

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.

February 2021



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.

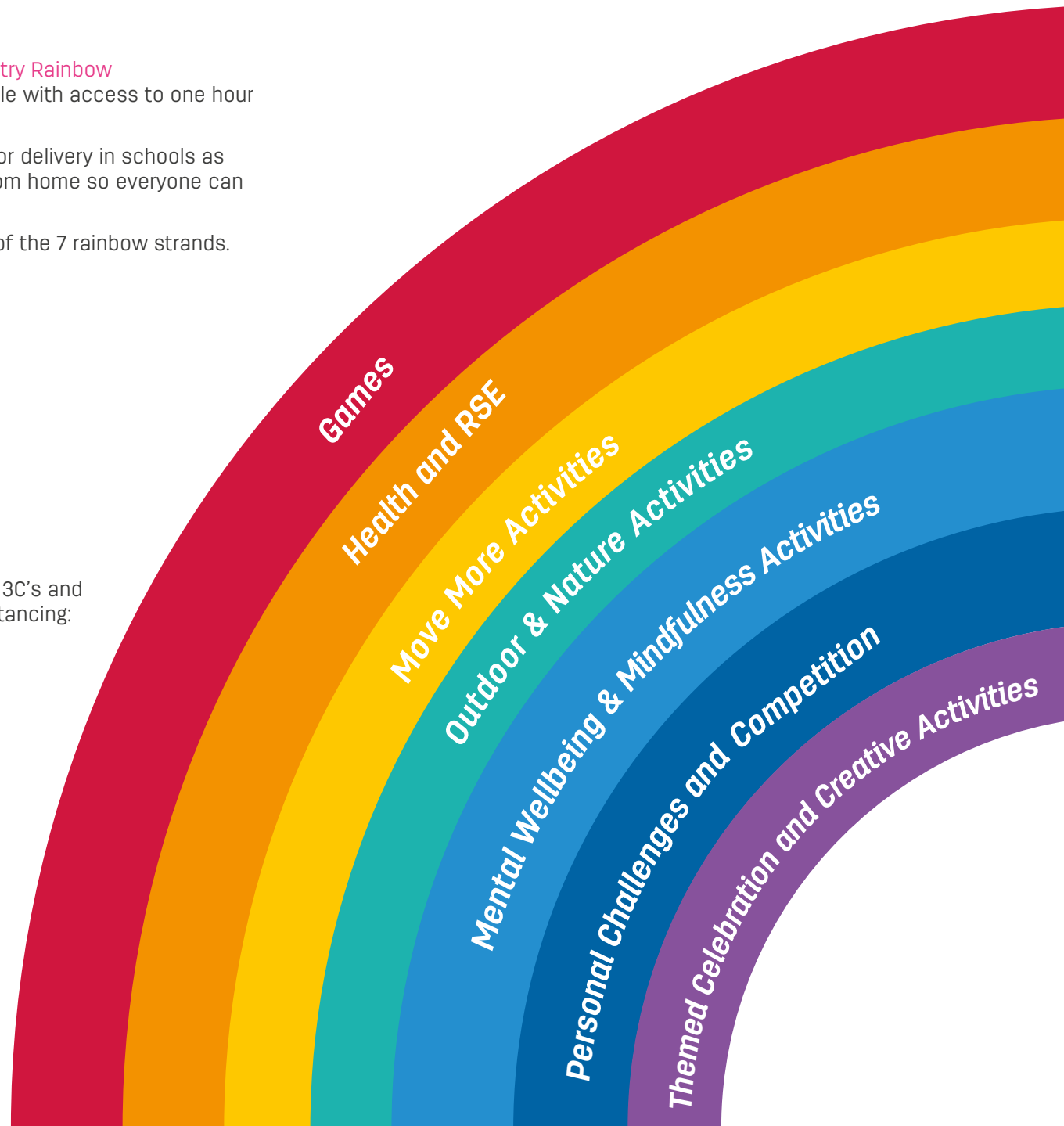
Who is the Rainbow Booklet for?

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!

Where can Rainbow Hour activities be done?

This booklet has been designed so all activities can be done safely at school or at home. Where you see the house symbol, this means activities can easily be done in the home.





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

Plank Goalie

Protect the Gate



Plank goalie



What you need: 2 or more players, four objects and a ball or pair of rolled up socks.

How to play:

- Place four objects in a rectangle formation.
- Players begin between the ends of the rectangle (their goal).
- Players must hold a plank position throughout.
- They score by rolling the ball through their opponents goal.
- Two points is awarded if their opponent drops from the plank.

Who is the first to 10 points?



Protect the gate



What you need: 2 players min, three objects and a ball or pair of rolled up socks.

How to play:

- Place three objects in a triangle formation.
- One player (the defender), begins next to the triangle.
- The other player (the attacker) begins with the ball 4m away from the triangle.
- The attacker can move anywhere as long as they remain 4m away from the triangle. They score points by rolling the ball through the triangle.
- 6 attempts then change roles.

What was your score /6?



Games

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

Squat and Shoot

Team Tie



Squat and shoot

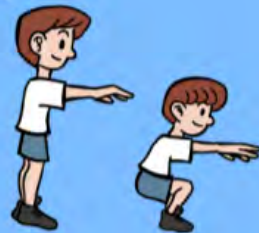


Get Set 4 PE.

What you need: 2 balls or pairs of socks, two pots, two plus players.

How to play:

- Each player has a ball. They begin 3-4 steps away from the pots.
- Players race to throw their ball into one of the pots. First to four successful throws wins the round.
- In between each throw you must complete 10 squats.
- In the next round change the exercise you need to complete in between the throws.



Make this easier by using a bigger pot.

Who won the most rounds?

Team tie



Get Set 4 PE.

What you need: one dressing gown rope and two players minimum.

How to play:

- Players take hold of the dressing gown rope.
- As soon as they hold the rope they cannot release or move their hands (like they have glue on them).
- The aim of the game is to see how many knots the players can tie in the rope.
- Make this harder by timing yourself. How quickly can you tie one knot?
- Top tip: plan your strategy before you touch the rope.



Teamwork makes the dream work.

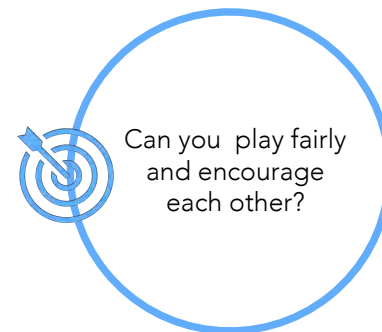
Games

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

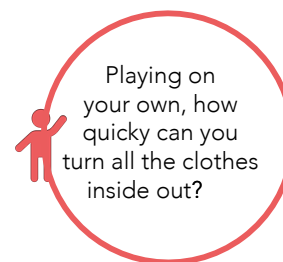
Inside Out - PE Home Learning

Time to Learn:

- Lay out items of clothing on the floor in a safe space, making sure that some items of clothing are turned inside out.
- Player one is going to try and turn all the items of clothing inside out, player two is going to try and turn all the items of clothing the right way round.
- Play for three minutes. At the end of the game the player who has the most pieces of clothing 'their way' is the winner.



Can you play fairly and encourage each other?



Playing on your own, how quickly can you turn all the clothes inside out?



Play for three minutes.

The player with the most objects their right way round wins.



Play with a partner!

Take turns to turn your items the right way around!

Top Tips On your Toes!

- Moving on the balls of your feet and bending your knees will help you move quicker to each object!



Let's Reflect

Were you able to move on the balls of your feet to be quick?

