

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 - 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

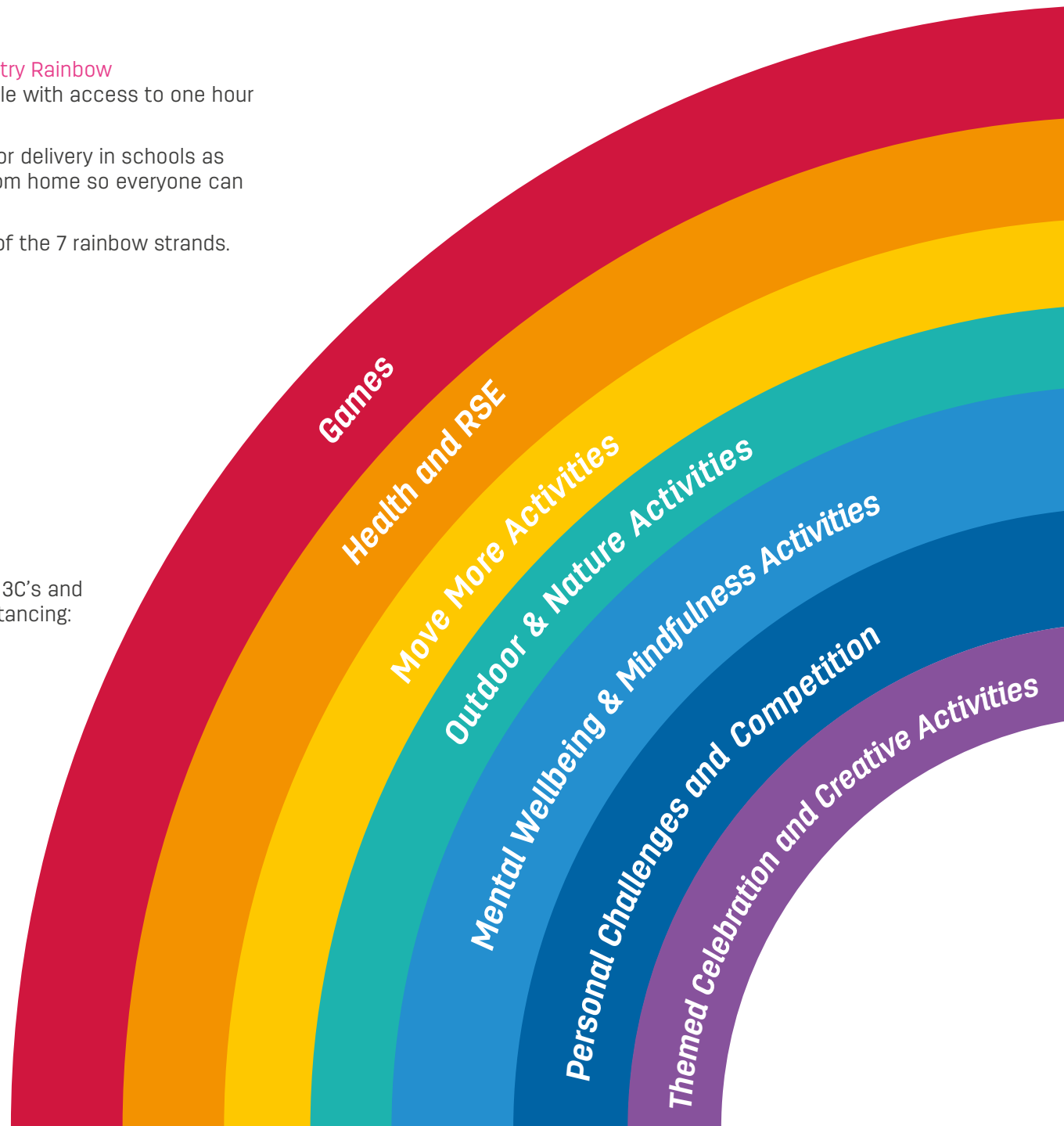
All activities within this Rainbow Booklet follow the concept of the 3C's and are deliverable whilst following national guidance around social distancing:

