

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

Move More 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.

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

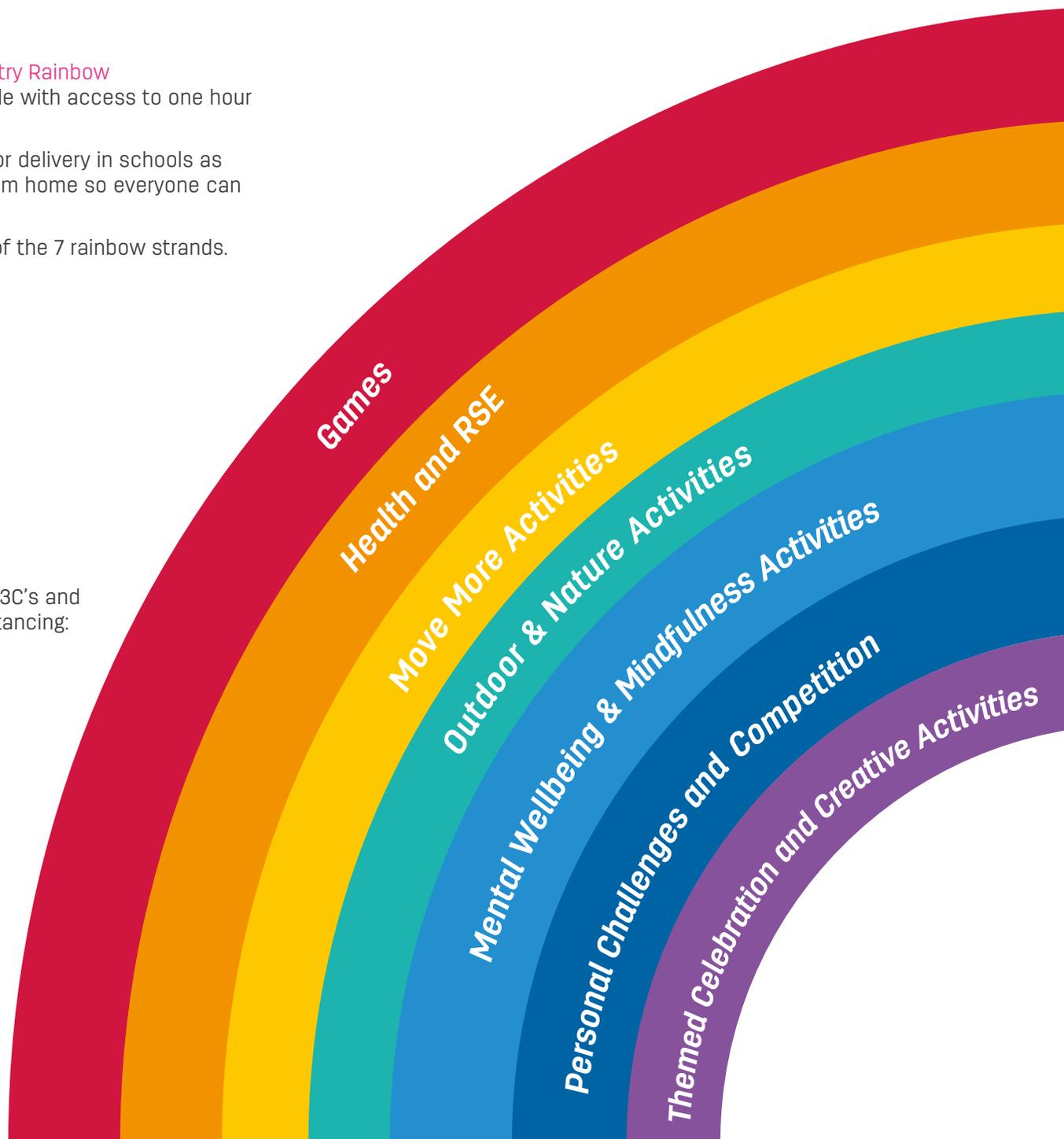
All activities within this Rainbow Booklet follow the concept of the 3C's and are deliverable whilst following national guidance around social distancing:

- 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

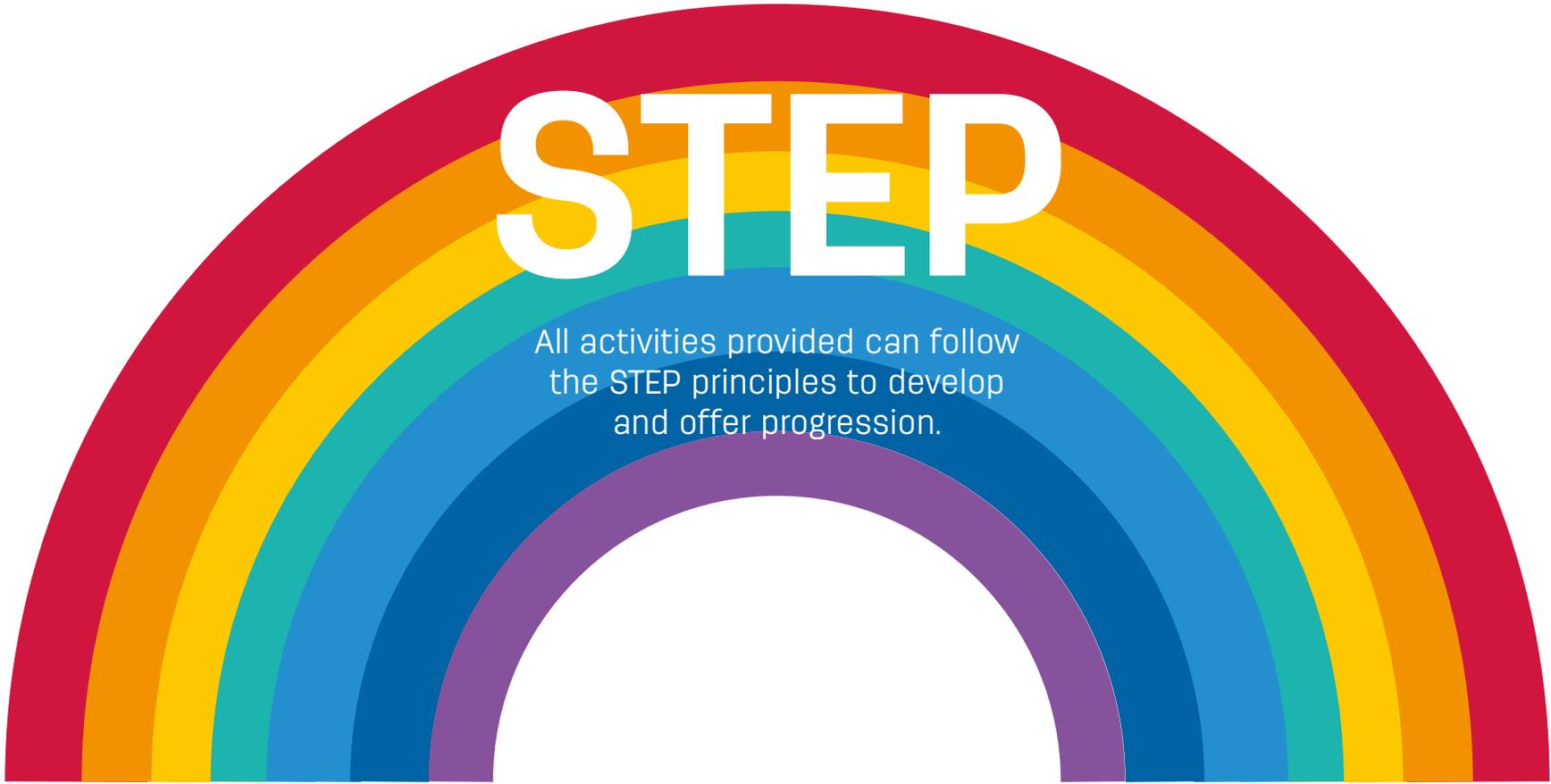
How they could look.....

- 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

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.



Captain, May I?

A simple game in which players ask, "Captain, may I..." to take a certain number and type of steps towards the "Captain".

To Play:

- Identify one person to be the "Captain". This person will call out the commands to the group.
- The Captain stands facing away from the line of players and selects a player at random.
- The Captain calls out a direction with a specific number of steps.
- The player then responds with "Captain, may I?" The Captain then responds with yes or no, to which the player obeys and takes the directed action.
- If the player forgets to ask, "Captain, may I?" then the player must go back to the beginning of the line.



Examples of commands: *Take 8 steps forward and...*
Hop like a bunny, kangaroo or frog
Move like a giant
Only use your right or left foot
Hop using both feet



The first player to reach the Captain wins and becomes the new Captain.

Street Dance - Street and Commercial

Street dance, also more formally described as vernacular dance, originated in New York in the 1970s. Evolving on the streets of Manhattan and the Bronx, it was developed as an improvised, social dance form, reacting against traditional, high-art dance styles.