If you did not win, what could you do differently next time?



Health and RSE

A range of activities to support pupils relationship and health education.

Cycling and Your Health



Read the following statements and decide if they are true or false.



True

or

False

1. Cycling regularly will help you sleep better.

True

or

False

2. Cycling can help you increase your brain power.

True

or

False

3. If you cycle in a figure of 8 you will get dizzy and fall off.

True

or

False

4. Cycling only uses your arms and leg muscles.

True

or

False

5. Cycling is an activity you can only do on your own.

True

or

False

6. Your heart will become more efficient if you cycle regularly.

Amazing bike fact

A bike can stay upright on its own. As long as the bike is moving at a speed of 8 miles per hour or more, it will stay up-right as it zooms along without its rider!



For more information on Bikeability please go to www.bikeability.org.uk



TOOLS for SCHOOLS

contact us at contactus@bikeability.org.uk

Health and RSE

A range of activities to support pupils relationship and health education.

Shopping List Template



Shopping list template

Name:

Class:

Make a picture list of what food you would buy if you went shopping with a grown up.

Fruits

--	--	--

Vegetables

--	--	--

Why not help your grown ups with the food shopping list?

Make a picture list of what food you would buy if you went shopping with a grown up.

Click here to download the template, or you could make your own.

Shopping list template

Healthy snacks

--	--

Healthy breakfasts

--	--

Healthy drinks

--	--

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Healthy Stories



You can use storybooks to introduce, discuss, and develop themes and ideas. These books can also be used as topics.

Healthy stories

You can use storybooks to introduce, discuss, and develop Our Healthy Year's themes and ideas. These books can also be used as topics. You could invite parents to come in for a reading session!

Traditional stories

The Enormous Turnip

- How turnips grow
- Health benefits of vegetables
- Sizes and weighing, portion sizes
- Things you can make with turnips (turnip soup)
- Everything needs water to grow, staying hydrated

Jack and the Beanstalk

- How beans grow (investigation – where do baked beans come from?)
- Health benefits of vegetables
- How things grow
- Sorting bean activities, e.g. by size, colour, portion sizes
- Things you can make with beans (bean salad)
- Everything needs water to grow, staying hydrated
- Markets
- Grow beans

The Little Red Hen

- Discover where bread comes from
- Explore farms and crops
- Use stalks of corn to grind flour
- Make bread
- Grow yeast
- Story sequencing

Jack and the Beanstalk

- How beans grow (investigation – where do baked beans come from?)
- Health benefits of vegetables
- How things grow
- Sorting bean activities, e.g. by size, colour, portion sizes
- Things you can make with beans (bean salad)
- Everything needs water to grow, staying hydrated
- Markets
- Grow beans

Click here to download the healthy story options

The Very Hungry Caterpillar, Eric Carle

- Some foods are healthier, e.g. apples, pears, plums, strawberries and oranges,
- and some are for special occasions, e.g. cake
- Numbers and counting
- Weighing scales
- Visit to shops
- Write shopping lists

Health and RSE

A range of activities to support pupils relationship and health education.

Cafe Menu Template



Café menu template

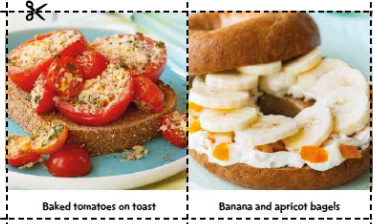
Give your pupils a copy of the following pages containing examples of healthy menu items.

Can pupils think of alternative versions they may prefer? For example, instead of blueberry and banana smoothie, what other fruit could they use?

To help pupils think of new ideas, ask them to look for similar pictures by searching [Change4Life](#) or the Children's Food Trust website.

They could then print, cut and stick (or draw) pictures of their favourite items to add them to the menu template.

Remember to print these pages on double sided.



Baked tomatoes on toast

Banana and apricot bagels



change
4 life
Eat well. Move more. Live longer.



Bang-fasty chicken drummers

Blueberry and banana smoothie

Breakfast burritos

Carrot and courgette muffins

Beefed up samies

Carrot and sultana drop scones

Café menu template

Name:

Class:



Breakfast

Lunch



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Eat well. Move more. Live longer.

Café menu template



Dinner

Dessert



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4 life
Eat well. Move more. Live longer.

Can you think of alternative healthy food you might prefer?

For example, instead of blueberry and banana smoothie, what other fruit could you use?

[Click here to download the template, or you could make your own.](#)

Imagine that you had your own Cafe, what would include on your menu?

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Health and RSE

A range of activities to support pupils relationship and health education.

Key Stage 2 - Our Healthy Year Calendar



Try one of these fun activities every week to help you eat well and move more!

You will need to click on the image to download it, which will make it easier to read.

Our Healthy Year Calendar

Key Stage 2

Try one of these fun activities every week to help your class eat well and move more! Then click to reveal fun facts, jokes and challenges.

Weekly challenges to build healthier habits.