- 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

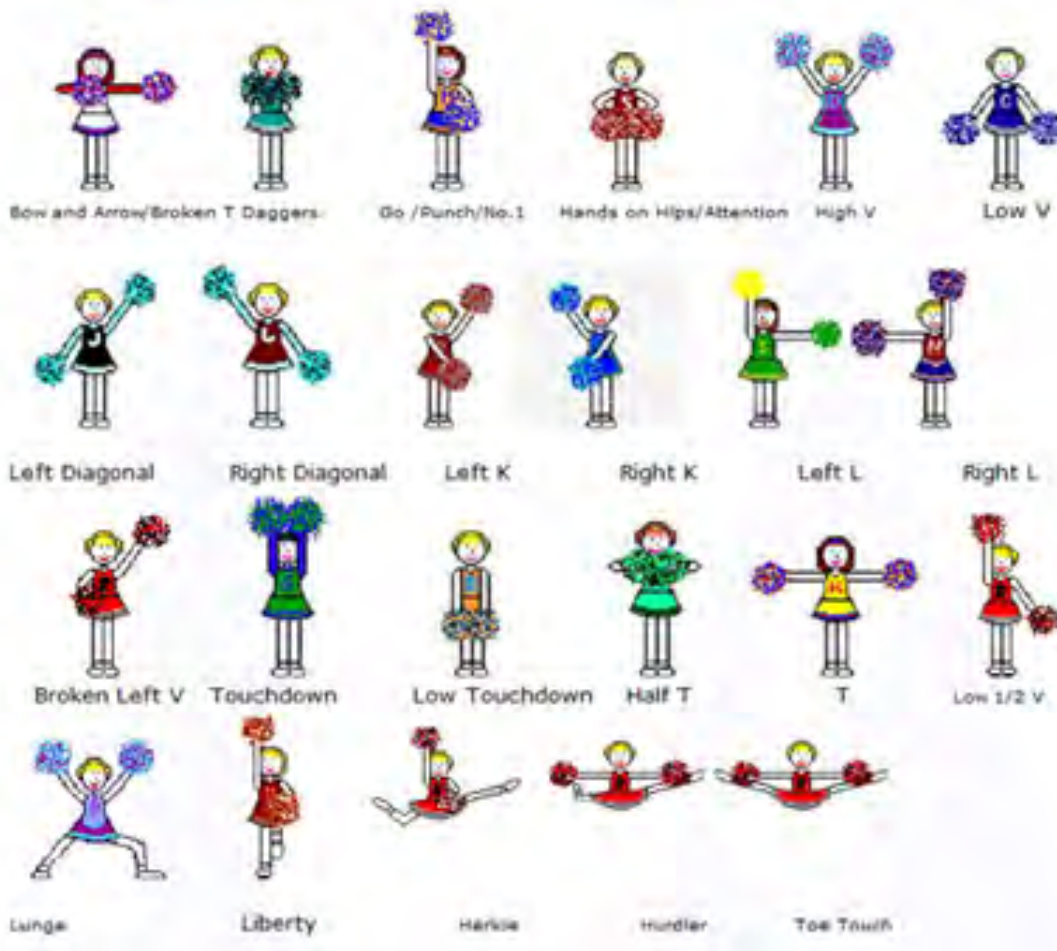
- Have someone to help you
- Have more/less people in your team
- Work with/compete with others
- Choose someone to work with/against
- Take on a different role

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.



Cheer Dance Challenge



Learn 6 of the arm motions and make a routine, when your feeling ready, add more motions to your routine.

- S - Have your own space or area to Cheer Dance in.
- T - Make the routine more difficult or simpler by add/ removing motions.
- E - You can make your own Pom Poms (see how to).
- P - Show your routine to others, teach them your routine.

Learn other routines, taking turns.

Choose a song to put your routine to, make sure it's upbeat and fun to Cheer Dance too.



Cheer Dance is an inclusive activity that can be enjoyed by all people of all ages!

