunsaturated fats and many important vitamins, minerals and antioxidants.

**Fruits** - Well, we all need our 5-a-day! a great source of natural sweetness.

**Oats** - Oats are among the healthiest grains on earth. They're a gluten-free whole grain and a great source of important vitamins, minerals, fiber and antioxidants.

**Eggs** - the protein power-house, Vitamin D & Choline, a great aid to bone health, immune system function, metabolism and liver function.

**Cinnamon** - the antioxidants in cinnamon have been found to have great anti- inflammatory effects. it's also a fantastic tool for gut health.



Credit:

**THE PE AND SCHOOL**  
SPORTS NETWORK

[www.lpessn.org.uk](http://www.lpessn.org.uk)

# Health and RSE

A range of activities to support pupils relationship and health education.

## Carrot and Lentil Soup



### Ingredients:

- 600g Carrots
- 140g Split red lentils
- 2tsp Cumin seeds
- 1tsp Turmeric
- 2tbsp Olive Oil
- Pinch chilli flakes
- 125ml Milk
- 1l Vegetable stock

### Method:

- Heat a large saucepan and dry-fry 2 tsp cumin seeds and a pinch of chilli flakes for 1 min, or until they start to jump around the pan and release their aromas.
- Scoop out about half with a spoon and set aside. Add 2 tbsp olive oil, 600g coarsely grated carrots, 140g split red lentils, 1l hot vegetable stock and 125ml milk to the pan and bring to the boil.
- Simmer for 15 mins until the lentils have swollen and softened.
- Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer)
- Garnish with choice of toppings.



### Nutritional Information:

**Carrots** - Carrots are a particularly good source of beta carotene, fiber, vitamin K1, potassium, and antioxidants. They're a weight-loss-friendly food and have been linked to lower cholesterol-levels and improved eye health.

**Red lentils** - lentils are low in calories, rich in iron and folate and an excellent source of protein. They pack health-promoting polyphenols and may reduce several heart disease risk factors.

**Cumin seeds** - naturally occurring substances that work as antioxidants, Has anticancer properties, May help treat diarrhoea, Helps control blood sugar, Fights bacteria and parasite, Has an anti-inflammatory effect, May help lower cholesterol, Aids in weight loss.

**Turmeric**- Turmeric and its powerful ingredient, curcumin, have a range of health benefits. Antioxidants have the potential to prevent heart disease, eye conditions and Alzheimer's. Anti-inflammatory properties can help people with arthritis. Turmeric may even reduce the risk or spread of cancer.

**Olive oil** - Olive Oil is rich in healthy monounsaturated fats, contains large amounts of antioxidants, has strong anti-inflammatory properties, may help prevent strokes, protective against heart disease, olive oil is not associated with weight gain and obesity.

**Milk** - It's packed with important nutrients like calcium, phosphorus, B vitamins, potassium and vitamin D. Plus, it's an excellent source of protein. Drinking milk and dairy products may prevent osteoporosis and bone fractures and even help you maintain a healthy weight.



Credit:

**THE PE AND SCHOOL**  
SPORTS NETWORK

[www.lpessn.org.uk](http://www.lpessn.org.uk)



# Move More Activities

Supporting the development and use of a range of movement patterns helping all children and young people to be physically active for sustained periods of time.

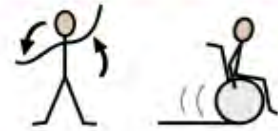


YOUTH  
SPORT  
TRUST



Believing in  
every child's  
future

## Physical Activity Bingo - Makaton Version



move move



play



hide and seek



balance



move-over



dribble



dance



try



new sports



squat

or



sit-forward



bounce



ball



towards



wall



throw

or



kick

at



target



perform-gymnastics

### How to play:

- Once you complete a physical activity tick it off.
- If you are finding some of the activities hard, change them or have a rest and then continue.
- If you are finding the activities easier why not challenge yourself and think of ways to make them harder.
- When performing the activities make sure that you always try your hardest and have fun.

### Achieve Gold

Complete all the activities on the card



### Achieve Silver

Complete a horizontal or vertical line of activities



### Achieve Bronze

Complete three activities from the card



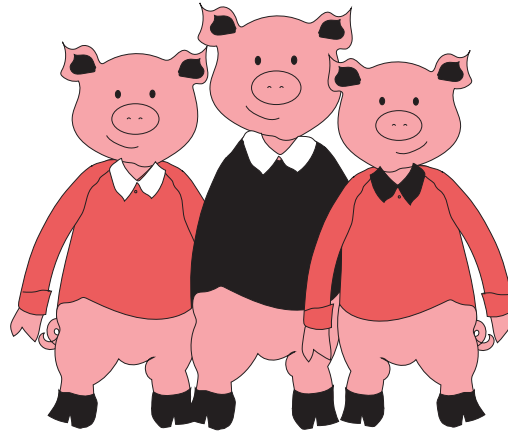
# Move More Activities

Supporting the development and use of a range of movement patterns helping all children and young people to be physically active for sustained periods of time.

## Three Little Pigs - Starting our Journey

### Structure

- Pupils are going to experience the journey of a little pig looking for their new home.
- Ask pupils to create a movement that represents a pig waving bye to their mum.
- Can pupils explore different ways they could use their bodies to demonstrate how they would wave goodbye?
- Allow pupils time to explore how they would move on their journey to finding their new house. What different ways of moving can pupils create?



Pupils focus on creating one movement that represents a little pig.

Pupils create two or three actions that represent the three little pig.

Champion dancers move with control, respond to the rhythm and move in relation to the music.

Pupils will explore creating movements that represent 'The three little pigs'



Can pupils move their bodies with big actions?



Can pupils experiment moving in different ways?



Can pupils listen to others ideas?



Can pupils travel with confidence?

### ? Key Questions

- Can we perform with big clear actions?
- Who is moving with control?
- What movements can we create for our pig on our journey?
- Can we add two or three movements together?

Courtesy of:





# Move More Activities

Supporting the development and use of a range of movement patterns helping all children and young people to be physically active for sustained periods of time.

## Impossible Frisbee 5

Are you looking for a fun game to play outside?



Credit:



'Impossible Frisbee 5',  
is a game that Cat made up,  
but the animals had lots of fun  
on the field playing it!

**Why don't you give it a go?**  
Follow these instructions...

It's not as easy as it sounds!

**Have fun!**

Visit their website to discover more stories  
and activities for you to enjoy!

[www.dogduckandcat.co.uk](http://www.dogduckandcat.co.uk)

# Move More Activities

Supporting the development and use of a range of movement patterns helping all children and young people to be physically active for sustained periods of time.



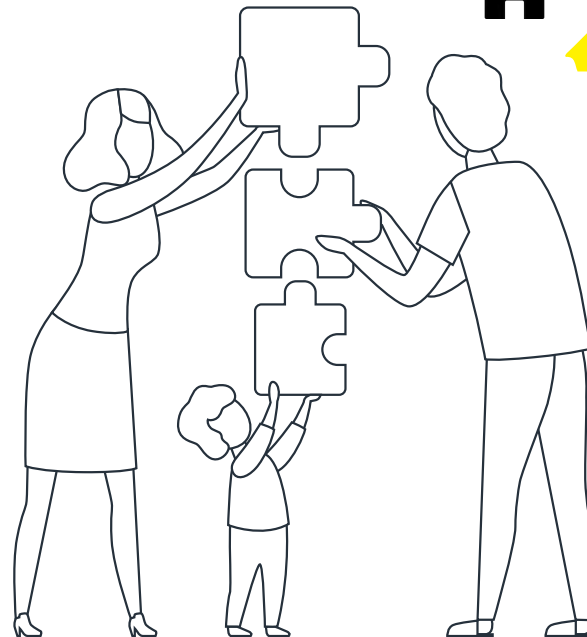
Credit: Youth Sport Trust



#Together

## JIGSAW AND ARROWS

Combine the fun of a scavenger hunt with the challenge of puzzle solving.



