

# 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*

*Personal Challenge 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

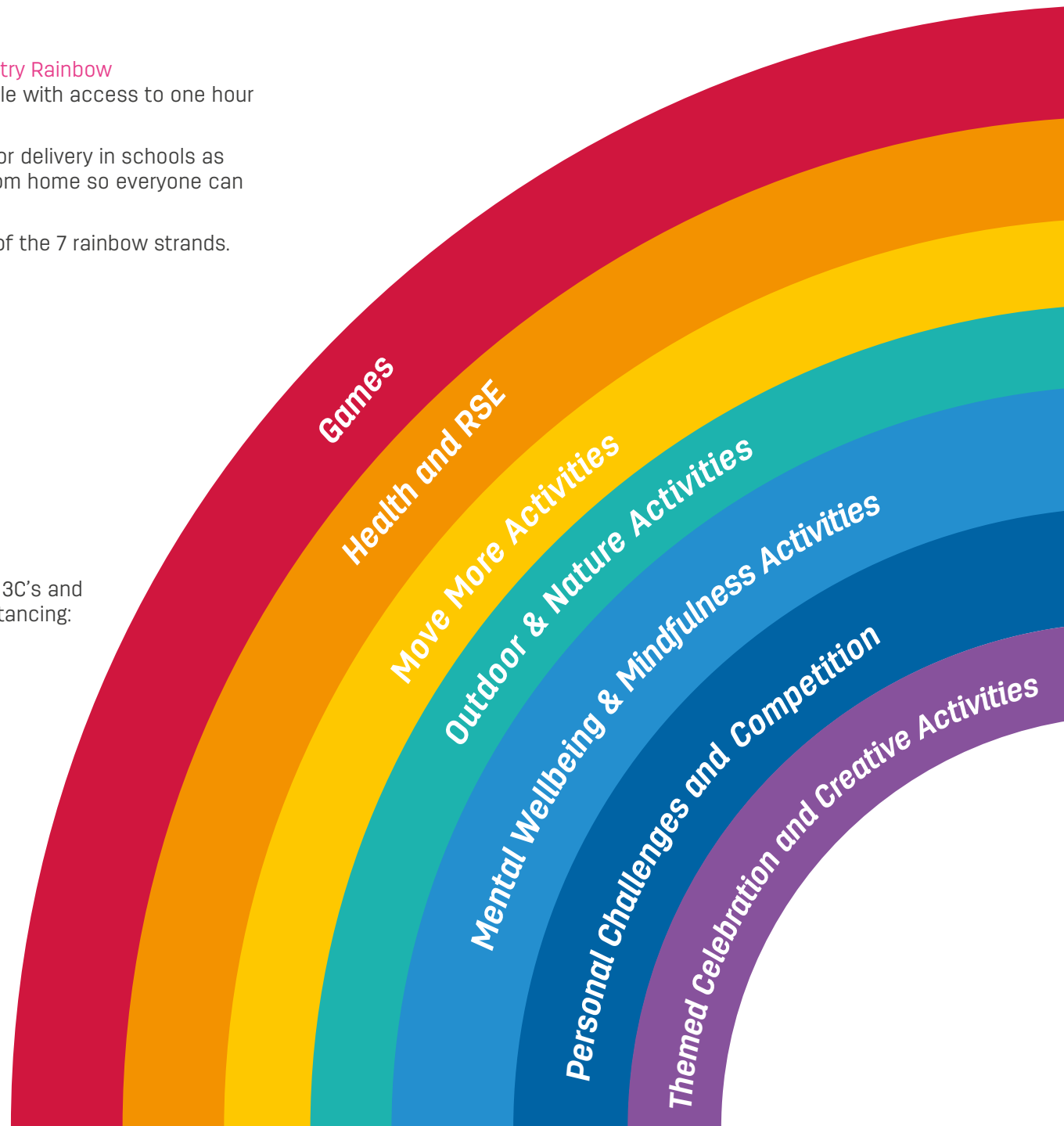
All activities within this Rainbow Booklet follow the concept of the 3C's and are deliverable whilst following national guidance around social distancing:

- 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

# 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.

For further video challenges [click here](#).