week 1 Our healthy pledge Decide as a class on five ways to be healthier this year. Which vegetable is always in a hurry? Click to reveal	week 2 Stretch and flex Touch your toes and stretch, stand tall and stretch or lean to the side with your arm over your head. Can you think of other stretches? Why are gymnasts the most generous sportspeople? Click to reveal	week 3 Sugar smart Can you order these drink items from lowest to highest sugar content? Let's find out! Click to reveal	week 4 Morning movement Try making an 'activity zone' to use each morning. Why not do a different activity each day? What is harder to catch the faster you run? Click to reveal	week 5 Healthy mind Plan a timetable for the week that includes eating well, moving more, taking time out and having fun! Class challenge! Click to reveal	week 6 Great moves Make up a dance. You could base it on a theme such as different types of animal or dances from other countries. Why aren't dogs good dancers? Click to reveal	week 7 Food labels Why does some food have traffic light labels? Do you think this label shows a healthier or less healthy choice? What do you call a Peanut in a spacesuit? Click to reveal	
week 8 Game day Invent a new game that involves movement! Then teach others how to play. What is the national sport of Japan? Click to reveal	week 9 Favourite snacks Think about your favourite snacks. Can you choose or eat a different healthier snack for each day of the week? Class challenge! Click to reveal	week 10 What's on the menu? Think about what you like to eat. Is there anything new you would like to try? Which vegetable can't you throw away my outside, cook my inside, then eat my outside and throw away my inside? Click to reveal	week 11 Jump to it Jump 10 times in one way, then tag your friend who jumps 10 times in a different way. Keep going until the whole class has finished. Unscramble the letters to find a sport that needs good jumping skills. l b l s a t e k a Click to reveal	week 12 Rainbow plate How many different colours can you see in your lunch? Can you name the different vegetables or fruits on your plate or in your lunchbox? What did the leopard say after lunch? Click to reveal	week 13 Foodie frenzy Choose a healthy food. Can you think of a different type of food that starts with the last letter of the previous word? How long can you go for? e.g. apple - b - grapes etc. Which of these are NOT fruits? tomatoes avocados carrots Click to reveal	week 14 Healthy recipes Search Change4Life recipes and choose a recipe that you would like to eat. Start a class recipe book or vote for a healthy recipe of the week. Unscramble the letters to find the name of a fruit. t s e r a y b r r w Click to reveal	week 15 Get moving Build an obstacle course. Time yourself - can you beat your personal best? Marcus is getting active by climbing stairs. He starts on the fourth floor, climbs up five stories, down seven, up six, down three, and up four again. Which floor is he on now? Click to reveal
week 16 Snack attack charades Pretend to be your favourite healthy snack, fruit or vegetable without talking. Can your friends guess what you are? What did one Showman say to the other? Click to reveal	week 17 Drink smarter Use the Food Scanner app to scan some popular drinks. Can you count how many sugar cubes are in each one? Quick! Name two healthier drink choices. Click to reveal	week 18 Fantastic fruit bowl Your teacher will give you each a name of a fruit and an action to go with it. When your fruit is called, can you race to stand up and do your action? Why did the banana go to the doctor? Click to reveal	week 19 Active travel day Can you bike, scoot or walk today? Maybe with an adult outside or on your journey to school? You are in a race. You overtake the person in second place. What position do you finish? Click to reveal	week 20 Drink more water! Measure how much you are drinking by having a water bottle to drink from. Can you reach your daily 1.5 - 2 litres? Did you know? Click to reveal	week 21 A balanced diet A balanced diet includes fruit and vegetables, carbohydrates, protein and dairy. Can you name two examples from each of these food groups? Why should you go to a party with a mushroom? Click to reveal	week 22 Sleep well Plan a calming bedtime routine that would help you get a good night's sleep. Did you know? Click to reveal	week 23 Energisers Each day, one person thinks of an energiser activity or routine. Everyone else must follow for five minutes before settling down to work. How do you light up a football stadium? Click to reveal
week 24 High fives In pairs, one person does an action like jumping or touching their toes five times. They then 'air high five' their partner who does it five times. Repeat with different actions. What can you serve but never eat? Click to reveal	week 25 Food choices Think about broccoli and mushrooms. How are they similar? How are they different? Which would you rather be and why? I can be brown or white but I'm not bread. I can be sticky but I'm not a glue stick. I originally came from China but I'm not a panda. What am I? Click to reveal	week 26 Pick a strip Write exercises on strips of paper such as 'high knees' or 'star jumps'. Pick a strip and do the activity. How many can you do in 10 minutes? What is the only city to have hosted the Olympics three times? Click to reveal	week 27 Shake and wake Before starting the day, choose a theme like sport, dance or animal moves. The teacher can call out a related action and then everyone joins in! Why couldn't the bicycle stand up on its own? Click to reveal	week 28 Sugar swap Choose a meal: breakfast, lunch, or dinner. Can you suggest two swaps that mean you are eating less sugar? Class challenge! Click to reveal	week 29 Lap it up! Go laps of your home or playground before school. What is an insect's favourite sport? Click to reveal	week 30 Celebrate! Put on some music and have a class dance to celebrate 'teaching the end'! Two fathers and two sons sat down to eat eggs for breakfast. They ate exactly three eggs; each person had an egg. How is this possible? Click to reveal	 Click 'Sign up' at Change4Life/schools to be the first to hear about new resources!

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Health and RSE

A range of activities to support pupils relationship and health education.

Reception and Key Stage 1 - Our Healthy Year Calendar



Try one of these fun activities every week to help you eat well and move more!

You will need to click on the image to download it, which will make it easier to read.

Our Healthy Year Calendar

Reception/KS1

change 4 life

Try one of these fun activities every week to help your class eat well and move more! Then click to reveal fun facts, jokes and challenges.

Weekly challenges to build healthier habits.

Week 1: How many steps?
Count how many steps you need to take to walk around your home or playground. Try with big and small steps.
Class challenge
Click to reveal

Week 2: Action rhymes
Create your own healthy rhyme of song with actions. Share it with the class!
Class challenge
Click to reveal

Week 3: Number jumps
Do activities like jumping, hopping and touching your toes in sets of two, five and ten.
Can a kangaroo jump higher than the Eiffel Tower?
Click to reveal

Week 4: What does your nose know?
Can you use your nose to guess what different foods are without 'looking'? You could try this at lunchtime.
Class challenge
Click to reveal

Week 5: Time for teddy
Choose a teddy or toy from home and draw a picture of them eating something healthy or doing a healthy activity.
This is a fruit that you might eat at lunch. It's small and it's round and it comes in a bunch.
Click to reveal

Week 6: What's the difference?
Think of an apple and an orange (or your teacher might show you pictures). What is the same about these foods? What is different?
What is the strongest vegetable?
Click to reveal

Week 7: Rainbow plate
How many different colours can you see in your lunch? Can you name the different fruit and veg on your plate?
What did the leopard say after lunch?
Click to reveal

Week 8: Motion maths
Dance on the spot to music. When the music stops, balance on one leg or crouch down on one leg. How long can you hold your balance?
Class challenge
Click to reveal

Week 9: Fruit and veg
We should try to eat at least five different fruit and veg every day. Can you and a partner name five different fruits and vegetables?
Class challenge
Click to reveal

Week 10: What's on the menu?
Think about what you like to eat. Is there anything new you would like to try?
Class challenge
Click to reveal

Week 11: Energisers
Each day, one person in the class thinks of an energiser activity or routine. Everyone else must follow for five minutes before settling down to work.
How do you light up a football stadium?
Click to reveal

Week 12: Food labels
What do you think the red, orange and green could mean on this food label?
Why don't eggs tell jokes?
Click to reveal

Week 13: How much fruit and veg?
Ryhma has eaten one apple and a portion of spinach. How many pieces of fruit and veg has she eaten altogether? How many more does she need to eat today?
Class challenge
Click to reveal

Week 14: We love fruit and veg!
Find out which fruit and veg are being served every day at lunchtime, and keep a whole-class fruit and veg diary.
Why did the banana go to the doctor?
Click to reveal

Week 15: High fives
In pairs, one person does an exercise five times. They then 'air high five' their partner who does it five times. Repeat with different actions.
What can you serve but never eat?
Click to reveal

Week 16: Playing shops
Set up a healthy food 'shop' and use scales and bags of vegetables to practise weighing and measuring.
Class challenge
Click to reveal

Week 17: Drink smarter
Use the Food Scanner app to scan some popular drinks (provided by your teacher). Can you count how many sugar cubes are in each one?
Unscramble the letters to find the name of a healthy drink choice.
k m i l
Click to reveal

Week 18: Favourite snacks
Think about your favourite snacks. Can you choose to eat a different healthier snack for each day of the week?
Class challenge
Click to reveal

Week 19: Stretch and bend
Touch your toes and stretch, stand tall and stretch or lean to the side with your arm over your head.
Can you think of other stretches?
Why are gymnasts the most generous sportspeople?
Click to reveal

Week 20: Tea party time!
Plan a healthy tea party. Make invitations for guests and tell them what the healthy menu will be. You could even bring a favourite toy to the party!
I am orange and long, and I come in a bunch. I can be in a cake, or eaten at lunch. What am I?
Click to reveal

Week 21: Active travel day
Can you bike, scoot or walk today?
Maybe with an adult outside or on your journey to school?
Class challenge
Click to reveal

Week 22: Hold a stretch
Can you hold different stretches for 5, 10 or 15 seconds? Use counting to help you measure the time.
What is harder to catch the faster you run?
Click to reveal

Week 23: Active phonics
Your adult will place phonics sounds around the room or playground. When they shout out a sound, walk, run, hop, skip or jump to that sound.
What subjects do runners like best?
Click to reveal

Week 24: Action sports
With a partner or in a team, can you act out different sports so another team can guess what they are?
Class challenge
Click to reveal

Week 25: What's in your food?
Use the Food Scanner app to find out how much sugar is in some breakfast foods (provided by your teacher). Can you suggest healthier choices for foods that have lots of sugar?
Did you know?
Click to reveal

Week 26: Breathe
Breathe in through your nose and out through your mouth. Try to focus on your breath for a few minutes and let go of any other thoughts.
Class challenge
Click to reveal

Week 27: Shake and wake
To start your day, choose a theme like sport, dance or animal moves. The teacher can call out a related action and then everyone joins in!
Why couldn't the bicycle stand up on its own?
Click to reveal

Week 28: Where does our food come from?
Look at the labels on the packaging of several food types. Whereabouts in the world are they from? You can make a display using pins, labels or drawing on a world map.
Class challenge
Click to reveal

Week 29: What's on your shopping list?
Draw a shopping list of healthy foods you would like to buy.
What did the berry say when he had a problem?
Click to reveal

Week 30: Eating out
What are your favourite healthy foods? Write or draw your own menu for a healthy cafe that serves your favourites.
Which vegetable is always in a hurry?
Click to reveal

Click 'Sign up' at Change4Life/schools to be the first to hear about new resources!

