

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

Games 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

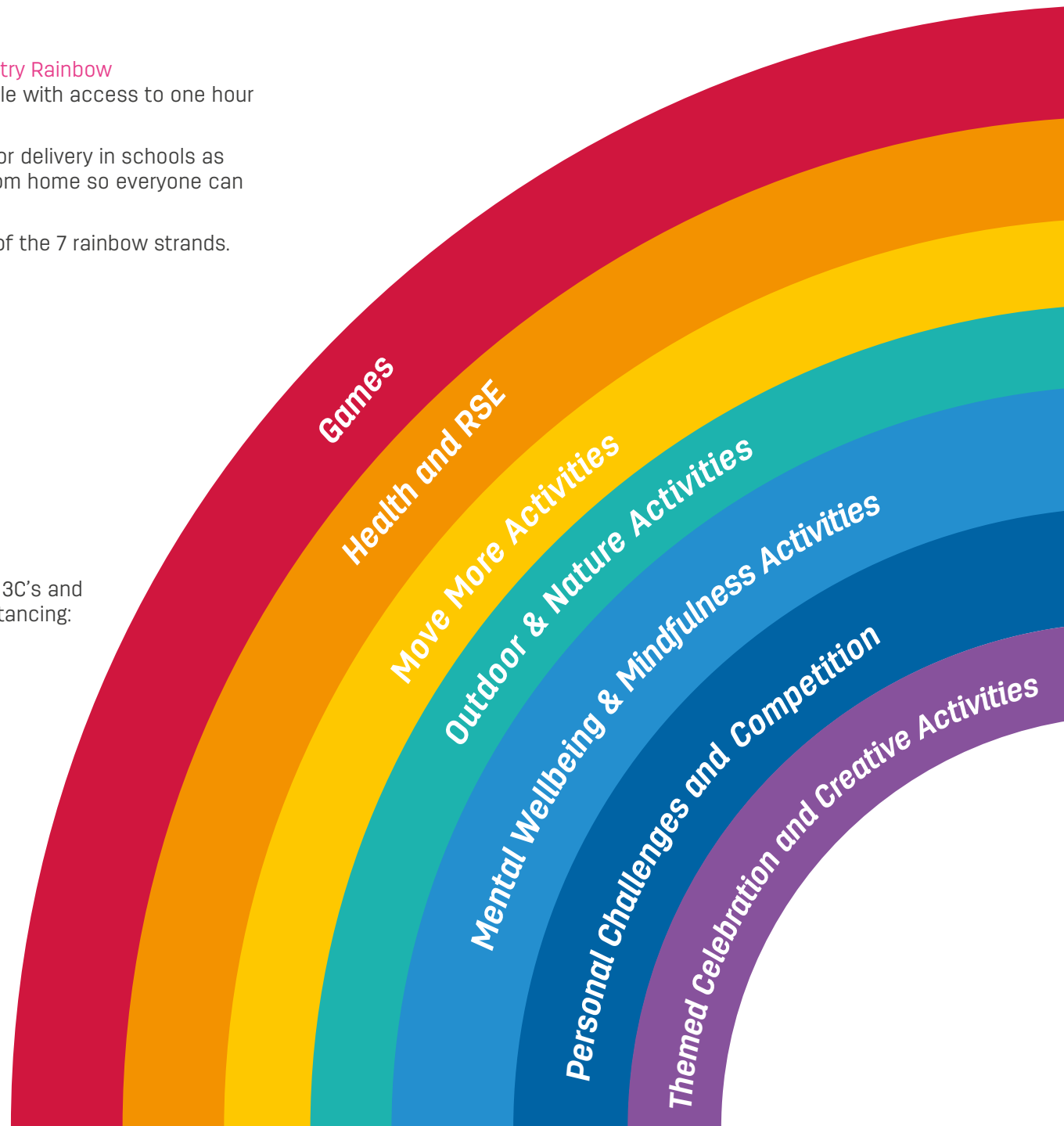
All activities within this Rainbow Booklet follow the concept of the 3C's and are deliverable whilst following national guidance around social distancing:

- 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

Games

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

Running Goalie

Age: KS1 - KS3

Space Required: A large outdoor or indoor space.