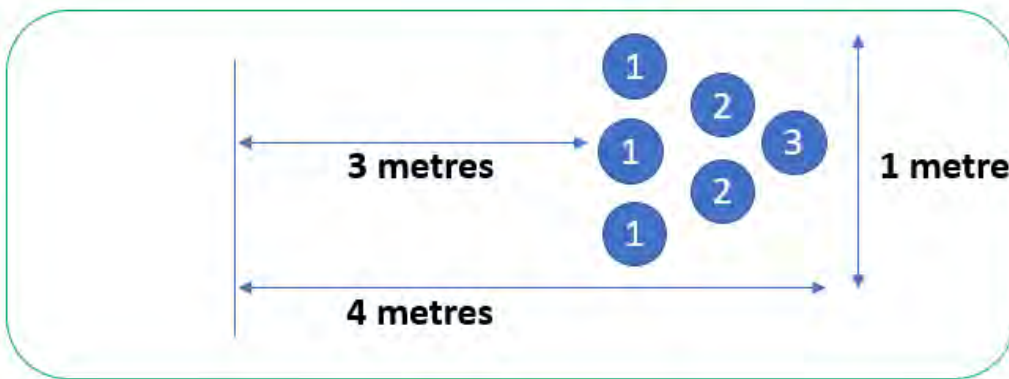
## Virtual School Games - Primary Boccia

Boccia (pronounced bot-cha) is a game of attack and defence. The game is similar to that of bowls – the aim is to get as many of your coloured balls as close to the white ball (also known as the jack). The game is played on a flat, smooth surface, usually indoors, with a court the size of a badminton court.

### Activity

3 Pupils per Team

- Pupils stand 3 metres from the target area.
- You have two balls each to score as many points as possible (number of points are awarded for the target you land on).



### Equipment Needed

- Boccia Balls
- Standard flat markers (approx. 25 cm)

OR

- Draw the markers with chalk
- Use rolled up socks or other balls you may have around the house!

Why not challenge yourself against your friends?

VIRTUAL  
SCHOOL  
GAMES



### Make it Inclusive:

Use a ramp to propel the ball

### Scoring:

- You have two throws each to score as many points as possible
- Add your scores together for a total score

Have a go at the activities, and try and beat your personal best

# 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.

For further video challenges [click here](#).

## Healthy Hearts

### How to Learn:

- Layout 5 markers in a space around your area. These are your 5 cardio circuit activities.
- **Station 1:** Perform 10 star jumps.
- **Station 2:** Perform 10 mountain climbers.
- **Station 3:** Skip or jump for 10 seconds.
- **Station 4:** Perform 10 burpees.
- **Station 5:** Jog on the spot for 10 seconds.

- How many times can you repeat the circuit?

**S** An open and safe space.

**T** Perform 15 repetitions of each activity.

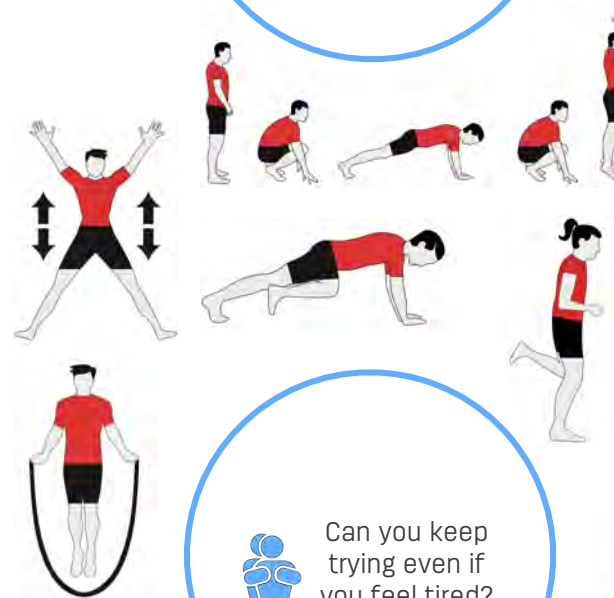
**E** A skipping rope and 5 markers i.e. cones.

**P** Perform these activities on your own.

Can you complete the circuit more than once and continue to apply maximum effort?