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Health and RSE

A range of activities to support pupils relationship and health education.

Phunky Recipe - Super Salmon Dip



This fishy dish uses tinned salmon (an oily fish) which contains healthy omega-3 fatty acids. Delicious served with raw veg sticks and/or wholemeal pitta bread. So easy for kids to make ... and learn to love fish!

Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; use weighing scales; use a tin opener safely; beat ingredients together; mash; use a citrus squeezer; use a sieve; season to taste.

Equipment: Weighing Scales, Tin Opener, sieve, Fork, Spoon, Bowl, Citrus Squeezer.

Allergens*: Fish | Milk

Ingredients (serves 2):

- 100g low-fat soft cheese
- 100g canned pink salmon (in water)
- 1/2 lemon
- 1 tbsp low fat natural yogurt
- Freshly ground black pepper to taste

Method

1. Open the tin of salmon and drain. Put the salmon in a mixing bowl and mash lightly with a fork.
2. Spoon the low-fat soft cheese into the bowl with the salmon.
3. Squeeze the juice of 1/2 a lemon into the same bowl.
4. Mix all of the ingredients thoroughly together.
5. Add 1 tbsp low fat yogurt to make the mixture a dipping consistency.
6. Add black pepper to taste and serve with raw vegetable and pitta sticks, or crackers/breadsticks.



So, thinking about salmon dip ...

Salmon is an excellent source of protein, as well as a range of vitamins and minerals. It is an oily fish and so contains high levels of omega-3 fatty acids. These are healthy fats and are very good for our bodies.



Soft cheese is an excellent source of protein and calcium. Choose reduced fat varieties where possible.



Yogurt is an excellent source of calcium, and a good source of vitamin D for strong teeth and bones.



**Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*

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.



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.	

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.

Dealing with Emotions

Warm up: The 6 Principles of Dance

Briefly discuss the 6 Principles of Dance with the children and get them to show ways that they can:

1. Travel
2. Turn
3. Jump
4. Balance
5. Use different levels
6. Use gesture to tell a story

Share and show ideas.

Creative Task: (10 - 15 minutes)

1. Children in groups of 4 or 5
2. Children must create a dance relating to their emotions and feelings. This dance should express a story or an event around their emotions and how they plan to overcome any anxiety, stress or strong feelings around this event. It could be a real event or one that is made up.
3. They must include movements linked to the principles of movement and dance (travel, jump, turn, balance and using levels) to create a selection of themed moves to tell their story.
4. Ideas for themes could be bullying, friendship, resilience, celebration, excitement, anxiety, sadness etc.
5. Moves should work to the beat of the music in blocks of 8 beats.

Teaching tips:

- Listen to your music as a group - clapping and counting out the beats from 1 to 8 to ensure they have a good understanding of the structure of the music.
- Look for good communication skills and how the groups interact positively with each other.

Performance: (10 - 15 minutes)

- Play the music mix and allow each group to perform their story. Other groups must try and guess what their emotions dance is about.
- Encourage clear movements and plenty of DRAMA.



imoves



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.

Swipe



Spelling Bee



How well can you complete these Move More Activities?

Challenge your family to a competition!

Swipe



Get Set 4 P.E.

What you need: 2 players min, one person to call the instructions and one item to swipe.

How to play:

- Players begin facing each other with the item on the floor in between them.
- Players complete the following actions called by the 'caller' and race to 'swipe' (pick up) the item on the callers command 'swipe', winning one point every time they do so:
- Jogging on the spot
- Star jumps
- Hopping
- Heel flicks
- High knees



How quick are your reactions?

Spelling bee



Get Set 4 P.E.

What you need: The alphabet written on individual pieces of paper. An item to be your start marker. One player and one person to choose the words.

How to play:

- Place the alphabet 6m away from the start marker.
- One person calls a word for the player to spell.
- The player must run up and touch each letter to spell the named word. If they spell it wrong they must go back to the start marker and begin again.
- Make this harder by asking the player to complete one star jump for each letter of the word before they start, so for 'smile' the player would need to do 5 x star jumps.
- Make this harder by asking the player to run back to their start marker after each letter they touch.

How many words can you spell in 3 minutes?



Move More Activities

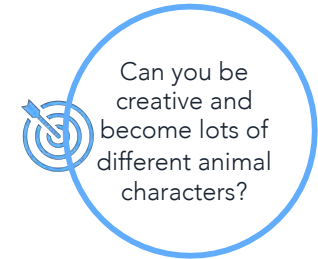
Supporting the development and use of a range of movement patterns helping all children and young people to be physically active for sustained periods of time.

Animal Moves



Time to Learn:

- Choose some music that reminds you of an animal.
- Become an animal character. Can someone watching guess which animal you are?
- Can you create movements where you pretend you are moving over things or under things in your animal's habitat?
- With a partner, what happens when the two animals meet? Can you create a movement to show what happens?



Top Tips

Get in to character

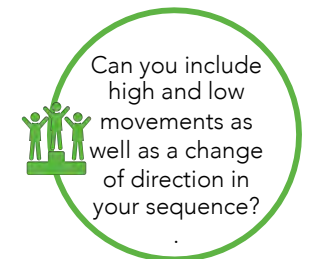
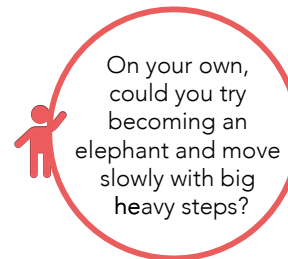
- How would your animal move?
- What things would be in their natural habitat? Are they big and scary or small and sweet?



Let's Reflect

Did you move staying in character as your animal?

Could you imagine your animal moving through forests or water, over hills or under logs?



YOUTH SPORT TRUST

Outdoor & Nature Activities

Providing outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage children and young people to work in a team, building on trust and developing skills to solve problems, either individually or as a group.

Photography Competition

The Competition

Active Black Country are running a photography competition looking to capture Black Country people being active.

Your photographs might be used to promote the Rainbow Hour campaign or other campaigns run by Active Black Country. They might feature on our website, social media, in print documents or on a YouTube video. Please ensure you are happy for your photos to be used in this way before you submit them.

The Top Prize

There will be 2 monthly winners - February and March - each winning a **£50 One4All gift voucher**.

Random Prize Draw

All photographs shared with Active Black Country through social media will be entered into a random prize draw.

In February and March, 5 photographs will be selected at random to each win a **£20 One4All gift voucher**.

Deadline

Photographs must be shared on social media by the closing date of **31st March 2021**.

