

# 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.*

*Rainbow Clubs*

*Edition 2 - Health and RSE Activities*



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 delivery in schools as part of their Rainbow Hour or can be shared with pupils learning from home so everyone can be involved.

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

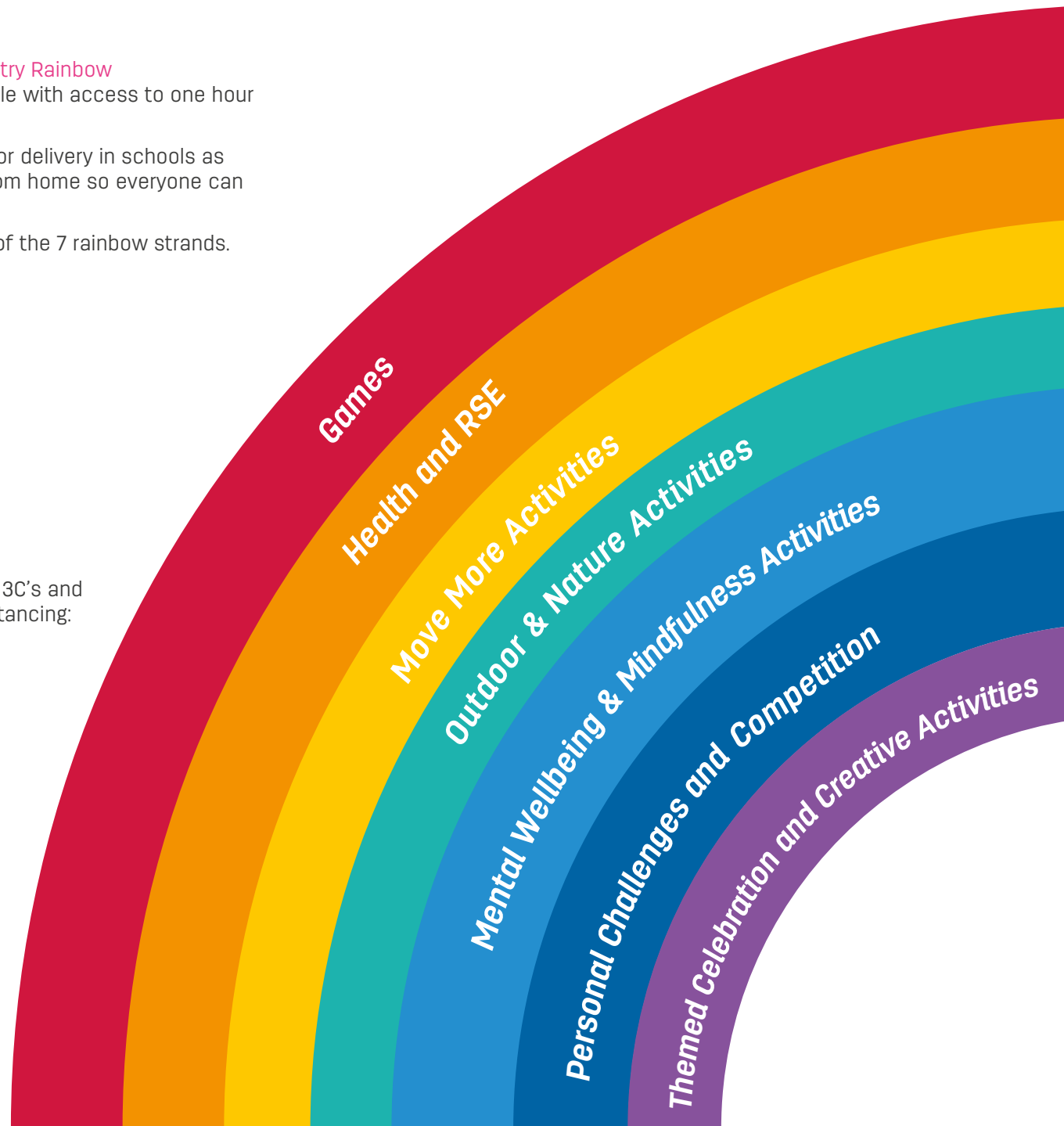
All activities within this Rainbow Booklet follow the concept of the 3C's and are deliverable whilst following national guidance around social distancing:

- 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!



## *What are Rainbow Clubs?*

Active Black Country would like to encourage schools to develop the concept of Rainbow Clubs. Using the principles of the Black Country Rainbow Hour, there is a clear opportunity for schools to utilise the 7 strands of activities to establish themed Rainbow Sessions as part of their extra-curricular provision through Breakfast Clubs, Lunchtime Clubs and After School Clubs.

