

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 - 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.

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

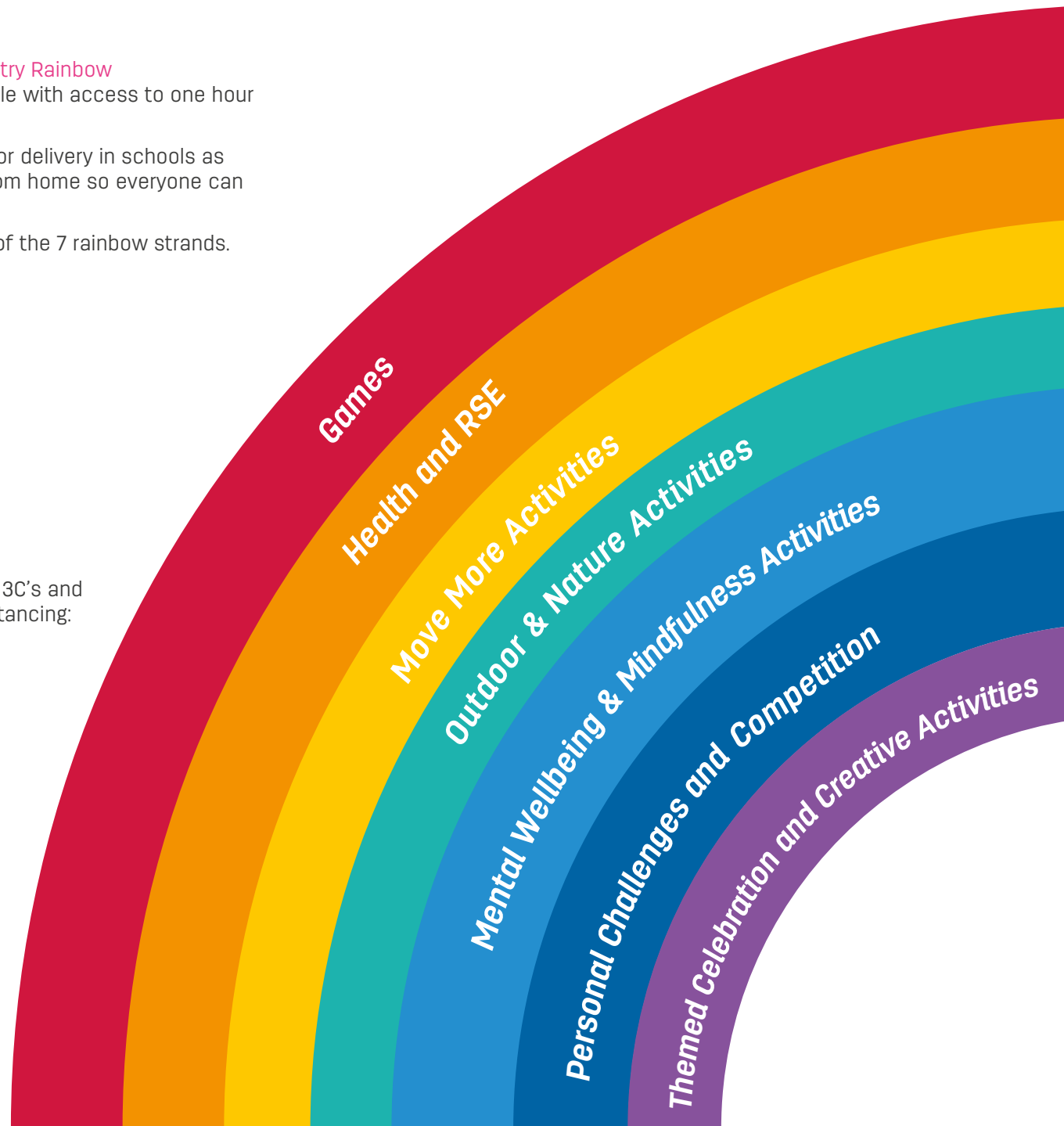
All activities within this Rainbow Booklet follow the concept of the 3C's and are deliverable whilst following national guidance around social distancing:

- 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

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 and Secondary Basketball



Age Groups: Primary - Years, 3,4,5 and 6 (boys and girls)

Secondary - Years 7, 8, 9, 10 and 11 (boys and girls)

Risk assessment Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Challenge 1: Cone Dribble

Equipment:

Cones, Basketball /any ball, Timer, Tape measure

How to play:

Set up a 10m coned area. Put a cone down at each 1m. Dribble through the cones as fast as you can, keeping the ball under control. Dribble there and back as many times as you can in 1 minute.

Recording your Score:

Get a friend or teacher to time you for one minute and count how many trips you can make.

Tips:

- Keep your head up and don't look at the ball.
- Extend your arm and snap your wrists to send the ball into the ground.
- Use your fingers, not your palm, to control the ball.
- Do not bounce the ball too high while dribbling.



Challenge 2: Shooting Hoops

Equipment:

Basketball/any ball, Netball/Basketball Ring, Cones

How to play

Stand around a metre back from the hoop. You can use a cone for this marker if you wish. You have 1 minute to try and score as many hoops as possible. If you find this is really difficult you can move forwards or if easy move backwards.

Recording your Score:

- Count the number of baskets scored after 1 minute of shooting.

Tips:

1. Eyes on Target
2. Stance and Balance
3. Grip (Ball sits on fingers)
4. Balance Hand (Non-shooting hand)
5. Delivery
6. Follow Through



Why not try and beat your personal best.