### How to play:

- Use a large puzzle or create one by cutting up a picture into pieces.
- Set out a trail using the image as inspiration.
- Place the pieces in envelopes around the trail (like controls in orienteering).
- Keep a look out for the controls, take the piece and follow the arrows to the next control.
- Visit all the controls and see if you can piece together the jigsaw.

#### THINK INC

*Include alternative routes around rough or sloping ground for those with mobility impairments.*





# Move More Activities

Supporting the development and use of a range of movement patterns helping all children and young people to be physically active for sustained periods of time.



## #Together



## BINGO

Complete an activity and tick it off the list!



Go for gold:  
complete all  
the activities



Super silver:  
complete a  
horizontal or  
vertical line



Brilliant bronze:  
complete one  
activity per line

JUMP up and down in a space 40 times	PLAY musical statues	RIDE a bike, scooter	BALANCE on a part of your body for 60 seconds	JUMP or MOVE over a pillow 40 times	PLAY hide and seek
HOP, JUMP or STAND on the spot for 60 seconds	BALANCE in a plank position	PASS a ball around your waist or head 25 times	BALANCE an object on your head	KEEP a balloon in the air for 60 seconds	PERFORM 50 star jumps
COMPLETE 20 shuttles (running, walking or moving)	SKIP or MOVE for 2 minutes	ROLL a ball across a table 10 times	PERFORM 40 of the same type of jumps	CREATE and complete an obstacle course	THROW or ROLL an object into a target 10 times in a row
DRIBBLE a ball in and out of objects	PERFORM 40 squat jumps / sit forwards	THROW or ROLL a ball against a wall or with a sibling	MOVE and complete 10 laps of your house or garden	PERFORM 40 jumps	PLAY a new game with a sibling, parent or carer
PERFORM 30 push ups	PERFORM dance movements	PERFORM a short fitness workout	PERFORM 30 sit ups or lean forwards	PERFORM a gymnastics routine	INVENT and play a new game

# Move More Activities

Supporting the development and use of a range of movement patterns helping all children and young people to be physically active for sustained periods of time.

## Noughts and Crosses

### Structure

- In pairs, layout nine cones in rows of three. The cones need to be the same colour.
- Each pair has five cones, these need to be the same colour.
- Pupils run and place one of their cones on top of the cones in the grid.
- Pupils cannot place one of their cones on top of another pupils cone. The first pupil with three cones in a row is the winner.



Pupils will create effective tactics and execute these as a team.



### Key Questions

- What makes an effective team?
- What are the characteristics of an effective team member?
- What strategies and tactics can we use?
- Do our tactics change depending on our opponent?
- Do our tactics change depending on the score?



Place the markers closer together.



Non verbal communication only, no speaking.



Pupils are not allowed to move their cone once that have placed it down.



Can pupils complete the challenge?



Can pupils identify the attributes of a successful team?



Can pupils work against others collaboratively?



Can pupils consistently try their hardest?

Courtesy of:





# Outdoor & Nature Activities

Providing outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage children and young people to work in a team, building on trust and developing skills to solve problems, either individually or as a group.

## Love Exploring WalkingApp



The Love Exploring app is now available at many of our Black Country parks and open spaces.

**FREE** to download, Love Exploring puts the power of discovery in your hands by providing a range of discovery games and guided tours that are fun to do and free to use.

With the current Covid-19 pandemic, getting outside and being active has ever been more important. The Love Exploring app can give you ideas for family activities and suggestions on exploring on your own if you fancy a bit of 'me' time.

The Black Country parks currently available on the app are:

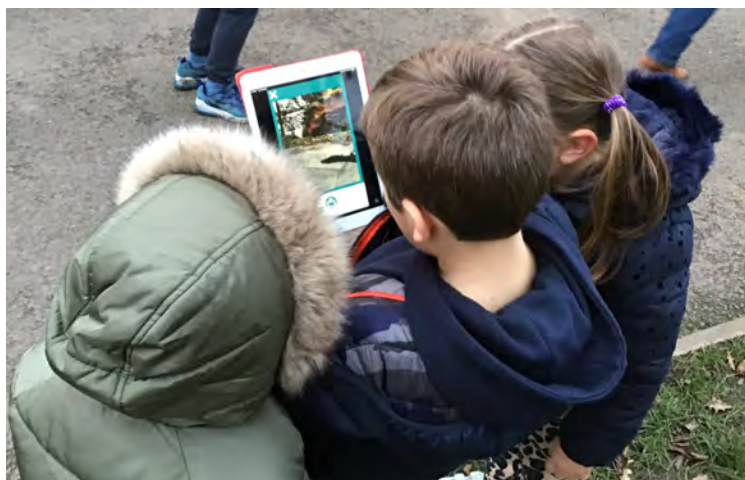
- Silver Jubilee Park, Dudley
- Walsall Arboretum
- Willenhall Memorial Park
- Swannies Field, Walsall
- West Park, Wolverhampton
- Sandwell Valley Country Park
- Brunswick Park, Sandwell
- Victoria Park, Sandwell
- Barnford Park, Sandwell
- Lightwoods Park, Sandwell
- Warrens Hall Nature Reserve



The app include maps, guided tours  
and discovery games.

Download the app at:  
[www.loveexploring.co.uk/  
#download](http://www.loveexploring.co.uk/#download)

Please don't visit these spaces if you're suffering with  
symptoms of coronavirus



#BlackCountryRainbowHour



[blackcountryrainbowhour.co.uk](http://blackcountryrainbowhour.co.uk)

# Outdoor & Nature Activities

Providing outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage children and young people to work in a team, building on trust and developing skills to solve problems, either individually or as a group.

## Pebble Poems



Be a pebble poet!  
Get creative and make up your own poems.

You will need:

- Lots of flat pebbles, large enough to write on
- Chalk or a marker pen

1. Write one word on each pebble. You'll need a good mix of words, so think about:

**Nouns** – people, places or things like wellies, squirrel, and forest

**Adjectives** – words that describe things, like cool, magical and red

**Verbs** – doing words like climb, splashed and jumping

**Adverbs** – words that describe actions like slowly, loudly and happily

Don't forget words like the, in and a.

2. Arrange the pebbles to create a poem:

3. Have fun swapping the pebbles about and mixing them up to create new poems!



Why not pick a theme for your poems, like trees, animals, or fairies?

Feel free to copy and share this for personal and educational use –  
and don't forget there are loads more brilliant activities to download on our website!

[woodlandtrust.org.uk/naturedetectives](http://woodlandtrust.org.uk/naturedetectives) | 0330 333 5301 | [naturedetectives@woodlandtrust.org.uk](mailto:naturedetectives@woodlandtrust.org.uk)



Credit:





# Outdoor & Nature Activities

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## Tree Stump Snare Drum



### Tree stump snare drum Create your own woodland drum!

Find a tree stump and tap out a beat using two sturdy sticks.

