

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.

Special Edition: Christmas 2020



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.

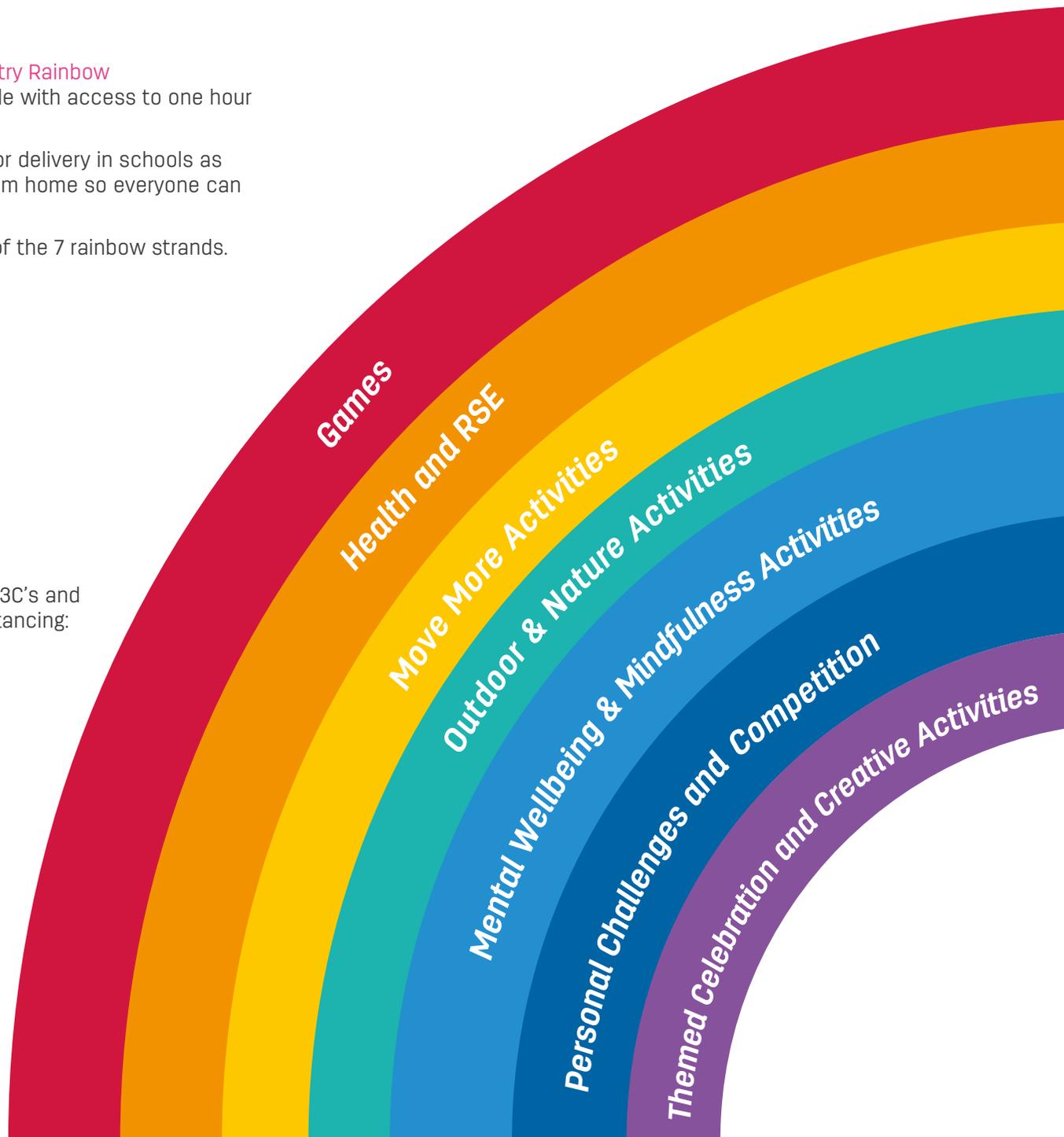
Who is the Rainbow Booklet for?

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.



Did you know that you can split the Rainbow Hour across the day?

An example of how this could be done:

- You could pick one of the coloured strand as a theme with your children. Maybe a class vote? Nominate a Rainbow Rep for the day?
- With the Rainbow Hour booklet offering a variety of activities you could split each of the activities into a series of 5, 10 or 15 minute slots – example breacktime and lunchtimes.
- Wake and Shake activities before or during lessons – [Change 4 Life](#) offers a variety of those activities!

PE Lessons

- Is there a coloured strand that fits into your P.E Lessons?
- Could you build one of the activities into one of your lessons?
- As long as children are accessing 1 full hour of physical activity in a day you can use and develop any of the Rainbow Hour activities or use your own. Make sure you add any physical activity done onto your trackers!
- Teachers you can use the Rainbow Booklet as an additional tool for your P.E lessons.