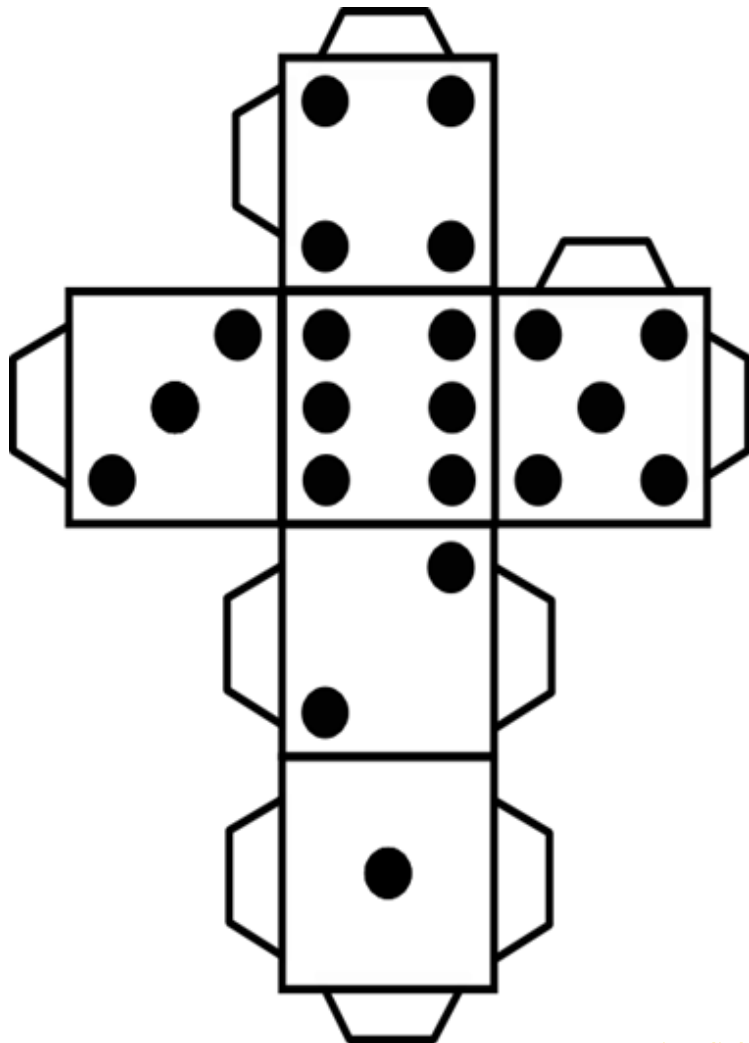


Move More Activities

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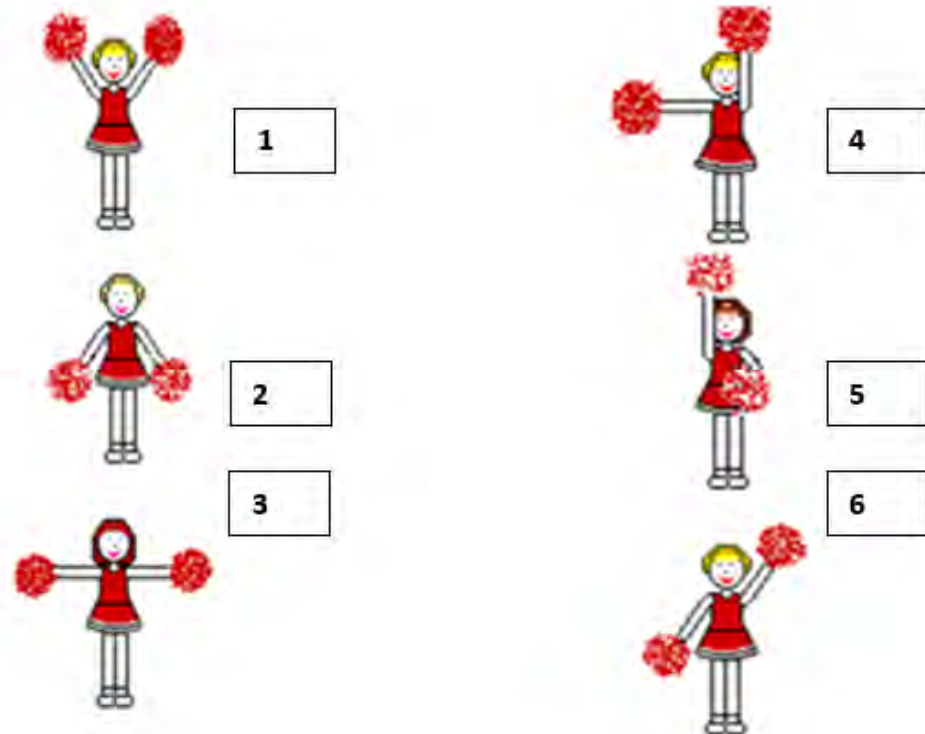


Cheer Dice Dance



- S** – Have your own space - try your routine in different areas.
- T** - Roll the dice and do the move. Roll the dice 6 times to make a routine. If your feeling ready you can add more or make up 6 of your own moves and give them a number of 1-6. Start rolling the dice to create more choreography.
- E** - If you don't have a dice you can cut out and make one from a template. You can put your routine to music, remember to choose a fun upbeat song.
- P** - You can play the game independently or with a group keeping your social distance. You can choreograph a routine together to show others.

Roll the dice!



Here's a link to your virtual certificate, this can be printed.

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North, South, East and West



NORTH

1. Markers/colours to be used to signpost where N,E,S,W is located in the area that you are playing the activity in.
2. Children to stand socially distanced.
3. Adult will call out any of the N,E,S,W directions. They can call out 1 or 2 at a time.
4. Children are to travel to the area that has been called out. (Progress ways of travelling by hopping, jumping, running etc).
5. This can be a knockout competition, team game or just for fun!
6. Get the children moving and responding to a range of directions and develop their spacial awareness.

EAST

WEST

SOUTH

Firework Fun



Fireworks are beautiful to watch, but we must be safe when around them. Remember the **firework code**.

This time of year, there are many reasons for fireworks, including Bonfire Night, Diwali and New Year's celebrations. It is wonderful to observe in the sky, owwing and arghing!