Try different sizes and shapes of stumps, and hollow and mossy logs.

Can you hear a difference in the drumbeat?



**Decorate your drumsticks! Paint them bright colours, or add patterns to them.**

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Credit:





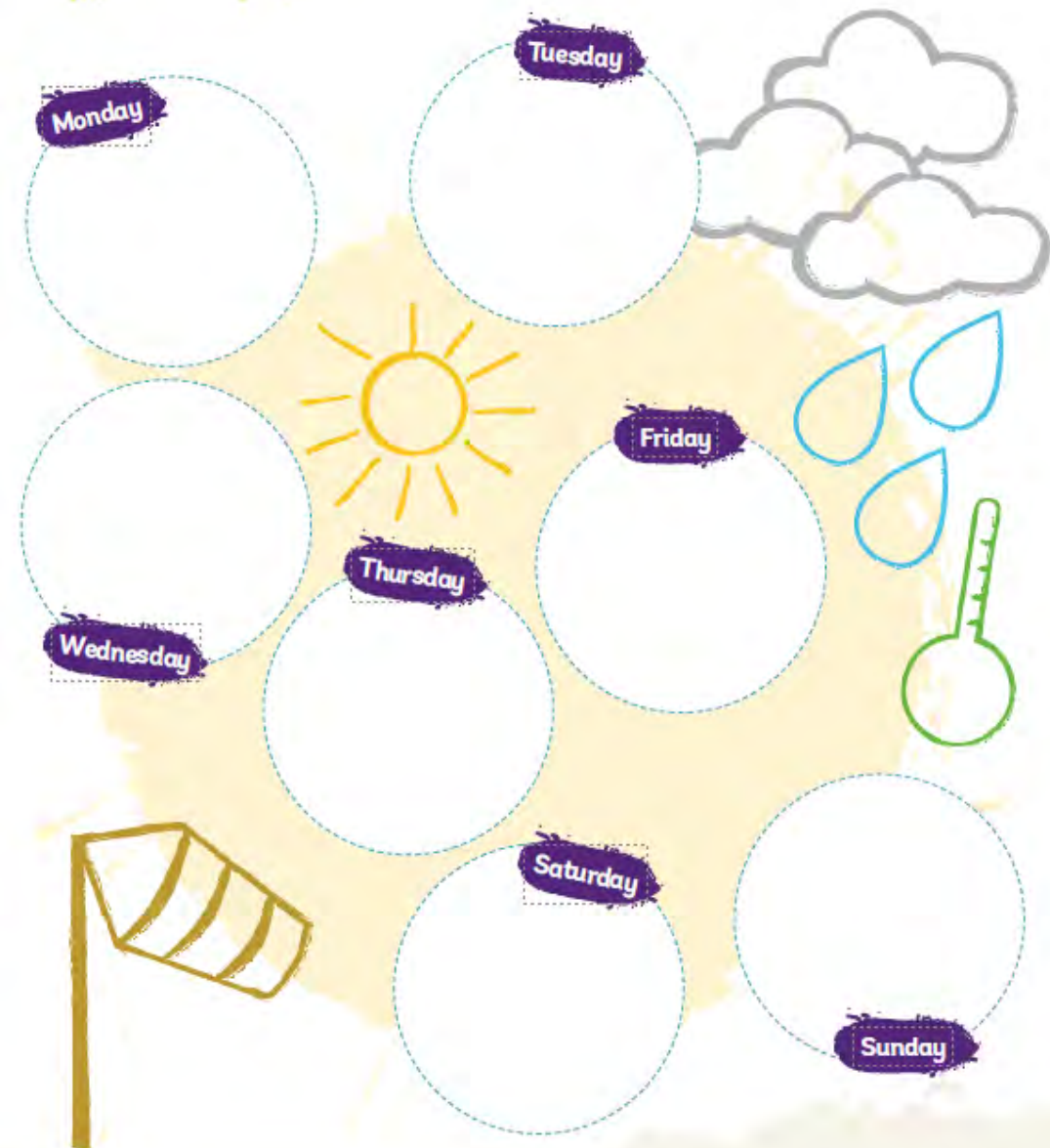
# Outdoor & Nature Activities

Providing outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage children and young people to work in a team, building on trust and developing skills to solve problems, either individually or as a group.

## Wild Weather Diary



Wild weather diary.  
What's the weather like this week?



Credit:



Try predicting if it will be sunny or cloudy, and find out if you were right!

Feel free to copy and share this for personal and educational use –  
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# Outdoor & Nature Activities

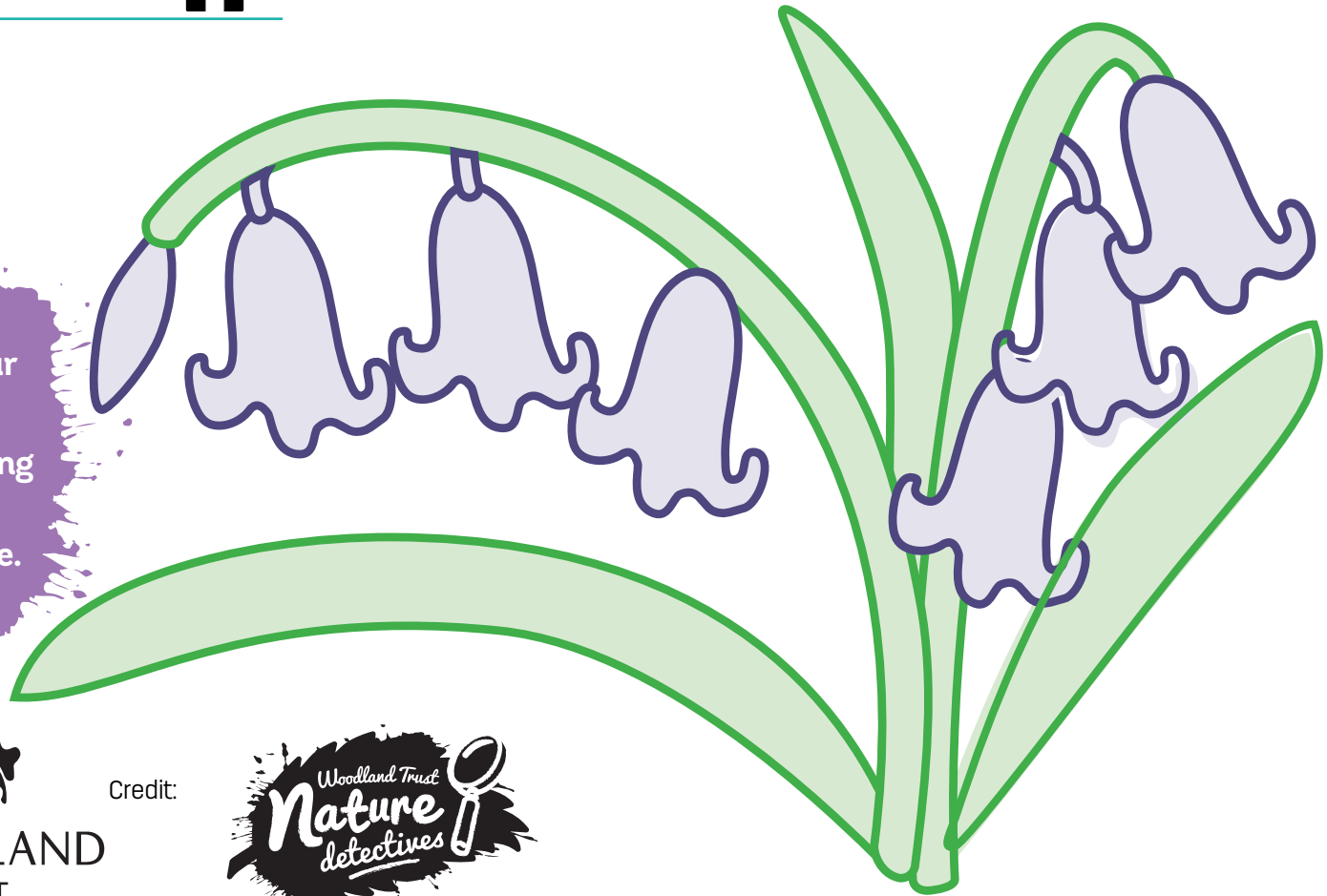
Providing outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage children and young people to work in a team, building on trust and developing skills to solve problems, either individually or as a group.