It is important to dance professionals that new dancers understand that Street dance is not hip hop. Hip Hop has its own strands of dance styles.

STEP:

S – You can travel, stay on the spot or do a different style in different spaces

T – How can you create different routines?

E – What music suits this style best? Learn from the videos and teach it others.

Edit videos of yourself

P – Eventually, this can be done in pairs or individually.

[Twist and Pulse Video Routine](#)

[Click here to view the Dance Force Street Dance video](#)

[Click here to view a Teacher Resource](#)



The Challenge

- Learn the moves and names and create your own moves.
- Create a routine using the moves you have learnt.
- Remember to stay bouncy and relaxed.
- Perform it to other groups.

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Anna's Clapping Dance

Anna's so happy it's her birthday that she can't wait to start celebrating. Can you make up a clapping dance for her?

- 1 In pairs, take it in turns to come up with a clapping routine of 5 claps or dance moves.
- 2 Once you've learnt the routine, the next player adds 5 more claps or dance moves.
- 3 Keep repeating and adding more sets of 5 claps or dance moves until you have an entire routine.
- 4 Try playing it to music, or add jumps to make it harder.



For more details and to watch the video visit:

<https://www.nhs.uk/10-minute-shake-up/shake-ups/anna-s-clapping-dance>

Acknowledgment:
Crown Copyright
Source: PHE

Credit:

change 4 life

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Be Lumiere's Guest

When Lumiere shows Belle all the culinary delights of the castle, he puts on a fantastic show. Now it's your turn to prepare for another great party!

1. Mark out a line with a skipping rope or some string. Along 1 side, place cushions or toys at different distances away from the line.
2. Now stand on the line and pose like Lumiere by standing on one leg, putting your arms in the air at right angles like a candlestick.
3. You're against the clock! Jump along the line holding your pose, then pick up each item and move it to the other side – make sure your feet do not leave the line.
4. Be careful – if you lose your balance or drop anything, you must go back to the start.
5. If friends want to play, take it in turns and time yourself to see who can do it the quickest.

Credit:

change 4 life

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Source: PHE

You can watch the video here.



Make your own Pom Poms

Equipment Needed

- Tissue paper
- Tape
- Scissors

Adult supervision is required at all times.



How to Make Pom Poms

1. Get 2 different colored tissue papers and fold in half, long length.
2. Cut in half so you have 2 long rectangle shapes of tissue paper.
3. Start cutting strips/lines being careful not to cut all the way to the bottom of the tissue paper.
4. Once the cutting is finished, twist the bottom of the tissue paper to make a handle.
5. Tape the handle and fluff up the Poms ready to use in your routine.



Your Pom Poms
can be used
for the activity
on the next
page

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Dance Force - Dance Craze

The Challenge:

- Work together or on your own to think of all the dance craze moves you know
- Put the famous dance moves together to choreograph a routine
- Use other street dance moves to connect your choreography together



STEP:

- S – Show small actions on the spot or big actions using a large space depending on your choice of moves
- T – What music works well with your choices and fits all the moves? Can you do it backwards, smaller, bigger or teach it someone else?
- E – Music, props or costume will add more feeling to your story
- P – This could be practiced to be performed on stage or in a mini show for your family

Social Distancing Games

Number/Shape Dive

Children will sit in a socially distanced circle. Draw a number or shape in the middle. Say a child's name and a number/shape and they will jump up, run over and stand on that number/shape. Once they have a good idea of how to play, nominate a child to choose somebody.



Captain's Coming

The children are all sailors on the boat. There are different commands that you demonstrate and actions they will do when they hear one e.g. captain's coming – stand on the spot and salute, row the boat – sit down and row, scrub the deck – down on your knees and scrub, swim to shore – swim! Into the hammock – lie down, lift the cannonballs – lift them up one by one and put them in the cannon.



Traffic Lights

The children will act as cars and the adult will be the traffic lights.

- Green – Go! Jog around
- Amber – Walk on the spot
- Red – Stop
- Car park – Lie down
- Motorway – Run really fast
- Honk the horn – Beep beep
- Roundabout – Walk in a circle



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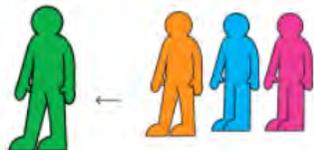
Jack-Jack's Super Shapes



It's your turn to shapeshift like Jack-Jack – he can transform his body! Can you lead everyone in a shapeshifting routine?