Equipment: Essential: Cones/markers to make a goal and a marker to run to
Optional: Hoops/Targets for striking team to aim for. A selection of rackets to strike the ball with.

Aims / Targets: The aim of the game is to strike the ball forwards, run to the opposite end of the court and back again before the fielders score a goal.



How to play

1. Get into two teams, one fielding, one striking.
2. Make a goal and agree on an area as the pitch, with a marker for the striking team to run to.
3. When you are in the striking team, you must strike the ball forwards from the goal, before running to the marker and back again to defend your goal.
4. When you are in the fielding team, spread out to retrieve the ball. After making four passes you can take a shot on goal.
5. Each player on the striking team gets two goes before swapping the teams around.

Link it Up

This game helps you aim accurately and field together as a team which is useful in activities such as cricket, rounders and softball.

Safety

- Ensure fielders do not get into the way of the runner.
- Runners need to be very observant as sometimes they may have to jump over the ball.

Think Tactics

Where is the best place to aim the ball when in the striking team?

**SCHOOL
GAMES**

Games

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

Brilliant Bowler: Hit the Target - This is an individual activity

Space Required:

- Outdoor grids
- Groups set up in lines for both individual and pairs tasks

Learning Outcomes:

- Explore different throwing techniques, linked to bowling.
- Develop accuracy and know where to 'pitch' the ball.

Equipment:

- Tennis ball, taped tennis ball or rubber ball.
- Wheelie bin (or something similar and safe).
- Tape/ marker pens.

Hit the Target Challenge:

- Mark out a set of wickets using a wheelie bin and some tape (be creative if you don't have those objects).
- Bowl the ball and try to hit the target.
- Scoring = 1 point for hitting the bin, 3 points for hitting the wickets.

Coaching Points:

- Create a star shape with your body ready to bowl.
- Keep your bowling arm straight all the way through your delivery.

Take a look at this videos for a demonstration



Super Striker: The Space Race - This is an individual activity

Learning Outcomes:

- Develop an effective and consistent striking action for hitting the ball.
- Develop accuracy and placement for hitting.

Equipment:

- A bat (or if you don't have one, try a broom or a frying pan, be creative).
- Tennis ball or rubber ball (of any size).
- Cones to make the planets (or any objects you have around your house).

Space Race Challenge:

- Mark out the planets by placing sets of cones on the floor.
- Visit as many planets as you can by dribbling the ball with the bat (you can visit the planets in any order).
- See how many planets you can visit in one minute.

Stretch Activity:

- Bounce the ball on your bat as you visit the planets.

Coaching Points:

- Watch the ball really closely.
- Watch where you are going.

Take a look at this video for a demonstration

For more free resources, visit the Schools Portal here!



CHANCE TO SHINE
Spreading the power of cricket

Games

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

Sitting Volleyball - Primary and Secondary Challenge

www.sense.org.uk

www.yourschoolgames.com

Suitable for those with special educational needs and disability (SEND)

Create a small barrier this can be made from tins of food, toilet paper rolls or chairs. Grab a ball and see if you can hit the ball over the barrier using any body part. Your opponent should try to hit the ball back straight away- no catching the ball allowed! If the ball touches the ground on your side, the players on the opposite side get the point.

S T T E P

Ideas on how to adapt the activity in a national lockdown.