## Bluebell Mosaic



Make a marvellous mosaic!  
Create a dazzling bluebell display.

Spring brings a spectacular sight to our woods – vibrant carpets of bluebells!  
Make your own bluebell mosaic by cutting out squares of blue, purple and green paper, and sticking them on this outline.



Credit:



Mosaic art was very popular in Roman times when it was used to show off a person's wealth and importance!

Feel free to copy and share this for personal and educational use –  
and don't forget there are loads more brilliant activities to download on our website!

[woodlandtrust.org.uk/naturedetectives](http://woodlandtrust.org.uk/naturedetectives) | 0330 333 5301 [naturedetectives@woodlandtrust.org.uk](mailto:naturedetectives@woodlandtrust.org.uk)

# Mental Wellbeing & Mindfulness Activities

A range of creative activities to support and develop emotional and mental wellbeing, building confidence from early years right through to year 13 pupils, through positive physical, mental, social and emotional companionship, challenge and fun.

## Affirmation Actions



Affirmations are all about setting a good, positive intention or message for the day.

An example could be: **"I believe in myself"**

Try to think of 7 affirmations you could use - one for each day of the week.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_



Credit:



# Mental Wellbeing & Mindfulness Activities

A range of creative activities to support and develop emotional and mental wellbeing, building confidence from early years right through to year 13 pupils, through positive physical, mental, social and emotional companionship, challenge and fun.

## Helpful Habits - Create a Daily Plan for Yourself



Make the most of your day. Creating a plan could help give your day more structure and enjoyment, whatever your plans are.

### Step 1

Think realistically about what you want to do in your day (E.g. a certain wake-up time, reading, finishing a project, or catching up with a friend).

### Step 2

Start creating your daily plan. You could write it down, type it up or get creative.

### Step 3

Think about the order you want to do things in and how long you want to spend on each. Add them to your plan and don't forget to include breaks!

### Step 4

Have a go at following your daily plan and notice if it works for you. Is there anything you would change if you did the plan again?

## Express Yourself - Draw a Song



Learn a new way to creatively express and manage your feelings. Being creative can really help when we don't have the words to explain.

Remember you don't have to try it, and you can stop at any time.

### Step 1

Pick a song. Maybe one you like or one you don't like so much.

### Step 2

Get some paper and pens.

### Step 3

Play the song and start drawing anything that comes to your mind.

### Step 4

Reflect on how this made you feel.



Credit:



For more activities, check out the Mini Activity Hub on [www.kooth.com](http://www.kooth.com)!



# Mental Wellbeing & Mindfulness Activities

A range of creative activities to support and develop emotional and mental wellbeing, building confidence from early years right through to year 13 pupils, through positive physical, mental, social and emotional companionship, challenge and fun.

## *Express Yourself - Personalise your Space*

---



Express who you are by making a space your own. Start to think about your likes and dislikes to explore and express your identity.

### **Step 1**

Choose a space at home (this could be anywhere from your bedroom, study, reading area etc.) and double check you're allowed to make some changes!

### **Step 2**

Think about things you already have at home to personalise your space (E.g. posters, decorations, photographs or anything that appeals to you).

### **Step 3**

Bring your ideas to life by trying them out in your chosen space (E.g. trying out different places for your things and seeing how you like it).

### **Step 4**

When you're done, think about how your space looks and feels and make any final changes if you want to.

Credit:



For more activities, check out the Mini Activity Hub on [www.kooth.com](http://www.kooth.com)!

# Mental Wellbeing & Mindfulness Activities

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## Support Tree



Can you label the apples on the tree with your support mechanisms - these could include family, friends, organisations, communities or coping mechanisms.

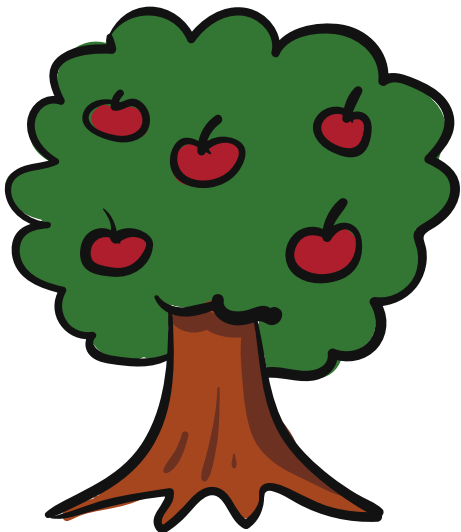
Apple 1: \_\_\_\_\_

Apple 2: \_\_\_\_\_

Apple 3: \_\_\_\_\_

Apple 4: \_\_\_\_\_

Apple 5: \_\_\_\_\_



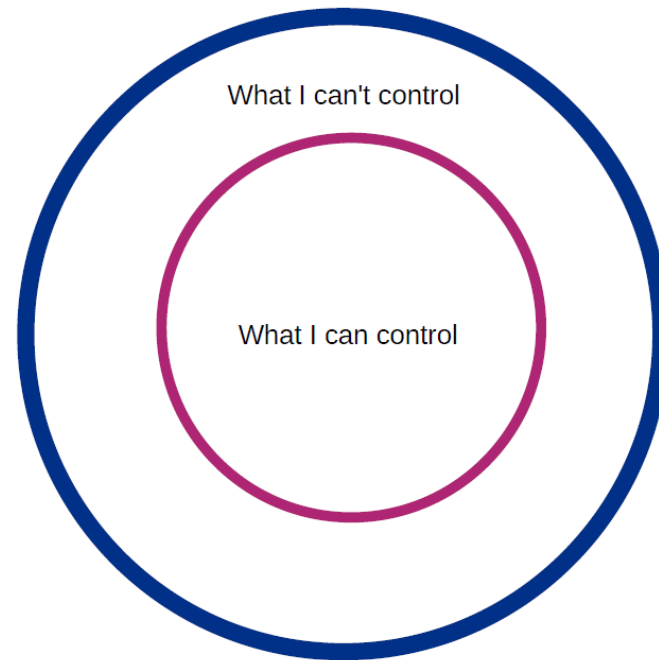
Credit:



## Circle of Control



This activity helps us recognise what we can control, and what we can't. By knowing our own circle of control, it can help us deal with strong emotions.



This activity helps us recognise what we can control, and what we can't.