To share your pictures simply use the hashtag **#BlackCountryRainbowHour** and make sure you tag in either **@bcbeactive** on twitter, **@ActiveBlackCountry** on facebook or **@activeblackcountry** on Instagram.

Please make sure you have permission from all participants in the photograph before sharing.

Photography Tips

The woodland trust have some useful Photography Tips and ideas

Equipment: You don't need a fancy camera, use whatever you have including your phone!

Light: plan ahead, as the time of day and the time of year will have a big impact on how your images turn out.

Be Snap Happy! Try lots of different angles and compositions and don't be afraid to take as many pictures as you want.

Enjoy IT! photography should be fun, so don't stress too much about getting the perfect shot and instead enjoy being active and capturing it



Be creative!

Your photograph can be any form of exercise anywhere. Here are some ideas to get your thinking:

- A family walk in your local park or nature reserve
- A family exercise class taking place at home
- Dance/Zumba or aerobics classes!
- An individual workout you have created

Please always remember to follow Covid Guidelines whilst taking part in this competition.



Outdoor & Nature Activities

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Love Exploring Walking App



The Love Exploring app is now available at many of our Black Country parks and open spaces.

FREE to download, Love Exploring puts the power of discovery in your hands by providing a range of discovery games and guided tours that are fun to do and free to use.

With the current Covid-19 pandemic, getting outside and being active has ever been more important. The Love Exploring app can give you ideas for family activities and suggestions on exploring on your own if you fancy a bit of 'me' time.

The Black Country parks currently available on the app are:

- Silver Jubilee Park, Dudley
- Walsall Arboretum
- Willenhall Memorial Park
- Swannies Field, Walsall
- West Park, Wolverhampton
- Sandwell Valley Country Park
- Brunswick Park, Sandwell
- Victoria Park, Sandwell
- Barnford Park, Sandwell
- Lightwoods Park, Sandwell
- Warrens Hall Nature Reserve



The app include maps, guided tours and discovery games.

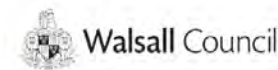


Download the app here

Please don't visit these spaces if you're suffering with symptoms of coronavirus



#BlackCountryRainbowHour



blackcountryrainbowhour.co.uk

Outdoor & Nature Activities

Providing outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage children and young people to work in a team, building on trust and developing skills to solve problems, either individually or as a group.

Making a Walk Sensory



Sensory walks help individuals to engage with nature, so that they can use their senses to connect with their surroundings, have meaningful experiences and be active. The walks are designed for people with complex disabilities, but can be enjoyed by anyone.

Bark rubbings

- Take a mixture of crayons, pastels, pencils or pens and some small sheets of paper.
- Put the paper onto the bark of the tree and colour over the top with the crayons, pastels, pencils or pens. You could try this on leaves or any other surface too.
- When someone has finished, you could support them to bind them together, or make a collage of their rubbings.



Nature paintbrush

- All you will need to take with you are some elastic bands.
- Find a small stick to use as the paint brush handle, and a material to act as a brush. This might be grass, flowers or leaves.
- Use the elastic band to keep these attached to the stick.
- When this is finished, try painting with the different types of paintbrushes created.



Tel: 0300 330 9256 (voice)
Text: 0300 330 9256
Fax: 0300 330 9251
Email: info@sense.org.uk
Website: www.sense.org.uk

Journey stick

- You will need a stick and some string/tape for this activity.
- As they go along on their walk people can gather any items that have interested them.

Wrap the string around an individual item and the stick to hold them together.

- By the end of the walk individuals will have a range of items to remind them of the walk.
- As the stick is moved around it may make different sounds.



Sensory nature hunt

- Before you leave, create a list of things to look out for that engage different senses.
- As people notice them on your walk, they can tick them off their list.
- This may include different types of trees, the smell of flowers, bugs, birds singing or soft leaves.



Outdoor & Nature Activities

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Alphabet Walk



Alphabet walk



Play: Outside



How to play:

- Head out for a walk.
- On the way, try to spot something beginning with the letter 'A', then the letter 'B' and so on until you get to 'Z'.
- Make this easier if there are some letters that are difficult to find by finding something that contains the letter instead of 'starts with the letter...'

Garden Xylophone - Outdoor Music Activity



Kids can make music outside with this recycled jar xylophone activity! Save empty glass food jars or buy a few inexpensive jars from a craft store; we used a mix of both for our garden xylophone.

Supplies:

- Empty glass jars. You could use different sizes but you can use jars of the same size for this too.
- Dirt, grass, rocks, water, mud or anything else kids can find outdoors to fill their jars
- Two sticks or two spoons

Directions for making a Xylophone out of Glass Jars:

- Wash and dry jars
- Set the jars on a flat surface outside and fill them with different objects found around the yard. You could fill them with leaves, rocks, mud, dirt, grass and water.
- If your jars are all the same size fill them with different amounts of objects from the yard. This will change the sound for each jar.
- Once the jars are filled you can use sticks or spoons to play the xylophone while the jars are sitting upright. You can also set them in a pile of loose dirt on their sides and leave them in your garden for kids to play music and refill each time they play outside!

Kids can experiment with the jars to see which objects cause a sound for the jar. A jar full of mud will have a lower tone than a jar with leaves.

What kinds of sounds will you create with your garden xylophone?



the
moments
at home

Outdoor & Nature Activities

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None Screen Activities to do at Home



Non-screen activities you can do at home

Pobble

Our earth is very special. These activities will help you reflect on how we can make it a better place.



<p>1 Imagine you're a reporter. Can you write a news report from today? What is the major event you will write about?</p>	<p>2 Interview someone in your family about the world today, what will you ask? Write down their answers.</p>	<p>3 Plant a seed! Plants can save the earth! Can you plant a tree that will last for years?</p>	<p>4 Clean up your patch of earth. Go out for a walk in your area, collect litter that has been dropped and put in the bin. Don't forget a pair of gloves and a rubbish bag.</p>	<p>5 Quiz time! Can you think of ten questions about the earth today? Try them out on someone! How many can they answer correctly?</p>
<p>6 What does the earth look and feel like today? Can you write a short description? Include what you like and don't like.</p>	<p>7 Hello me! Write a letter to yourself to open in 20 years time.</p>	<p>8 Investigate! How are we harming the earth at the moment? How can we change that? Write down what you discover.</p>	<p>9 Write a poem, song or rap to remind people to look after the earth. Perhaps the title could be 'pollution solution'.</p>	<p>10 What would it be like to time travel? Write a story about it! Which year will you travel to? What does the earth look like then?</p>
<p>11 Wild art! Collect things from the garden and make a piece of art. A picture or sculpture from twigs or leaves, or something else.</p>	<p>12 Upcycle! Use items from your recycling to make something cool. A model, a piece of art or something else.</p>	<p>13 Write a diary entry of a memorable day from this year. Make sure you include how it made you feel.</p>	<p>14 Should we celebrate Earth Day every year? Or should every day be Earth Day? Debate and discuss with someone you know.</p>	<p>15 Ask a friend or family member to write a letter to you. Keep it safe and re-read it in years to come.</p>
<p>16 Draw, paint or make a model of what you think the earth will look like in 20 years time.</p>	<p>17 Take charge! Can you be in charge of recycling in your house?</p>	<p>18 Favourite things. What are they at the moment? Write a list. How much do you think they will change over time?</p>	<p>19 Draw a self-portrait. What do you look like now?</p>	<p>20 Be thankful. Write a list or draw a picture of all the things you're thankful for on Earth right now.</p>
<p>21 Start a scrapbook. Collect things from this year to include in it. Photos, newspaper clippings, tickets. What else could you include?</p>	<p>22 Going for goals. Write a list of your goals for the future. What do you hope to achieve?</p>	<p>23 Eco-warrior! Create a list of the rooms in your house and monitor how often the lights are used. Can you save electricity in any of them?</p>	<p>24 Design and make a poster of all the ways we can look after the earth.</p>	<p>25 Make a time capsule. You could include all of the things you produce from these activities. What else? Hide it away and don't open it for years to come.</p>

Pobble.com – More writing. More progress.