Can you make the different sound that the fireworks make? Whizz, bang, pop! Describe the shapes and colours too.

You could also make up a firework fitness five minutes? What music could you use? Can you add in props? Using a ribbon stick?

- 20 star jumps
- 20 spotty dogs
- 20 head, shoulders, knees, toes and jump as high as you can
- 20 goal keeper or reach for the stars! Stretch to one side, squat and then stretch to the other.
- 20 arm swings



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Dance Jigsaw

The Challenge

- Each person creates 8 counts of choreography to any chosen music.
- Learn everyone else's 8 counts and give them numbers to remember what piece of the jigsaw they are.
- Put all of your jigsaw pieces together to make your final piece.
- If you all cannot create 8 counts, then your teacher can teach you 5 pieces of the jigsaw (5 x 8 counts) and you can put them into any order you want!

STEP:

S – Make sure you have space to show the others from a distance. Where will you stand? In a line, circle or other formation?

T – Can you change the style of dance each time you create a jigsaw? Can you change the order of jigsaw?

E – You don't need much equipment but you can add some props in to make it even better

P – How long can you get your jigsaw and remember it all?

Safety

Ensure you have correct safety flooring if you are balancing or using more advanced moves. Warm up before exercise.



Street Dance - Break Dance

The Challenge:

- Learn the moves and names
- Conditioning is important before breaking. Warm up sensibly and take part in core and arm strengthening exercises
- Create a routine using the moves you have learnt
- Perform it to others

Breakdance isn't all on the floor. Remember to do your top rocks!

Take a look at these videos for inspiration:

[Video Link 1](#)

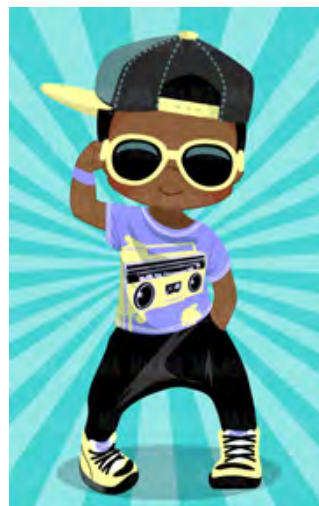
[Video Link 2](#)

[Video Link 3](#)

[Click here for a Teachers Resource](#)

Safety

- Warm up first
- Conditioning warm ups will help with strength
- You need a large space
- Wear correct clothing
- Do not balance on your head or neck
- Adult supervision is required



Move More Activities

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Dance / Cheer Diary



See how many of the activities you can complete during the week and colour in the stars. Don't forget to fill out the box when you have reached all of the stars!

DATE:

DANCE/CHEER DIARY

FAVOURITE DANCE STYLE:

DANCE STYLE:

REASON:

CLASSES I TAKE:

WHEN DID I START DANCE/CHEER

MY FRIENDS AT DANCE/CHEER ARE:

HOW I FEEL



HOW DANCE/CHEER MAKES ME FEEL:

MY GOALS THIS YEAR:

MY DANCE / CHEER HERO:

WHY THEY ARE MY HERO:

15 MIN FITNESS

Aim for the stars!

	M	T	W	T	F	S	S
20 x Star Jumps	★	★	★	★	★	★	★
20 x Squats	★	★	★	★	★	★	★
20 x Sit Ups	★	★	★	★	★	★	★
20 Seconds Run on spot	★	★	★	★	★	★	★
20 Seconds Jumping on spot	★	★	★	★	★	★	★
Stretch	★	★	★	★	★	★	★

I reached all the stars on: Date: _____

Fill out your Dance/Cheer Diary during the week. See what answers you can come up with.

Think about what you favourite dance style is and why? How does Dance make you feel? Who are your friends at Dance/Cheer?

Share your diary with your friends!

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The Name Game Dance



Can you spell your name and use the letters to choreograph your own dance?

STEP

- S** – Have your own space
- T** – Spell your name and use the movements under each letter to create your very own Name Dance. When you're feeling ready you can add your surname or work in a team learning each other's name dances. Take turns being the leader and learn to create one big dance.
- E** – No equipment is needed to enjoy this activity. You can choose to add in music of your choice.
- P** - You can play the game independently or with a group keeping your social distance. You can choreograph a routine together to show others. Remember to be a good leader but also a good listener when learning the other name routines. You could perform your routine at home or school.

Once you have had a go, [click here to get your virtual printable certificate](#)



A Stomp	B Turn	C Leap	D skip
E Shuffle	F Jump	G Swing	H Lung
I Reach	J Melt	K Extend	L Sink
M Stretch	N Roll	O Sway	P Bounce
Q Pull	R Push	S Flight	T Crouch
U Kick	V Elevate	W Pause	X Hold
Y Change direction	Z Balance	Spell your name and use the letters to choreograph your own dance.	

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

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