Try and think of examples to put into the circles. Examples could be - **I can control: my words**, **I can't control: others words**



@bchft\_camhs



@BCHFT\_CAMHS



# Mental Wellbeing & Mindfulness Activities

A range of creative activities to support and develop emotional and mental wellbeing, building confidence from early years right through to year 13 pupils, through positive physical, mental, social and emotional companionship, challenge and fun.

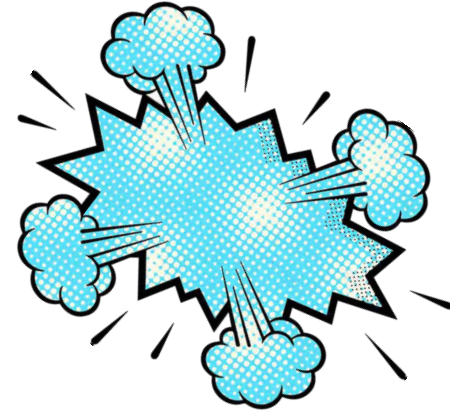
## Coping Capes



Use the image below to mindfully colour in your very own superhero!  
Think about what your super power would be and how you would like to help others.



My super power:



# Mental Wellbeing & Mindfulness Activities

A range of creative activities to support and develop emotional and mental wellbeing, building confidence from early years right through to year 13 pupils, through positive physical, mental, social and emotional companionship, challenge and fun.

## Five Finger Breathing Technique



### Instructions:

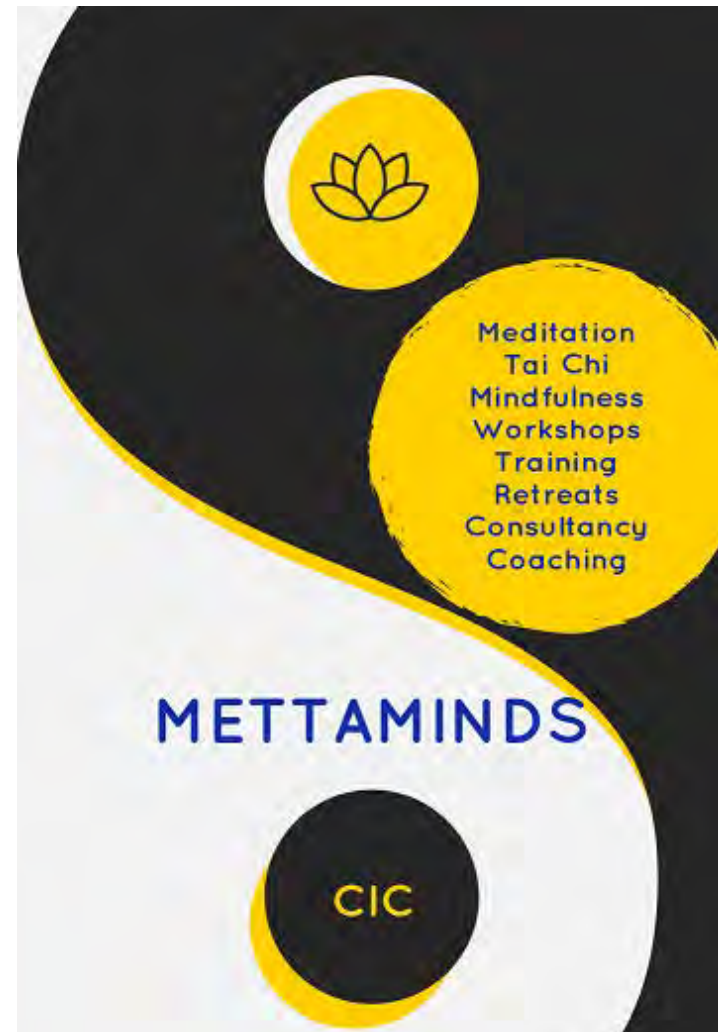
- Place a finger from your opposite hand at the base of your thumb.
- Draw the finger up to the top of the thumb, breathe in until you get to the top of the thumb, breathe out as you draw the finger down.
- Repeat, using all your fingers.

**Tip:** breathe slowly, and when you breathe in make the belly big, when you breathe out flatten the belly.

Do this when you feel anxious, lose concentration



Courtesy of:



# Personal Challenges & Competition

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, with progressions enabling these to be applied in a range of activities and sports.



## Personal Wheelchair Challenges - Deliver & Go



**Equipment:** 5 Bean bags (rolled up socks, tennis balls) Stopwatch, Collection area (hoop, tape or a towel)

**Aim:** carrying one item at a time, what is the quickest time to get all five items to the collection area.

**Adaptations:** Set distance to suit abilities. Placing the collection area on a raised surface will make it easy to access. (if using a table ensure the students have a stop line before the table/collection area)

Challenge yourself to get all five items into the collection area in your fastest time

**Video Guide:** <https://youtu.be/YqIZYUmPoo8>



### Deliver & Go

Fastest time to deliver all 5 items to the collection area

Player Name	Time(s)			

Credit:

[www.panathlon.com](http://www.panathlon.com)



# Personal Challenges & Competition

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, with progressions enabling these to be applied in a range of activities and sports.



## Personal Wheelchair Challenges - Target Strike



**Equipment:** 5 Bean bags (rolled up socks, tennis balls) Target areas (hoops, tape, towel, buckets)

**Aim:** Can you land all five items in the five targets or set a score system and try to beat your high score.

**Adaptations:** Set the targets further away and create smaller target zones to increase the difficulty. A ramp can be used to propel the items into the target areas.

Challenge yourself to get all five items in all five targets or add a score system and try to beat your high score.

**Video Guide:** <https://youtu.be/YqIZYUmPoo8>



### Target Strike Highest score from all 5 items

Player Name	Score(s)			

Credit:

[www.panathlon.com](http://www.panathlon.com)

# Personal Challenges & Competition

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, with progressions enabling these to be applied in a range of activities and sports.



## Visually Impaired Personal Challenges - Crazy Eights



**Equipment:** An Audible Ball

**Aim:** How many times can you pass the ball around your legs in a figure of eight motion in one minute?

Challenge yourself to beat your best!

Crazy Eights				
Player Name	Score(s)			



## Visually Impaired Personal Challenges - Hula Hula



**Equipment:** An Audible Ball

**Aim:** While running on the spot, how many times can you pass the ball around your waist in one minute?

Challenge yourself to beat your best!

Hula Hula				
Player Name	Score(s)			



Credit:

[www.panathlon.com](http://www.panathlon.com)

  
ST. JAMES'S PLACE  
CHARITABLE FOUNDATION

  
SCHOOL  
GAMES

# Personal Challenges & Competition

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, with progressions enabling these to be applied in a range of activities and sports.