How to Play:

1. Choose one person to be the leader. Everyone else gets into a line behind them.

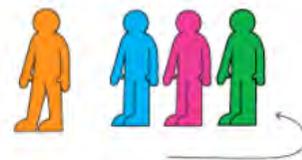


2. The leader sets off walking. Every few steps, they shapeshift into a move that everyone in the line has to copy, like a star jump, press-up, or running on the spot or a dance move.

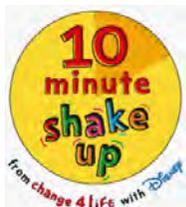


Try to come up with as many different ones as you can!

3. After 10 shapeshifts, the leader goes to the back of the line and the new leader starts shapeshifting.



4. Keep going for 10 minutes!



Credit:



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Source: PHE

Mr Incredible's Big Jump



Can you jump as far as Mr Incredible when he bounces off Elastigirl? Get ready, jump!

How to Play:

1. Mark out a course to jump along and pretend you're preparing for some incredible action. Make sure you can jump from one mark to another and they are not too far apart.



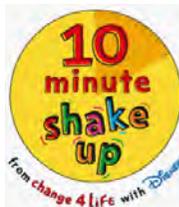
2. Take it in turns to jump along the course.



3. Keep doing the course until you get to the end.



4. Try leapfrogging over your friends to jump higher, too!



Credit:



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Dance Force - Dance Me a Story

What's your Favourite Story?

The Challenge:

Can you create a story, or are you looking at a book in class that you could use?

- Show the story or part of it using dance only and no words. Try to use your whole body and use space for locomotive moves.
- Use moves to show the theme, emotion or action of the characters.
- You can do this challenge on your own or split the story up into sections and give everyone a part each.

*** Remember to practice and perform it!**

Maria's Magical Dancing Shoes



STEP

- S - Show small actions on the spot or big actions using a large space depending on your story.
- T - Can you link your story together with other people? Could you add music?
- E - Music, props or costume will add more feeling to your story.
- P - Can you practice your performance for the stage or a mini show?

Safety – Ensure you have correct safety flooring if you are balancing or using more advanced moves. Warm up sensibly and stretch before attempting any moves.

Dance - House

The Challenge:

- Learn the names and moves
- Create a routine using the moves you have learnt
- Remember to always groove the body and stay high on the balls of your feet
- Share and perform your routine to others

[Click here for video link 1](#)
[Click here for video link 2](#)

History Fact:

Fast Eddie - Officially created in the spring of 1988 by a young artist from the west side of Chicago named Fast Eddie, the hip house formula was an upbeat fusion of its two namesake genres.

SHUFFLE

SKATE

GALLOP

FARMER

CHASE

HEEL TOE

CAN OPENER

GALLOP SHUFFLE CROSS

STEP

- S – You can travel, stay on the spot or do a different style in different spaces
- T – How can you create different routines?
- E – What music suits this style best? Learn from the videos and teach it others. Record and Edit videos of yourself to improve your routine.
- P – Eventually, this can be done in pairs or groups



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Early Years Magic Movement - Air Drawing

The Challenge:

Can you copy the teacher?

- Draw shapes and lines- circle, square, triangle, hexagon, zig zag, lazy 8's, swirls etc.
- Count and repeat each of the actions.
- Encourage the children to develop their own action/movement and link them together.



STEP

- S - Allocate each child a space. Mark this out for them to work in, or a spot to stand on or a hoop to stand in and work around.
- T - Add music including nursery rhymes and stories to encourage the different movement.
- E - Use different finger puppets, ribbons sticks and scarves. Add music to the session and use different music and encourage moving to a range of styles of music.
- P - Allow them to choose their prop. Encourage them to suggest different movements. Allow them to select a song to use.

Make a Chain

The Challenge

- Discuss what theme or style of dance you are doing so the Chain is consistent and flows. Themes could be names, animals, countries or styles such as street, tap or swing.
- Create and show 8 dance moves on the spot and pass it onto the next person.
- Show the next person your move by pointing, punching, kicking etc into their direction.
- Stand in a large, spread out circle or line.



STEP:

- S – Stand in a circle or line. You can adapt this however you want using spots or markers to mark out the order. SEN can use numbers so they know when their turn is next.
- T – Can you change the order to make the dance look better? Who goes first? Who's move looks better last?
- E – Can you use scarves, poms or hats?
- P – If your at home, this can be done in a contact chain where you can physically pass on the moves.

Safety – Ensure you have correct safety flooring if you are balancing or using more advanced moves

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

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

#BlackCountryRainbowHour

blackcountryrainbowhour.co.uk

Co-ordinated, developed and supported by:



Walsall Council

CITY OF WOLVERHAMPTON COUNCIL