Rainbow Clubs can support the delivery of the Black Country Rainbow Hour across the school day and utilise the breadth of activities created across the Rainbow Books over the past 12 months as well as new editions that are developed moving forwards.

The clubs are a great way to potentially hook those pupils who are not engaged in your extra-curricular provision already!

## *Who are Rainbow Clubs for?*

Any age group/class or pupils who sign up and attend regular Breakfast and After School Clubs.

### **Delivery**

As well as schools delivering their own extra-curricular activities, Active Black Country encourage schools to utilise their external agency provision facilitators to assist schools with this concept and deliver the Rainbow Clubs as part of their After School Club offer.

These clubs can provide an excellent way for a school to diversify and increase their offer to pupils by either building on existing provision or being introduced as a completely new concept.



### **Rainbow Hour Breakfast Club**

#### **How they could look.....**

- One Rainbow Breakfast Club with a different theme/focus each week using the 7 Strands across a half term.
- A stand-alone Rainbow Hour Strand Club eg The Move More Breakfast Rainbow Club focusing on the theme for the whole half term.
- Clubs to utilise activities from the Rainbow Books or create your own!
- Any Rainbow Hour activities completed at the breakfast club can be added to the pupils Rainbow Trackers to earn badges!
- Opportunity to target a new group of pupils with each strand!

### **Rainbow Hour After School Club**

#### **How they could look.....**

- One Rainbow Club with a different theme/focus each week using the 7 Strands across a half term.
- A stand-alone Rainbow Hour Strand Club eg the outdoor and Nature Rainbow Club focusing on the theme for the whole half term.
- Clubs to utilise activities from the Rainbow Books or create your own!
- Any Rainbow Hour Activities completed schools through your schools can be added to pupils Rainbow Trackers to earn badges!
- Opportunity to target a new group of pupils with each strand!



# 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

# Health and RSE

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

## Cycling and Your Health



Read the following statements and decide if they are true or false.



True

or

False

1. Cycling regularly will help you sleep better.

True

or

False

2. Cycling can help you increase your brain power.

True

or

False

3. If you cycle in a figure of 8 you will get dizzy and fall off.

True

or

False

4. Cycling only uses your arms and leg muscles.

True

or

False

5. Cycling is an activity you can only do on your own.

True

or

False

6. Your heart will become more efficient if you cycle regularly.

### Amazing bike fact

A bike can stay upright on its own. As long as the bike is moving at a speed of 8 miles per hour or more, it will stay up-right as it zooms along without its rider!



For more information on Bikeability please go to [www.bikeability.org.uk](http://www.bikeability.org.uk)



**TOOLS for SCHOOLS**

contact us at [contactus@bikeability.org.uk](mailto:contactus@bikeability.org.uk)

# Health and RSE

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

## Shopping List Template



**Shopping list template**

Name:

Class:

Make a picture list of what food you would buy if you went shopping with a grown up.

**Fruits**

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**Vegetables**

--	--	--

Why not help your grown ups with the food shopping list?

Make a picture list of what food you would buy if you went shopping with a grown up.

Click here to download the template, or you could make your own.

**Shopping list template**

**Healthy snacks**

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**Healthy breakfasts**

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**Healthy drinks**

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Acknowledgment:  
Crown Copyright  
Source: PHE

Credit:

## Healthy Stories



You can use storybooks to introduce, discuss, and develop themes and ideas. These books can also be used as topics.

**Healthy stories**

You can use storybooks to introduce, discuss, and develop Our Healthy Year's themes and ideas. These books can also be used as topics. You could invite parents to come in for a reading session!

**Traditional stories**

**The Enormous Turnip**

- How turnips grow
- Health benefits of vegetables
- Sizes and weighing, portion sizes
- Things you can make with turnips (turnip soup)
- Everything needs water to grow, staying hydrated

**Jack and the Beanstalk**

- How beans grow (investigation – where do baked beans come from?)
- Health benefits of vegetables
- How things grow
- Sorting bean activities, e.g. by size, colour, portion sizes
- Things you can make with beans (bean salad)
- Everything needs water to grow, staying hydrated
- Markets
- Grow beans

**The Little Red Hen**

- Discover where bread comes from
- Explore farms and crops
- Use stalks of corn to grind flour
- Make bread
- Grow yeast
- Story sequencing

### Jack and the Beanstalk

- How beans grow (investigation – where do baked beans come from?)
- Health benefits of vegetables
- How things grow
- Sorting bean activities, e.g. by size, colour, portion sizes
- Things you can make with beans (bean salad)
- Everything needs water to grow, staying hydrated
- Markets
- Grow beans