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

Virtual School Games - Inclusive Basketball



Age Groups: Primary and Secondary (boys and girls)

Risk assessment: Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Challenge 1: Cone Dribble

Equipment:

Cones, Basketball /any ball, Timer, Tape measure

How to play:

Set up a 10m coned area. Put a cone down at each 2m. Dribble through the cones as fast as you can, keeping the ball under control. Dribble there and back as many times as you can in 1 ½ minutes.

Recording your Score:

Get a friend or teacher to time you for one and a half minutes and count how many trips you can make.

Tips:

- Keep your head up and don't look at the ball.
- Extend your arm and snap your wrists to send the ball into the ground.
- Use your fingers, not your palm, to control the ball.
- Do not bounce the ball too high while dribbling.



Challenge 2: Shooting Hoops

Equipment:

Basketball/any ball, Netball/Basketball Ring, Cones

How to play

Stand around a metre back from the hoop. You can use a cone for this marker if you wish. You have 1 ½ minutes to try and score as many hoops as possible. If you find this is really difficult you can move forwards or if easy move backwards.

You could use a lower net or if that's not possible use a hoop on the floor as target area and bean bags instead of a basketball.

Tips:

1. Eyes on Target
2. Stance and Balance
3. Grip (Ball sits on fingers)
4. Balance Hand (Non-shooting hand)
5. Delivery
6. Follow Through

Why not try and beat your personal best.



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Clown Tricks (Brave)



EYFS/Key Stage 1 – Clown Tricks (Brave)

See how quickly you can roll the dice and do all 6 clown tricks with the ball.

Remember, you must complete the challenge each time the dice is rolled!

1. Roll ball up and down your body (sitting)
2. Roll ball up and down your body (standing)
3. Roll ball from hand to hand on the floor x 4
4. Roll ball through your legs x 3
5. Move ball round your waist x 3
6. Move ball around 1 leg x 3



Use the QR code to access more interactive activities!

How to play

Practise each clown trick first so you can remember them. When you are ready, write the numbers 1 to 6 on a piece of paper and tick the appropriate number off when you roll it and complete the challenge.

Time how quickly you can tick off all 6 challenges. You might also want to come up with your own challenges.



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Personal Challenges & Competition

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Fitness Word Search Challenge



Instructions:

1. Find one activity within the Word Search.
2. Complete this activity for 45 seconds.
3. Record amount completed during the activity (eg. 30 Squats).
4. Repeat until the word search is complete.

Words:

- Star Jumps
- Lunges
- High Knees
- Heel Flicks
- Burpees
- Line Jumps
- Squats
- Boxing Punches

T	B	V	Y	U	N	S	F	U	Y	T	I	N	V	B	C	B	P
X	Z	B	T	U	M	U	I	F	R	Q	E	B	N	O	L	U	F
H	E	D	B	U	N	M	I	P	Q	X	R	D	S	X	B	R	N
E	Y	U	D	R	T	M	U	C	S	A	T	L	O	I	V	P	B
E	T	Y	L	A	W	C	B	R	V	Y	A	X	W	N	T	E	M
L	U	W	A	U	O	P	R	Q	N	U	R	V	C	G	X	E	Z
F	I	L	F	T	D	S	Y	R	J	D	J	R	U	P	Y	S	O
L	Q	E	R	C	B	N	Y	S	K	T	U	N	D	U	E	I	N
I	E	S	Q	U	A	T	S	U	N	T	M	S	M	N	I	N	Y
C	C	N	A	Q	E	T	U	O	P	L	P	N	F	C	D	S	L
K	V	B	T	D	U	E	I	S	L	Q	S	A	X	H	P	G	I
S	B	N	T	Y	D	I	K	L	S	W	C	X	G	E	I	O	N
N	U	Y	M	F	E	T	L	S	C	Y	N	U	S	S	D	U	E
Y	I	S	V	D	Y	I	L	X	N	G	I	S	A	Q	T	N	J
J	Y	U	V	H	I	G	H	K	N	E	E	S	D	C	Y	T	U
I	Y	N	I	S	T	F	I	N	E	P	D	T	C	F	D	V	M
O	N	Y	D	C	Y	N	U	M	D	I	N	T	D	B	U	F	P
L	U	N	G	E	S	U	M	F	S	D	E	T	N	U	D	I	S

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.



Card Game



Instructions:

1. Split your group into two teams – you are now working against one another – GAME ON!
2. Put all of the cards face down in a random order not overlapping one another and then move to behind the start line.
3. One at a time you need to run out and turn over 1 card at once.
4. You need to put them in order but you can only do this by following the numbers from 1 -10 then J, Q, K.
5. So the first card you need to find is A, then 2, then 3 and so on.
6. If you don't find the correct card you need to turn it upside down again.

- Which team won? Why?
- What was the best method?
- What key skills are required for this task?



Key words: Team work, communication, problem solving.

Dog, Rice and Chicken



Instructions:



1. One of the group members is allotted the role of a farmer and the rest team acts as villagers.
2. The farmer has to return home along with its 3 purchases (Dog, Rice and Chicken) by crossing a river in a boat. He can carry only one item with him on the boat.
3. He cannot leave the dog alone with the chicken because the dog will eat the chicken, and he cannot leave the chicken alone with the bag of grain because the chicken will eat the bag of grain. How does he get all three of his purchases back home safely?
4. The villagers can help him in arriving at the solution, which is really simple if the group thinks creatively and together.



Key words: Team work, communication, problem solving.



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