S

Space

- In the garden or in any open space such as the living room (make sure it is a light ball for inside, and there are no hazardous objects around)
- Make the area bigger if it is too easy to keep the ball up
- Why not change the height of the barrier to make it harder/easier

T

Task

- The activity can be done standing up or sitting down
- How many times you can knock it over the barrier between yourselves? Test your teamwork!
- Allow a bounce on each side if easier

T

Time

- See if you can keep a rally going for 30 seconds

E

Equipment

- To make the activity easier try a balloon as it will fall slower.
- If you are finding it easy, try a slightly heavier ball or a smaller ball
- Why not add in multiple balls at once?

P

People

- Add in more people from your household, can you work as a team on each side?



Games

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

Tap up Tennis

TENNIS FOUNDATION TF

BRITISH TENNIS LTA



Learning Objectives

- Make contact with the ball with a controlled racket face
- Develop a cooperative rally
- Get ready between hits

Organisation

- Equipment: rackets, balls, throw-down lines
- Define the playing area
- Position pupils at the side of the area and demonstrate
- Highlight safe use of rackets and balls
- Organise pupils into spaces

Activity

Do activities in order:

1. Solo tap ups - in a defined area tap the ball up in the air each time to head height; let it bounce and tap it up again. Keep repeating 1 bounce, 1 tap up. If the ball goes out of the area, stop and start again.
2. In pairs hits alternative tap ups into the same small area, moving out of each other's way.
3. Micro Tennis - rally with a partner gently tapping the ball to each other over a line and into a small court.

Easier

- Throw the ball up, let it bounce and trap the ball with a hand on the strings
- Roll the ball around on the racket
- Balance the ball on the racket and walk or run

Harder

- Allow different numbers of bounces in sequences 1-2-3
- Use alternate sides of the racket
- Make the ball land on a small target such as a line or spot
- Do low tap ups and high tap ups

Competition

1. In pairs Pupil 1 does tap ups into a defined area and Pupil 2 counts. After 1 minute change roles and continue counting. Compete against other pairs.
2. In pairs in a defined area, count alternative tap ups in a row and record best score. Compete against other pairs.
3. In pairs play Micro Tennis and count hits in a row. Win a cone for 6 in a row. Compete against other pairs

MAIN THEME

Tap the ball in the air and let it bounce



Tap the ball over a line to a partner



Hit alternate tap ups into a box



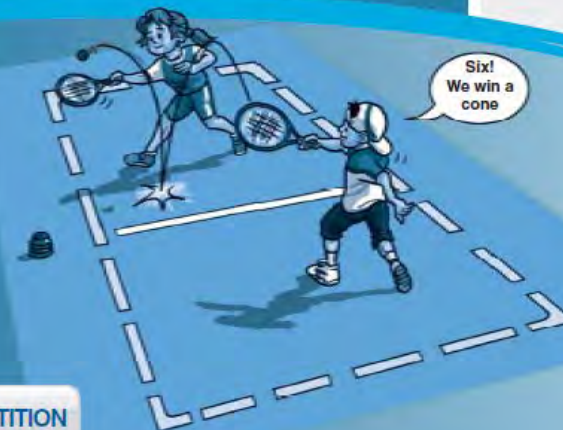
MAIN THEME

TAP UP TENNIS

QUALITY POINTS

- Get ready to move with feet apart and eyes watching the ball
- Control the racket, keep it flat and move it smoothly
- Contact the ball at a relaxed distance from the body
- Tap the ball up to head height
- Bend the knees as the ball falls