Click here to download the healthy story options

### The Very Hungry Caterpillar, Eric Carle

- Some foods are healthier, e.g. apples, pears, plums, strawberries and oranges,
- and some are for special occasions, e.g. cake
- Numbers and counting
- Weighing scales
- Visit to shops
- Write shopping lists

# Health and RSE

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

## Stop Start

### What you'll need:

Red and green paper plates, marker pens / string / pegs

- 1 STOP and START plates!**  
Give everyone 3 red paper "STOP" plates and 3 green paper "START" plates. If no plates are available create your own with red and green marker pens by drawing a large circle on A4 paper.
- 2 Create STOP and START phrases**  
Think of a time when someone did something that you didn't like or a rule or advertisement that offended you or someone close to you. Come up with a phrase that describes what you didn't like, starting with the word "STOP..." Write this phrase on the STOP plate. Then, come up with a phrase that describes what you would have liked instead, starting with the word "START..." Write this phrase on the START plate.
- 3 Once your STOP and START plates are complete...**  
Use the pegs and string to attach each plate to form a stop/start line of action.
- 4 Ask volunteers to read their STOP/START plates aloud.**
- 5 Now think about how to put your START plans into action.**
- 6 Find out how others got started in Ideas for Change and Making Positive Relationships Happen.**



### Here are some Stop and Start examples:

STOP saying boys don't cry. START supporting the emotional needs of everyone.

STOP advertisements that stereotype boys and girls. START recognising how gender stereotypes limit who you can be and what you can do.

STOP gendered uniform codes. START developing a gender neutral uniform policy.

STOP the silence over FGM. START educating us about all forms of sexual abuse and exploitation

STOP assuming everyone is heterosexual. START raising awareness about sexual diversity .

STOP body-shaming me. START respecting me and my body .

# Health and RSE

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

## What Jars You?



### What you'll need:

- Large glass jar
- Slips of blank paper
- Coloured marker pens that can write on glass

1. Working on your own or in pairs, write down all the things that jar you about how society is unequal or unfair when it comes to relationships, gender and sexuality.
2. Fold up the paper slips, and put them inside the glass jar.
3. When you've finished, take each comment in turn and think about what needs to change to turn what is unfair to fair, for an equal and more inclusive world.
4. Decorate the jar with your messages for change.

Credit: AGENDA: Supporting children and young people in making positive relationships matter

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

[agenda.online.uk@gmail.com](mailto:agenda.online.uk@gmail.com)

#BlackCountryRainbowHour



### Jar (verb)

*to jolt, shake, vibrate*

- send a shock through something (especially the body)
- strike against something with a vibration or jolt.
- have a disturbing effect.

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



# Health and RSE

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

## Eat Well Guide



Fruit and vegetables should make up over a third of the food we eat each day.

Aim to eat at least 5 portions of a variety of fruit and veg each day.

Choose from fresh, frozen, tinned, dried or juiced.

Take a look at this guide and see if you can complete all the healthy food that you like to eat.

### Eatwell Guide

Fill in this Eatwell Guide with the healthy food that you like to eat.

**Fruit and vegetables**  
Eat at least 5 portions of a variety of fruit and vegetables every day

**Potatoes, bread, rice, pasta and other starch**  
Choose wholegrain or higher fibre versions with less added fat, salt and sugar

**Dairy and alternatives**  
Choose lower fat and lower sugar options

**Oil & spreads**  
Choose unsaturated oils and use in small amounts

**Beans, pulses, fish, eggs, meat and other proteins**  
Eat more beans and pulses. 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

**Eat less often and in small amounts**

Acknowledgment:  
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Source: PHE

Credit:

change 4 life

# Health and RSE

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

## Cycling and the Body



TOOLS for SCHOOLS



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

Take a look at the image and read the questions, draw a circle around the right answers. There may be more than one.

What action are the fingers doing?

gripping                  patting  
squeezing                tapping

The ankle joints and feet make the pedals go around, what do the feet do?

jump                      press  
push down                slide

What might the head do when cycling?

look forwards          look right  
look left                look down



What does the knee joint do when cycling?

keeps the leg straight  
bends

Which parts of the body move up and down when cycling?

head                      feet  
legs                        elbows

List all the action words you have circled (the verbs)

Many parts of our bodies are very active when we cycle!  
This helps to keep us fit and healthy.

## 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 slippy 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](http://blackcountryrainbowhour.co.uk)

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

**#BlackCountryRainbowHour**

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

Co-ordinated, developed and supported by:



Walsall Council

CITY OF WOLVERHAMPTON COUNCIL