What can you do when there's no school and you're stuck at home?

Here are 25 fun ideas to choose from.

Click the image or click here to download the resource



Pobble.com – More writing. More progress.

Mental Wellbeing & Mindfulness Activities

A range of creative activities to support and develop emotional and mental wellbeing, building confidence from early years right through to year 13 pupils, through positive physical, mental, social and emotional companionship, challenge and fun.

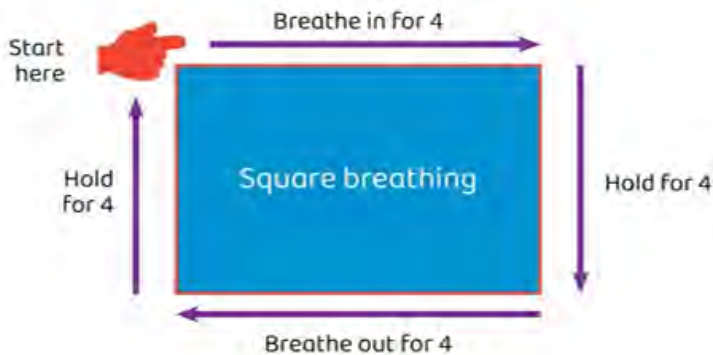
Shape Breathing



Shape breathing can help you to calm your nervous system and decrease stress in your body. It can be used by anyone of any age, any time they need to feel calmer and more in control.

Here are the shapes that you can use:

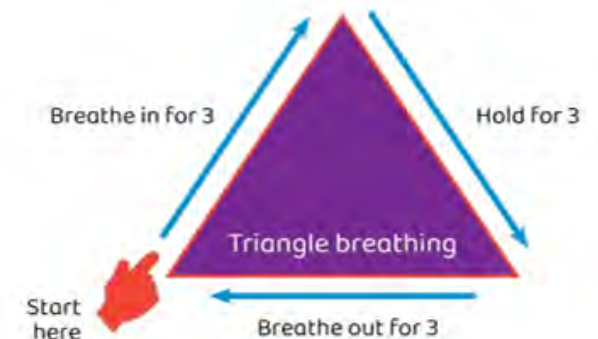
Square breathing



Star breathing



Triangle breathing



Children (and adults) can do the shape breathing as a group activity or they can use the techniques whenever they feel anxious, out of control or when they need to calm down.

You can use shape breathing as a group in the morning to prepare for the day, after lunch to refocus or individually whenever someone needs time out to reset their brain.



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Engaging the Senses through Mindfulness



In order to use mindfulness with the people you support it is a good idea to understand how this works for you too:

- Consider how you are feeling. Is there any tension in the body. Can you notice any changes by the end of the walk. Try to just notice, without making any judgements.
- Stand or sit still for a moment. Focus on something far away, it might be a sound or an object, and gradually start to focus on sounds or objects closer to you. Eventually bring the focus into your body, noticing the breath, your emotions and any tension in the body.
- Take a moment to focus on one thing intently, taking the time to notice the detail and then describe it to the group. This could be the look or touch of an object or a particular sound.
- Start your walk slowly to help slow the mind and thoughts down. Encourage everyone to be present in the moment and aware of their body, noticing their balance, and the sensations in the feet or legs. For example, does the floor beneath feel soft, cold, hard or spiky, or do the legs feel tired, cold or warm.
- Try some different breathing exercises, such as inhaling deeply and slowly and noticing the smells around you, or holding your breath for a couple of seconds and then exhaling slowly.

Sight

- Look for the different colours in the landscape and see and how they change in the light and shade.
- Find an interesting object and focus on the texture and shape.
- Notice the movement of the plants, trees, animals and other people.
- Spend some time looking at the clouds.



Sound

- Listen to the different sounds or voices on the walk.
- Focus on which direction specific sounds are coming from and how far away they are.
- Consider how each sound makes people feel.



Smell

- Notice changes in smells as you walk through different environments, such as wooded areas, open spaces or water.
- Find wildflowers and describe how they each differ in smell.



Taste

- If experimenting with taste, make sure that your hands, and the hands of the person you are supporting, have been wiped and cleaned before touching food, and make sure the food is edible before someone tries it.
- Try finding blackberries on a bush to eat.
- If you aren't confident in identifying berries, you could take something along with you, such as raisins.



Touch

You can encourage people to:

- Find objects that they can hold or wrap their fingers around, such as a small stone, leaf or seed that can be picked up.
- Feel the heat of the sun or a cool breeze on their body.
- Notice the feel of different surfaces underneath their feet or wheelchair.



[Click here for more details.](#)

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Random Acts of Kindness



How often can you show Random Acts of Kindness in school and at home?

You can tick off or colour in each of these circles once you have shown an act of kindness.

 *Random acts of kindness*

NAME: WEEK OF:

	MON	TUES	WED	THUR	FRI	SAT	SUN
I helped out at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I wrote a handwritten letter to a friend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I helped to cook dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I will donate old toys when its safe to do so	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I made a scrapbook of memories with my family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TO CLAIM A CHILDREN'S UNIVERSITY STAMP FOR THIS, PLEASE ASK A PARENT OR CARER TO EMAIL CONTACTUS@CHILDRENSUNIVERSITY.CO.UK WITH A COPY OF THIS COMPLETED SHEET AND INFORMATION ABOUT YOUR RANDOM ACTS OF KINDNESS

Mental Wellbeing & Mindfulness Activities

A range of creative activities to support and develop emotional and mental wellbeing, building confidence from early years right through to year 13 pupils, through positive physical, mental, social and emotional companionship, challenge and fun.

Headstart's 5 Ways to Wellbeing



Connect:

Write a letter

Write a letter to your family members and friends and if given permission by parents/carers to do so, post the letters. If not, wait until you can see the person again and then you can give them all the letters you wrote them.

Board games

Play a board game with people that you live with or why not create your own for example snakes and ladders

Write a poem about being happy for friends and family/ you may want to read it out loud for them or turn into a poster to give to your family.

Be Active

Stair Stepping is a great exercise to do in your home, even if you don't have a set of stairs available. Find the biggest book you own put it in front of the TV and step up and down while watching your favourite show.

The Plank

Get into a push-up position, but instead of bending your arms and moving down towards the floor, hold the position with your arms extended. Start off holding the position for 30 seconds and add an additional 10 seconds every day.

Dancing

Dancing is an excellent way to keep fit and get your heart rate going whilst having fun. If you are in the privacy of your own home, there is no need to look like a pro or impress anyone!

The Five Ways to Wellbeing are things you can do each day which are good for your sense of overall mental health, happiness and wellbeing.



Give Kindness

Write a letter to your local care home or hospital. With permission from parents/carers, you can post these. If not keep them and take them when you can.

Make someone a cup of tea

Draw somebody a picture

Give a compliment

Compliments are a great way to help your wellbeing as well as others'. Create a compliment card and tell somebody they look good today or remind them of what they are good at.