## Yoga - Sun Salutation Challenge



### Why Sun-Salutations are important:

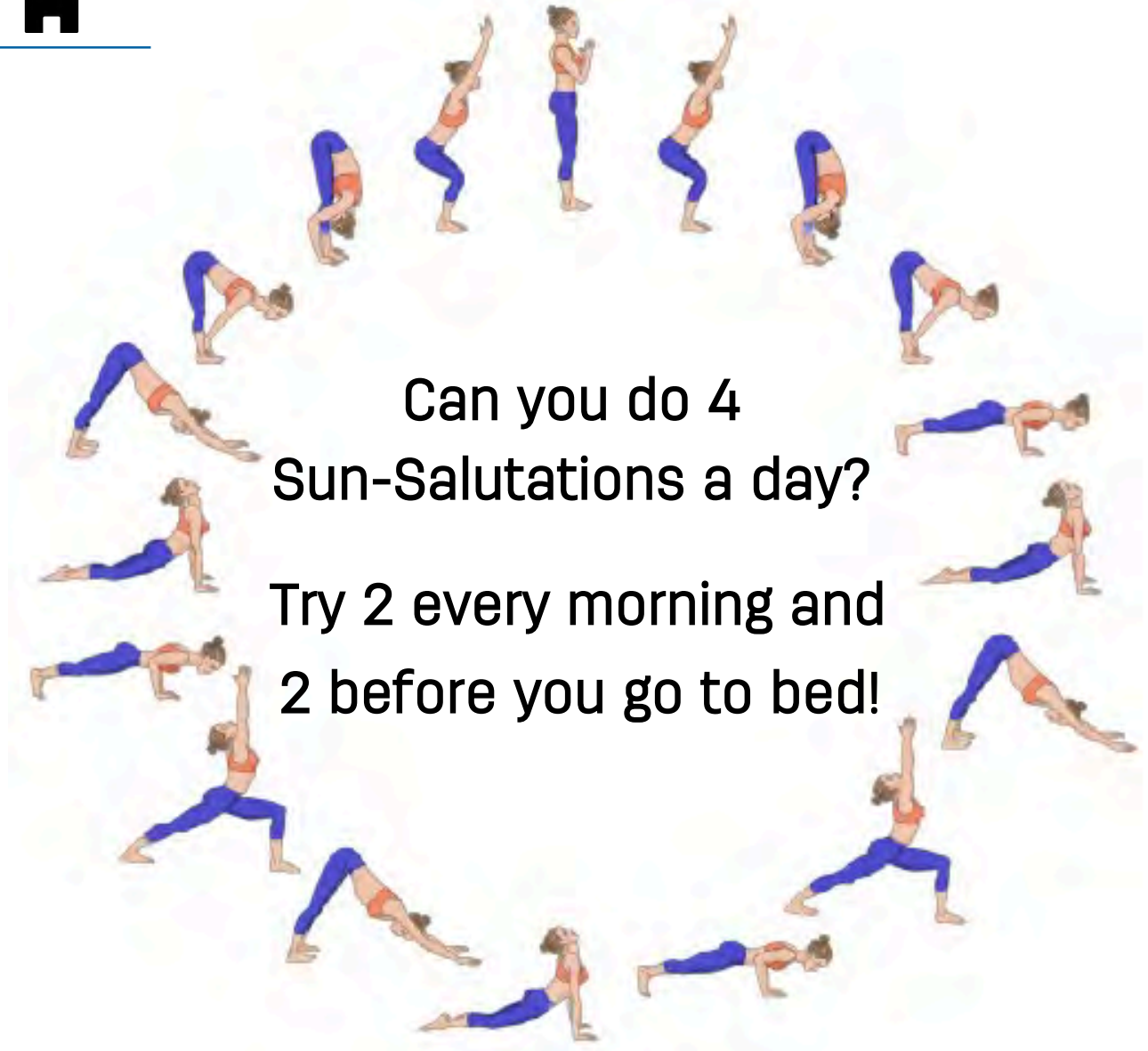
There's nothing more important than boosting your energy circulation in the morning and preparing your body for a great night's sleep in the evening. This is exactly what Sun-Salutations do, they will support your cardiovascular health by increasing the heart rate and boosting your blood circulation which assists with purifying the blood.

Practicing salutations can help improve flexibility, cognitive function and ability, increased lung health, toning and strengthening of muscles and bones, and even assist the digestive system. Can you believe all of these benefits come from this magical series of asanas?

Give your body the kick start and wind down it needs to propel you into a healthier, happier life.

Can you do 4  
Sun-Salutations a day?

Try 2 every morning and  
2 before you go to bed!



Credit:



**THE PE AND SCHOOL**  
SPORTS NETWORK

[www.lpressn.org.uk](http://www.lpressn.org.uk)



# Personal Challenges & Competition

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, with progressions enabling these to be applied in a range of activities and sports.

## Active Corridor Challenges



This idea was inspired by a headteacher who actively encouraged their children to jump, skip and side-step down the corridors - these posters contain simple ideas and exercises that will encourage your children to be active as they move around your school.



Courtesy of:



Print them off and pop them up around your school – just another way to keep our kids moving throughout the day.

Download your free posters here - <https://bit.ly/imoves-rainbow>

Why not use our ideas for inspiration and set your children a challenge to create their very own active corridor posters?!

For more ideas on how to get your class more active across the whole curriculum, plus mental wellbeing support and PE and Dance resources, set up a free imoves account today.

Get a selection of their very best resources with a free for life account - visit: [platform.imoves.com/sign-up](https://platform.imoves.com/sign-up)

# Personal Challenges & Competition

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, with progressions enabling these to be applied in a range of activities and sports.



#Together

## CIRCUS SKILLS

All the fun of the big top!



### Limbo

Walk under the rope without touching it... how low can you go?

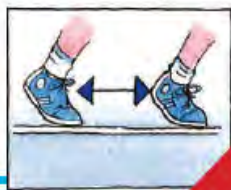


### Tightrope Walking

- Lay a rope or mark a line on the floor.
- To stay balanced keep your eyes on a fixed point ahead and don't look down.
- Walk the rope with a series of one foot balances.
- Now set challenges along the way such as turning around or stopping to pick something up along the way.



Take care when placing foot on the rope.



It's easier than just walking, try it!

### Juggling

**On your own:** start with one ball and throw from hand to hand in the shape of an arc.

- Move to two balls and



throw the second when the first is at the top of the arc.

- Move to three balls and start with two in one hand and throw the third ball under the second in a lower arc.

**In a group,** work together to juggle between you,

send balls clockwise or anti-clockwise, and introduce races.

Try juggling with scarves, flannels or tea towels as they move through the air slower and are easier to catch.

Juggling circle



It takes time to master but keep trying!

Rolled up socks make great juggling balls!



# Celebration and Creative Activities

Providing a range of creative ideas and activities around a different theme for each edition of the Rainbow Book. The themes will vary and include local Black Country initiatives or celebrate and promote regional or national campaigns.

## *Colour in a Tennis Scene*







# Celebration and Creative Activities

Providing a range of creative ideas and activities around a different theme for each edition of the Rainbow Book. The themes will vary and include local Black Country initiatives or celebrate and promote regional or national campaigns.

*Colour in a Basketball Scene*



*Colour this Halloween Picture*



# Celebration and Creative Activities

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## Leaf Painting

[www.creativeactivelives.org.uk](http://www.creativeactivelives.org.uk)



Leaf painting is so much fun to do and it is simple craft activity to set up. Grab some leaves and paint and let's get messy, to create a fantastic colourful painting.

You will need:

- Leaves of different sizes
- Different colours of paint (acrylic or poster)
- Paintbrushes and a cup of water to wash them in.
- A paint pallet
- Paper or card in A4 or any size above that. I used A2 to create one massive leaf painting.
- A tablecloth or even newspaper to protect the table from paint

Scroll down and follow along with our instructions, or watch our YouTube tutorial, which can be accessed at the bottom of this page.