**Reflection**  
Were you able to work hard and increase your heart rate?

Do you understand why it is important to raise your heart rate and keep active?



Can you keep trying even if you feel tired?

# 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.

For further video challenges [click here](#).

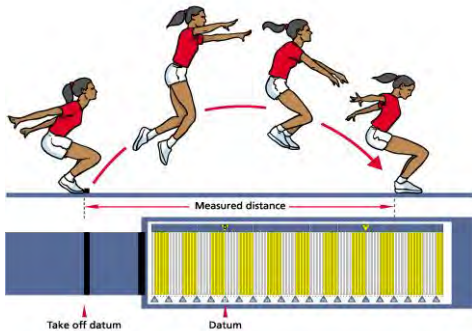
## Virtual School Games: Challenge 4 - Sportshall Athletics

The School Games Pentathlon is the ideal Personal Best Challenge and a national virtual competition aimed to connect young people across the Country in a common goal.



There are 5 events to have a go at!

Standing Long Jump



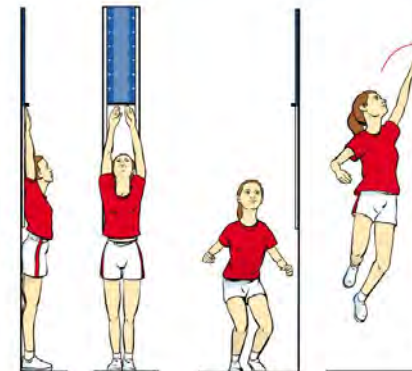
Speed Bounce



Chest Push

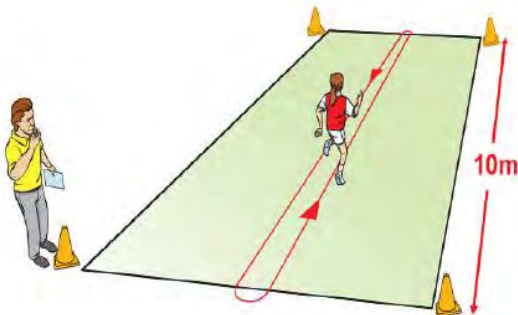


Vertical Jump



The guidance can also be found here.

10 x 10m Shuttle Run



Why not have a go at the activities, and try and beat your personal best?

You could create your own Sportshall Athletics competitions!

# Personal Challenges & Multi Skills Activities

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.

For further video challenges [click here](#).

## Keep your Tails

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

### Achieve the Challenge

The aim is to protect your tail and see how many times you can get your partner's.

### How to play

1. Get into pairs.
2. Mark out a small area to play inside.
3. Attach three tails to yourself (bibs or a tag rugby belt), one on each side and one at the back.
4. Face your partner with your toes facing forwards, knees slightly bent, straight back and hands on your hips.
5. Bow to your partner and begin trying to catch their tails.
6. If all three tails are caught, replace them, and the play starts again.

### Equipment

Essential

- Bibs or rugby tags.

Optional

- Cones/markers to mark out an area.

### Safety

- Make sure the area is safe.
- Watch out for hitting into other players when you are bending down.

### Link it up

This game will help you with agility and quick feet which are useful skills in sports such as boxing, fencing and judo.

### Think tactics

- What do you need to do to make it difficult for your opponent to catch your tails?



### Spirit of The Games



#### Respect:

Why is it important to bow to your opponent?



#### Teamwork:

Do you help your opponent when replacing your tails?



#### Passion:

Are you excited about playing this game?

SCHOOL GAMES





# Personal Challenges & Multi Skills Activities

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.

For further video challenges [click here](#).

## Flamingo Statue - for 1 or more people

Are you good at musical statues? Can you stand like a flamingo?

**Space Needed:** This can be done anywhere around the house or outside.

**Equipment:** None required but you can add equipment if you want to challenge yourself such as a beanbag or a low hurdle to jump over.

**Aim / Target:** To improve your balance.

### Instructions:

1. Try holding your balance for a minimum of 10 seconds on each leg and increase the time if it is too easy
2. Aim for a maximum of 1 minute per leg
3. Make it harder by adding equipment such as placing a beanbag on your head or a bag of rice
4. Try and jump over a small hurdle then regain your balance
5. Involve your family by having your partner try and distract you and gently unbalance you.