Learn

As home schooling is continuing why not try and learn something that you did not know before:

Examples are:

Learn a new word each day that relates to wellbeing

Try out a musical instrument

Try a new food

Learn to cook a new recipe

Study an animal or bug

Write a story or song

Take Notice (Mindfulness)

Colour finding: Without talking, sit calmly and find one thing around the room for each of the following colours: Purple, Blue, Green, Yellow, Orange, Red, Pink, Brown, White, Black. Don't rush and really focus on each colour as you find it.

Collage: go out into your garden and collect any twigs, leaves, petals etc. and see what picture you can create by sticking these items on to a piece of paper or use newspapers/magazines or other bits and pieces from around the house to create a picture.

Mindfulness Bell: Can you focus on listening to the bell? You do not need to do anything other than close your eyes and listen and concentrate on the bell. You can find this on YouTube by searching for: Mindfulness Bell- a 5-minute mindfulness meditation or by following this link: <https://www.youtube.com/watch?v=wGFog-OuFDM>

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Building Happy, Healthy Habits in 2021



Credit: The Week Junior

Click here for more ideas:
theweekjunior.co.uk/activityhub

We all know it's important to take care of our physical and mental health. So The Week Junior has created a range of activities and ideas designed to strengthen your body and mind. Everyone is different, so give them a go, by yourself or with family, and discover what works best for you.

When you find something you really love, keep it up! Measure your progress by crossing off each day you stick to your new routine on a calendar. Then watch it build into a happy, healthy habit in 2021.

Have some breathing breaks. One way to be mindful and to calm any overwhelming feelings is through breathing exercises. Either sitting or standing up, with your eyes open or closed, start by taking big, deep breaths. Breathe in through your nose and out slowly through your mouth. You can count the seconds out loud as you inhale and exhale, and notice how fast or slow your breathing is. Focus on the feeling of your body filling with air, and as you breathe out, notice how your muscles soften and your body relaxes. Stay right here in this present moment, not focusing on the future or the past. You can continue this for three minutes, five minutes or even 10 minutes, until you feel calm and rested. After you finish, congratulate yourself and think about how the process made you feel. For more information about mindfulness and how to practise it, visit theweekjunior.co.uk/headspace

Getting plenty of sleep is a good way to stay healthy. Make a sleep chart and record how much sleep you get every night this week. See if you can increase it each time.

Get into a new hobby, such as photography. One idea for a project is finding or making letter-shaped objects to photograph. For example a rugby goal is the shape of an 'H', and two sticks can form a 'T'. Photograph each letter of the alphabet and use them to create words or names.

Organise a film night for your family. Set a time to watch, and take it in turns to pick the film – you could do this weekly. Recreate the cinema at home by dimming the lights and enjoying a bowl of popcorn. You can have a chat afterwards to discuss what you liked and disliked, and rate each film 1-5 stars.

Pick a goal and work out how to achieve it using the WOOP method: Wish for something, imagine the best Outcome (result), think of any Obstacles to avoid and create a Plan to overcome them.

So how do these activities improve our physical and mental health?



Relationships

Good relationships with friends and family make us feel happy. Learning how to manage these relationships can help us feel more secure and loved.



Exercise and healthy eating

Keeping fit and eating well keeps our bodies strong, improves our sleep, concentration, energy and generally makes us happier, healthier people.



Managing stress and anxiety

Finding something that focuses our attention and stops a stream of worried thoughts, even for a while, can make us feel calmer and more relaxed.



Life skills

Learning important life skills teach us to be independent and organised and give us more confidence in our decisions.



Hobbies

Trying something new and becoming good at it feels rewarding, gives us confidence and helps us make new friends.

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.



#BlackCountryRainbowHour

This Virtual School Games challenge runs from 22nd February to 12th March 2021.

Why not challenge yourself against others across the Black Country by submitting your score!

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

This challenge runs from **22nd February to 12th March 2021**.

Even if the deadline for submitting your score has passed, you can still have a go at the activities, and try and beat your personal best.

All the details of all activities and how to submit your scores will be available on the **Active Black Country website**.

If you have any other questions, get in touch with your local School Games Organiser.



More challenges can be found on the website

blackcountryrainbowhour.co.uk

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 - 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.



#BlackCountryRainbowHour

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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

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England Does the Daily Mile



England Does The Daily Mile is a national event day in schools and across social media to celebrate active schools and good mental health.

NEW DATE: Please note that due to national lockdown at the start of 2021, we have moved England does The Daily Mile™ from February to Friday 30 April.

The Daily Mile™ are hosting their first national event day in schools and across social media, because we want pupils across England to get active together, and start talking about their mental health.

In light of the covid-19 pandemic, mental health awareness, especially in children and young people, and its relation to physical activity, is incredibly important.

We're encouraging every school to get involved and bring the nation together. Can you help us get to 1 Million Moving?

Once you complete the quick & free sign-up, your school will have access to a whole host of fun resources.

If you any questions about the event, please contact Molly (info@londonsport.org).

This event is hosted by London Sport on behalf of the wider Active Partnership network.

To register your school, [click here](#).



Personal Challenges & Competition

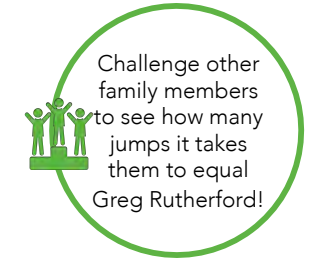
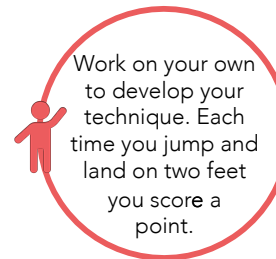
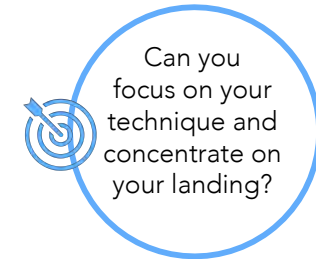
Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, with progressions enabling these to be applied in a range of activities and sports.

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

Standing Long Jump

Time to Learn:

- Place a starting marker on the floor
- Stand beside the starting marker on two feet, how far can you jump landing balanced on two feet?
- Challenge a partner to see who can jump the furthest.
- If you have space, place down a marker at 8.31m, the distance Greg Rutherford jumped to win a gold medal in 2012. How many jumps does it take to jump that distance?



Top Tips

Jumping Further

- Keep your head up, swing your arms and bend your knees when you land.

Let's Reflect

- What did you learn after each jump?
- How did you keep focused?

Personal Challenges & Competition

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

PE and Me Challenge - Put a Lid On

Cognitive Me

Challenge:

- Gather together 10 or more items from your house that have lids on. Plastic Tubs, Bottles, Deodorants, Makeup, etc
- Takes all the lids of the items and place into a pile. 1 pile of lids and 1 pile of items in need of their lids back.
- Your job is to replace the lids as quick as possible.
- The winner will be the person who replaces the most lids in the shortest time. The more lids the better!
- Upload a picture items pile and send us your fastest completion time.



Tier 3 words:

- Coordination
- Hand-Eye
- Reaction Time

When have you used these things to complete the challenge?



Stand Up - Sit Down

Physical Me



Challenge:

- All you need is a chair (any type of chair).
- You have 30 seconds to stand up and sit down as many times as possible.
- Each time you stand you score 1 point. Keep score.
- How fast can you stand up and sit down?



Tier 3 words:

- Speed
- Balance
- Coordination

When are you using these within this challenge?



Send us a video or picture whilst you are completing the challenges and you could be in our next Rainbow Hour highlights video!