COMPETITION



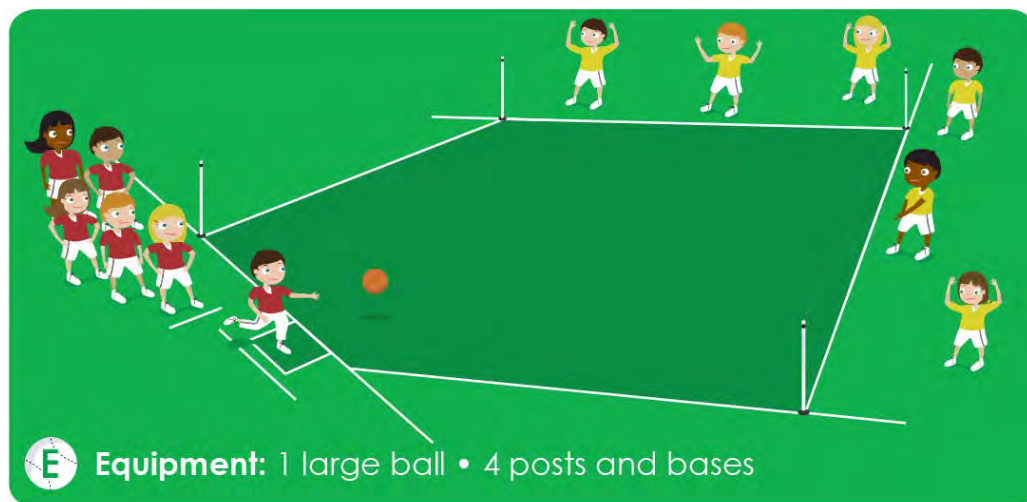
Six!
We win a cone

Games

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

Football Rounders

A simple, fun game which introduces players to the concept of Rounders



Variations

- Batter can kick ball anywhere in the forward area
- All Batters run together in a line
- Alter size of pitch
- Change the scoring system
- Batter out if caught
- Hit from Batting Tee or throw ball out

Safety Point

Kick ball beyond the posts

How to play

- Recommended number of players = 12 (6 v 6)
- Can be played with more or less
- Batting Team: first Batter kicks ball out between 1st and 3rd post and runs around pitch towards 4th post
- Fielding Team: stop Batter from scoring by lining up behind initial Fielder and passing the ball over their heads to the last Fielder who shouts 'stop'
- When all Batters have had one turn change over
- Scoring: score 1 point for each post passed by the Batter
- Or, you can follow traditional Rounders rules

Focus Questions

What is the best technique for sprinting?

Where is the most effective place to kick the ball?

What is the aim of asking Fielders to line up?

Coaching Opportunities

To introduce the game

Can also be used as a warm up

Games

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



Tri Golf Skills - Bullseye

Instructions

Team of 5 on each tee (white cones). If possible elevate the target by resting it on a chair so that it faces the pupils at an angle. Chip the ball in the air aiming at the centre of the target. Balls should not be collected until all balls have been hit and a command has been given.

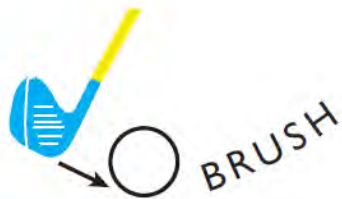
2 minutes practice (if time allows), 5 minutes play.

Skills for Life – staying safe

Leader's prompt to pupils : why should you sit behind the red cones when it is not your turn? Remind the pupils that they will get a rating out of 10 for how well they sit behind the red cones.