To start this craft, you will be needing a range of leaves, in different shapes and sizes. Explore in your garden, a local park or on a walk and collect your leaves.

Once you come home make sure your leaves are clean and have no mud on them.

Set up your table by covering it in a tablecloth, laying out the leaves and the card you are going to use. Place small amounts of paint into the paint pallet and make sure you have water in a pot with paintbrushes at the ready.



[Click here for a video tutorial](#)



Now for the fun bit; pick out a leaf and start painting it. You can paint it however you want, with one colour or do a multi-coloured striped one. I chose pink and orange for this one.

Once you have painted it and the stem, pick it up and place it down on your piece of card and press on the leaf all over gently. This will make sure the paint gets onto the card then peel it off slowly.



Repeat the process again with different leaves and trying various colours and you will have a marvellous leaf painting. You could even overlap the leaves to create a nice effect.

Credit:



# Celebration and Creative Activities

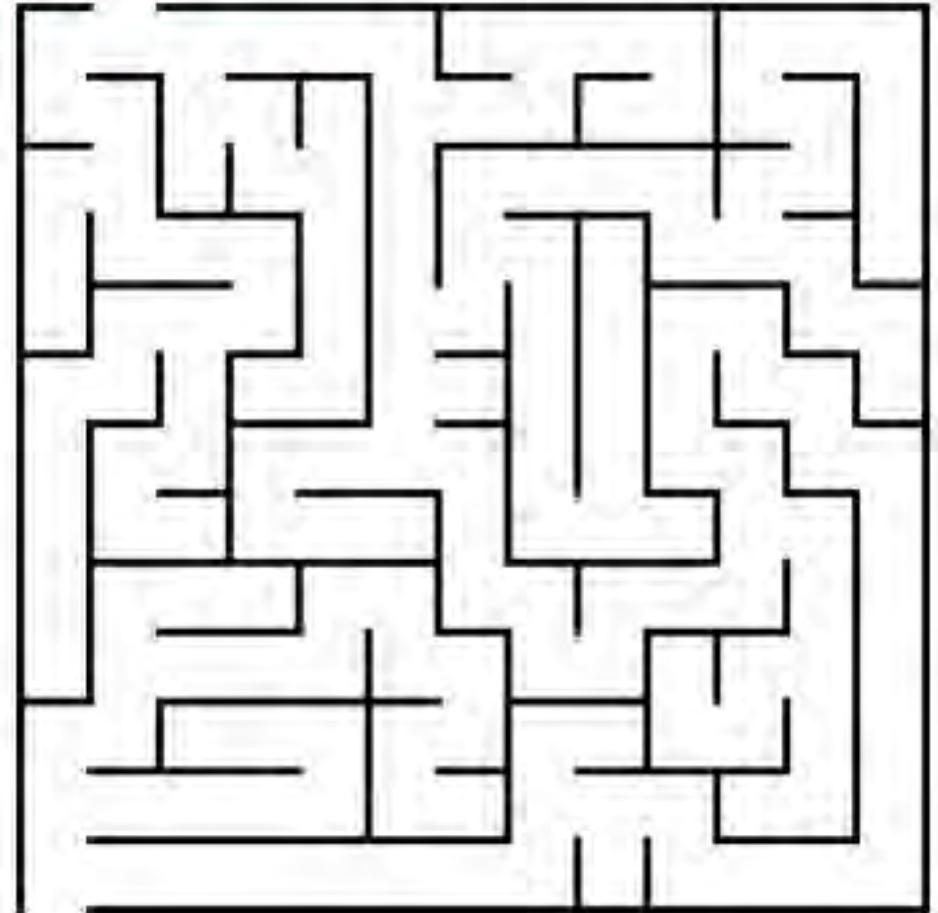
Providing a range of creative ideas and activities around a different theme for each edition of the Rainbow Book. The themes will vary and include local Black Country initiatives or celebrate and promote regional or national campaigns.

## Way Out



Can you help?

Larry the Lifeguard needs you lead the swimming pool user to the Emergency Exit can you find your way?



Credit:

Enjoy Water **Safely**



For more details visit: [www.rlss.org.uk](http://www.rlss.org.uk)



# Celebration and Creative Activities

Providing a range of creative ideas and activities around a different theme for each edition of the Rainbow Book. The themes will vary and include local Black Country initiatives or celebrate and promote regional or national campaigns.

## How to Make Fluffy Slime



Credit:



[www.creativeactivelives.org.uk](http://www.creativeactivelives.org.uk)

Learn how to make Fluffy Slime. It is super quick and easy to make. Very squishy and great sensory fun; it can be made in any colour you want.

To Make fluffy slime you will need:

- Shaving foam (2 cups)
- 120ml Pva Glue
- A few drops of food colouring of your choice (you might even want to make different coloured slime)
- 1tbsp Baking soda also known as bicarbonate Soda
- 5-2tbsp Eye contact saline solution (make sure it contains one of the following, Boric acid, sodium borate or buffered solution)
- Glitter- is optional
- A bowl or container and a spoon is needed to mix the slime.

Instructions below or follow along on our YouTube tutorial, which can be accessed at the bottom of this page.

Start by adding the shaving foam to a bowl and adding in the glue- mix together.



Next add a few drops of your food colouring (if you want more than one colour it is best to split up the mixture now- I did pink and lilac. Or repeat this recipe for all your different colours).



Once combined, add the baking soda/bicarbonate soda and mix.



Add in the eye solution and mix. If your slime is still too sticky, add more eye solution about half a tablespoon and it will get thicker (do not add too much solution as it will harden the slime and will not be squishy) the less solution added the stickier and slimier your slime will be.



Once mixed in- start kneading the slime, it will be sticky to begin with but it should start to form and come together.



There you have it, fluffy slime. Have fun playing and squishing.



[Click here for a video tutorial](#)

# Celebration and Creative Activities

Providing a range of creative ideas and activities around a different theme for each edition of the Rainbow Book. The themes will vary and include local Black Country initiatives or celebrate and promote regional or national campaigns.

## Design a Sign



Look round your house to see if you can spot any dangers.

See if you can design a sign to help you and your family avoid the risk.

Credit:

Enjoy Water **Safely**



For more details visit: [www.rlss.org.uk](http://www.rlss.org.uk)