Celebration and Creative Activities

Providing a range of creative ideas and activities around a different theme for each edition of the Rainbow Book. The themes will vary and include local Black Country initiatives or celebrate and promote regional or national campaigns.

Non Screen Activities to try at Home



More Non-screen activities you can do at home

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

25 more ideas!

1 Get doodling! Grab some paper and pens and doodle anything you like! Animals, aliens or something else.

2 Create your own animal. Could you combine two of your favourites? What will you call it?

3 Design and draw a new musical instrument. How would you play it and what will it sound like?

4 Make up your own 5 minute exercise routine. What will you include?

5 Can you make up your own jokes? Tell them to someone to make them laugh!

6 Make some jewellery. Use anything you can find around the house. Strips of wrapping paper or rolled up magazines make great beads!

7 Paper aeroplane challenge! Make a paper aeroplane and see how far you can fly it! Can you make a target and try to aim for it?

8 Fingerprint art! Use only your fingertips and paint to create a picture.

9 Make a bookmark to use when you're reading.

10 Make some wild art using sticks, leaves, flowers and anything else you can find outdoors.

11 Quick draw! Set a 1 minute timer, draw a quick doodle and see if the other person can guess what it is before the time is up.

12 Write a silly sentence that includes all of these words... BANANA, CURTAIN, DOLPHIN, SNOW and BALLOON. Now think of your own words and write some more!

13 How many different words can you make from the letters in this sentence?
Keeping my brain busy is fun

14 Ping pong story telling! Write the opening sentence to a story, then someone else writes the next line. Then it's your turn again! Keep alternating until you have a full story.

15 Guess the character! Think of a character from a book, write it down so no-one can see. Have others ask you questions to try and guess which character you chose.

16 Make a finger puppet! Use a paper cone to make a body, then attach a paper head.

17 Describe the most disgusting meal EVER! What is in it? Spaghetti worms, toenails on toast or something else?

18 Create a comic strip about an animal who turns into a superhero. Which animal will you choose?

19 Create a family kindness jar. Every time someone does something kind, write it down and put it in the jar. When the jar is full you all deserve a special treat!

20 Find a fun place to sit and read a book. Under the bed? Up a tree? Where will you go?

21 How many words can you think of that rhyme with WRITE?

22 Write a recipe for 'Springtime'. What will you include? Flowers? Sunshine? What else?

23 Use your body to make the shape of a letter. How many more can you make? Can you make every letter in the alphabet?

24 Play alphabet bingo! Can you spot an item in your home or garden that starts with the letter a,b,c and so on?

25 Start a diary. Write a short entry every day about what you do and how you feel. It will be good to look back on when you're older.

Parents and teachers – please share your success stories with us on social media:
HeyPobble | Pobble Education | TeamPobble

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Here are 25 fun ideas to choose from.

Click the image or click here to download the resource



ABC



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Bikeability Challenges



A Challenge to Make a Bike

Try making a bicycle from paper straws, Lego, or cardboard. See if you can create one where the wheels go round and the handle bars move.



World Record



According to the Guinness Book of World Records (2015) the longest bike is 41.42 m long. To win the record the bicycle had to be able to travel 100 meters without touching the ground. It is operated with pedals and a chain like any other bikes.

Convert 41.42m into cm and mm.

Can you design your own Word Wizard for a member of your family to complete?

For more information on Bikeability please go to www.bikeability.org.uk

contact us at contactus@bikeability.org.uk



TOOLS for SCHOOLS

Word Wizard



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

Words to find

Primary	Brakes Control	Visible	Stop
Secondary	Speed	Signs	Minor
Overtake	Manoeuvre	U-trun	

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What am I?



I am used to slow down and stop

I am used on the front and the back so I can see and be seen

I should be checked every time you ride to make sure I'm not flat

You can use me as a warning to others

I need to be the right height for you

Bell

Tyres

Lights

Seat

Brakes

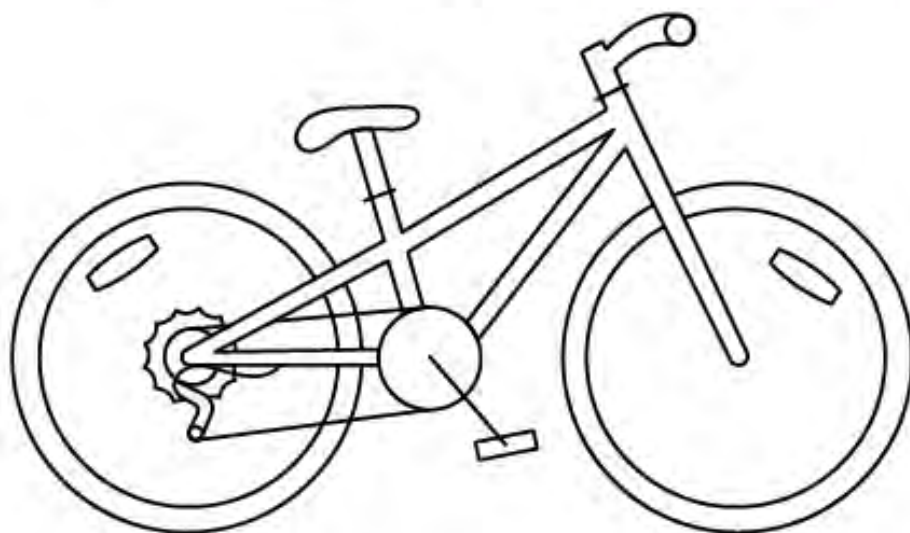
Draw an arrow from the clue to the correct answer and then draw the object onto the bike diagram.

Amazing bike fact

The word bicycle is created from the French word "bicyclette". Before this name, bicycles were known as velocipedes..

Amazing bike fact

The word bicycle is created from the French word "bicyclette". Before this name, bicycles were known as velocipedes..



Cycling for an hour can burn over 250 calories!

This is the same amount of calories as some hamburgers and some chocolate bars.

For more information on Bikeability please go to www.bikeability.org.uk

Contact: contactus@bikeability.org.uk



TOOLS for SCHOOLS

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Non Screen Activities you can do at Home



Non-screen activities you can do at home

Pobble

25 ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!	2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.	3 Get building! You could build a Lego model, a tower of playing cards or something else!	4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?	5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?
6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?	7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!	8 Use an old sock to create a puppet. Can you put on a puppet show for someone?	9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?	10 Design and make a homemade board game and play it with your family.
11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?	12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.	13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.	14 Design and make an obstacle course at home or in the garden. How fast can you complete it?	15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.
16 Keep moving! Make up a dance routine to your favourite song.	17 Write a play script. Can you act it out to other people?	18 Read out loud to someone. Remember to read with expression.	19 Write a song or rap about your favourite subject.	20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.
21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.	22 Draw a map of your local area and highlight interesting landmarks.	23 Write a postcard to your teacher. Can you tell them what you like most about their class?	24 Draw a view. Look out of your window and draw what you see.	25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

What can you do when there's no school and you're stuck at home?

Here are 25 fun ideas to choose from.

Click the image or click here to download the resource



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Design a Bicycle of Tomorrow



What do you think a bike will look like in the future? Design a bike of the future. How out of this world will it be?



For more information on
Bikeability please go to
www.bikeability.org.uk

contact us at
contactus@bikeability.org.uk



**TOOLS for
SCHOOLS**

DON'T WORRY IF YOU DON'T HAVE A PRINTER, YOU
CAN STILL JOIN IN SIMPLY BY COPYING ONTO PAPER.

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