Key points for success

1. TickTock brush the ground to get the ball into the air



2. Practise and then play for success



Scoring

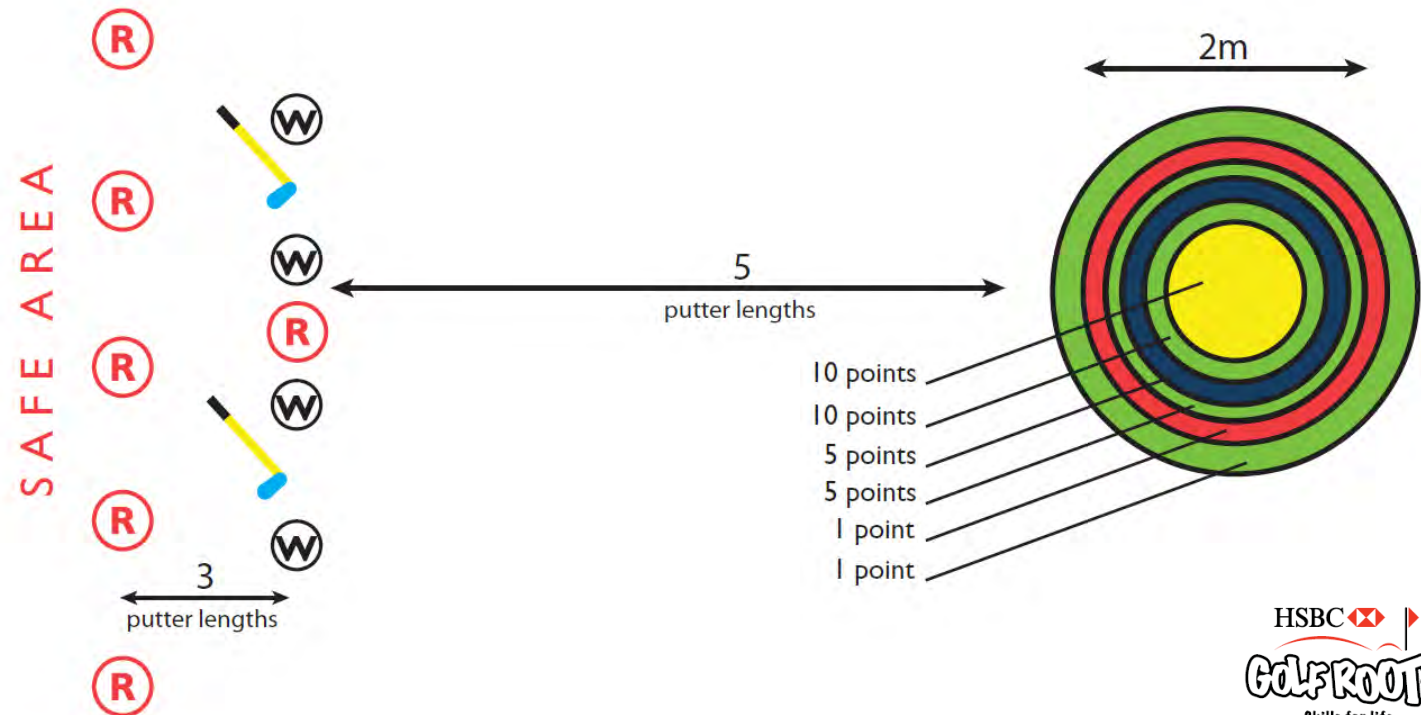
- Yellow inner = 10 points
- Blue circle = 5 points
- Red circle = 1 points
- Inside green = 10 points
- Middle green = 5 points
- Outer green = 1 point

Equipment

- 1 x Tri-Golf chipper per team
- 1 x 2m Tri-Golf pop up target
- 5 x Velcro balls per team

Cones could be used if you do not have a Tri-Golf target.

Score is taken from where the ball finishes, not where it hits.



Games

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

#InvadeTheZone

www.yourschoolgames.com

Achieve the challenge

The aim of the game is to get the object into the other teams target zone.



Safety

- Make sure the playing area is safe
- Ensure that any jewelry is taken out before the game starts

Safety

- Make sure the playing area is safe
- Ensure that any jewelry is taken out before the game starts

How to play

1. Agree on a playing area with target zones at each end
2. Get into two teams standing at either end of the playing area
3. Number yourselves in your team so that each player has their own number
4. One player calls out a combination of numbers who then become live in play
5. The live players must then try and get the object into the other teams target zone
6. The players whose numbers were not called out must stay in their zone but can act as defenders/goalkeepers.

Equipment

Essential

- An object to play with
- Two marked out target zones



Spirit of The Games



Teamwork:

How can working together help get the object to the end zone?



Respect:

How do you show respect to others during and after the game?

Link it up

- This game helps you get better at games e.g. Hockey, Football, Hand-ball, Netball, Basketball, Rugby, Water Polo and Ultimate Frisbee etc.

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