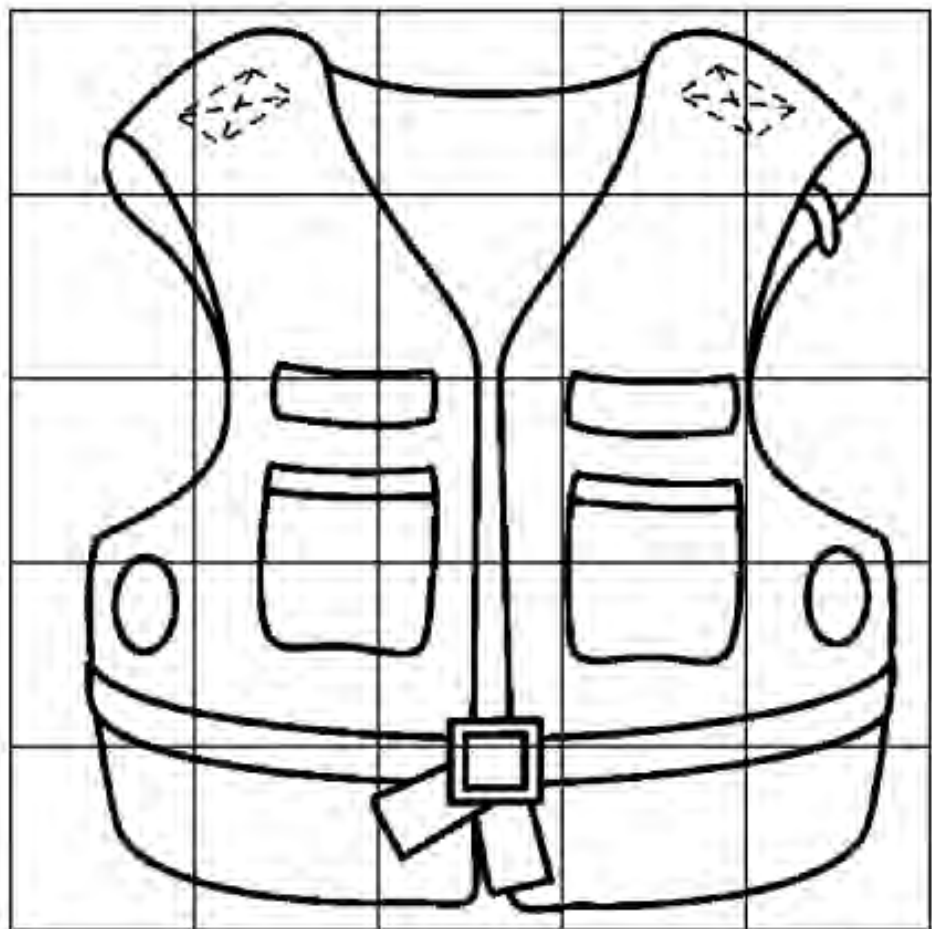
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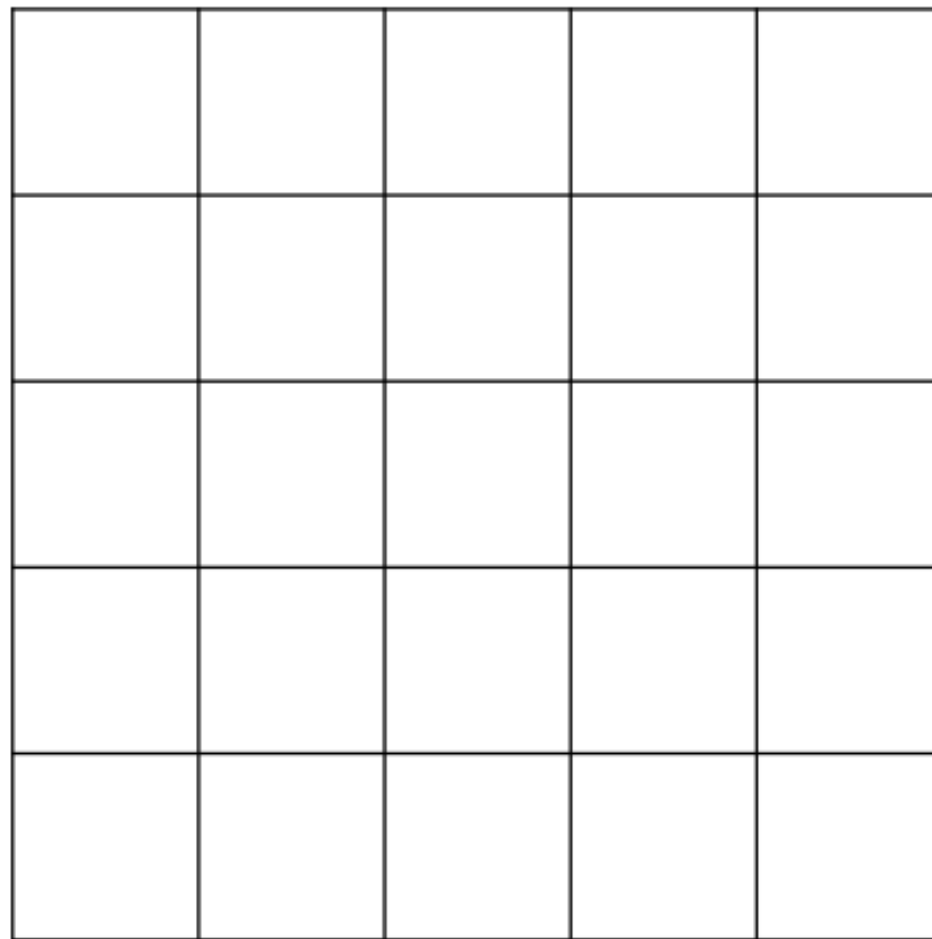
## Fancy Lifejacket



Lifejackets are all the rage, can you make this one even better with some exciting colours?



Everyone needs one! Can you copy the lifejacket to the left? Use the grid to help you.



Credit:

Enjoy Water **Safely**



ROYAL  
LIFE SAVING  
SOCIETY UK



For more details visit: [www.rlss.org.uk](http://www.rlss.org.uk)



## Health and Safety

We want everyone who takes part in the **#BlackCountryRainbowHour** to be safe as well as enjoy it. afPE have produced the following guidance, and self review tool for risk assessment, to support the Physical Education, School Sport and Physical Activity education workforce which can be accessed below alongside other resources:

afPE Curriculum and Extra Physical Education Covid-19 statement | AfPE's Reactivating learning poster | YST's Safe planning and framework tool | Primary PE suggested activities in response to Covid 19 | Secondary PE Response suggested activities in response to Covid 19 | SEN PE Response suggested activities in response to Covid 19

- Key considerations and principles for schools include:
  - Clean frequently touched surfaces.
  - Wash hands frequently as part of a clear hygiene regime.
  - Minimise contact.
  - Ensure good respiratory hygiene

Please view the latest joint statement on what extra-curricular sport is permitted under government's new lockdown guidance.

Further to the above guidance when undertaking any activities either within the Rainbow Book or as part of the campaign the below should also be adhered to:

- Make sure that there is enough space around you (including overhead) for the activity you are doing.
- If you can, do ball activities outside. If this is not in a garden, be sure to follow social distancing guidelines by staying two metres away from anyone not from your household.
- Make sure the surface is even and not slippery underfoot.
- Make sure any equipment used is not too heavy or too large for children.
- Ask children to wear appropriate clothing and footwear for the activity.
- Tie back long hair.
- Remove any jewellery.
- Give your child plenty of opportunity to have breaks during the longer activities, to rest and drink water to stay hydrated.
- Do not work children to exhaustion.
- If you are practising a skill, focus on good technique rather than the amount they can do.

afPE Statement for Schools Jan 2021

We will ensure all elements of the Rainbow Hour campaign will continuously follow all national and local guidance to ensure compliance and be deliverable in accordance with current social distancing legislation.

For more information please refer to **DFE Guidance for schools**.

For further details regarding the Rainbow Hour campaign please visit [blackcountryrainbowhour.co.uk](https://blackcountryrainbowhour.co.uk).

For further ideas on activities to have a go at, visit: [activeblackcountry.co.uk/what-we-do/education/school-games](https://activeblackcountry.co.uk/what-we-do/education/school-games).

**#BlackCountryRainbowHour**  
[blackcountryrainbowhour.co.uk](https://blackcountryrainbowhour.co.uk)

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Walsall Council

CITY OF WOLVERHAMPTON COUNCIL