## The Mine Field - for 2 people or more

### What do you need?

- A range of soft objects
- A large space indoor or outdoors
- Something to act as a Blindfold

### Set Up Instructions

- Create a start and finish line
  - Scatter soft objects randomly between the start and finish line
1. You need to all start at the start line and one at a time you need to blindfold yourself and complete the mine field to get to the finish line.
  2. You can give each other verbal instructions but you can not physically assist one another.
  3. If you touch an object you need to start again from the beginning.
  4. You must put your blindfold on before stepping over the start line.
  5. Once complete rearrange the objects. Remember you can add more or less or increase the distance between the start and finish line to make it more or less difficult. Time yourself – How quick can you complete the course?
- What method worked the best for your team?
  - Why was this method successful?
  - Would you change anything if you had to do it again?
  - What are the key skills required to be successful at this game?
  - How long did it take you? What could you do to make it quicker?



**Key words:** Team work, communication, problem solving.

# Personal Challenges & Multi Skills Activities

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.

For further video challenges [click here](#).

## Multi Skills: Line Lunge

**Age:** Years 3 - 8

**Space Required:** Small indoor or outdoor space

**Equipment:** Coloured cones / markers

**Aims / Targets:** The aim is to accurately follow instructions as quickly as possible and beat your opponent or your personal best

### The Challenge:

- Can you react quicker than your friend?
- Or challenge yourself, how many cones can you get in 1 minute.

This activity can be done as an individual timed exercise or played against an opponent (ensure the players are at least 2 metres apart and use different cones for each person if not from the same household).

- Mark out two lines using cones or makers at least two metres apart and two metres wide. In between the lines, place cones or markers of different colours. Stand opposite a partner on opposite lines. One player is the caller and stands to the side.

- If you are the caller, give instructions, e.g. right hand blue, left foot red. If you are a player, you must sidestep along your line to the colour and follow the correct instruction, keeping at least one foot on your line.
- Play for one minute and count/log your score, swap over and challenge others.



## The 'Partner Power' Challenge

Can you 'Move More' than your partner?

- Work fast against the clock
- Challenge your friends and family
- Work hard
- Have fun!

[Watch a video demonstration here.](#)

### The Set Up

All you need is your body and lot's of energy! You can challenge a friend or do the workout on your own. The main this is to have FUN and raise that heart rate!

- Set a timer for 0:30 seconds
- Do as many reps of the exercise as you can
- Instructed exercises include:

[Count your score and challenge a friend?](#)



Hop Overs

Toe Taps



Sumo Taps



# Personal Challenges & Multi Skills Activities

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.

For further video challenges [click here](#).

## Standing Long Jump Challenge

**Age:** Reception to Year 6

**Space Required:** Ensure you have enough area to complete the Jump Challenge.

**Equipment:** Use any safe items or markings that allows you to jump over the challenge safely eg Cones or Jumpers.

**Aims / Targets:** Power, determination, challenge, self-belief. Do you have the self-belief to challenge yourself? Can you jump over different obstacles?

- Agree on the challenge to complete.
- Try to jump over or between markers on the pavement.
- Create a target on a wall that you can use your feet to push off from.
- Use bags or coats to create a distance for you to jump over, increasing the distance each time.
- Make sure the area is clear and safe to use, log your score and see if you can beat it. Share your score with others and challenge each other.



## Rebound Catch

**Age:** Primary and KS3

**Space Required:** Wall and 1 metre line.

**Equipment:** One ball and a wall or solid object.

**Aims / Targets:** To improve throwing ability, reaction time and co-ordination.

- Pupils throw a ball onto a wall/rebound area and attempt to catch it. Each pupil has 30 seconds to complete as many throws against the wall as possible.
- For Health and Safety make sure you use the same ball.
- Other students need to be at least 2 metres away in a safe zone.
- Can you roll a ball off another ball and back to your hands?



You could take part in these challenges as part of National Schools Sports Week on the 21st June 2021

## 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