Have you considered?

- Could you nominate 1 pupil or sibling to be a select your activities for the day?
- Get them to pick the activity from the Rainbow Booklet for your class or if you are home to do (or a physical activity from your teacher resources!).
- Encourage responsibility, discussions, opinions, develop knowledge around the Rainbow Hour and the activities it has on offer.
- Could they be in charge of filling the trackers out with teacher/parent support?
- Same setup for if children are at home with their siblings.



Rainbow Trackers

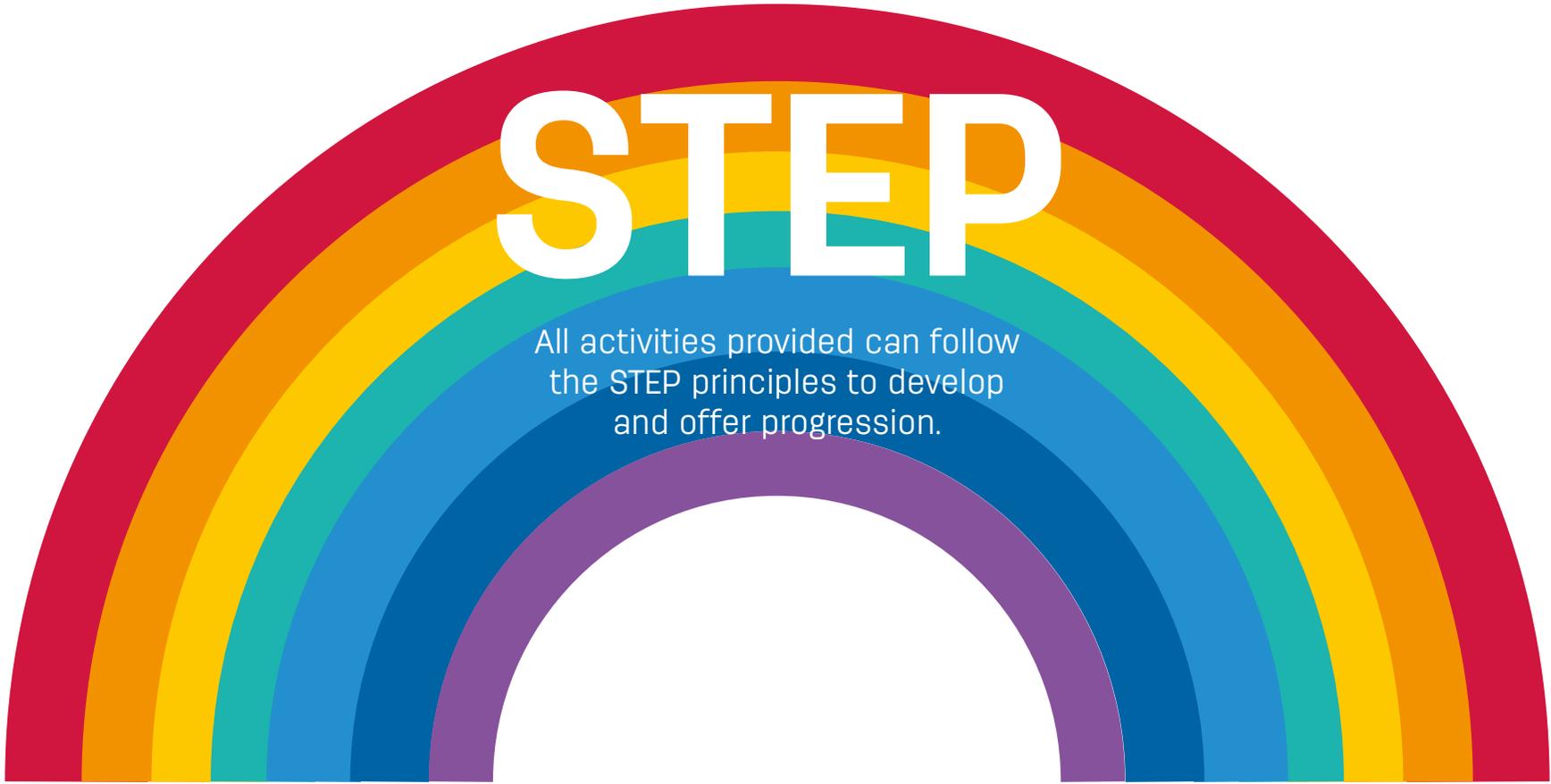
Remember you can now earn badges when completing a Rainbow Hour.

Download and submit your tracker here

- To receive your Bronze badge you need to complete: 10 hours for each strand of the rainbow
- To receive your Silver badge you need to complete: 25 hours for each strand of the rainbow
- To receive your Gold badge you need to complete: 50 hours for each strand of the rainbow

And remember you also earn Children's University stamps too!





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

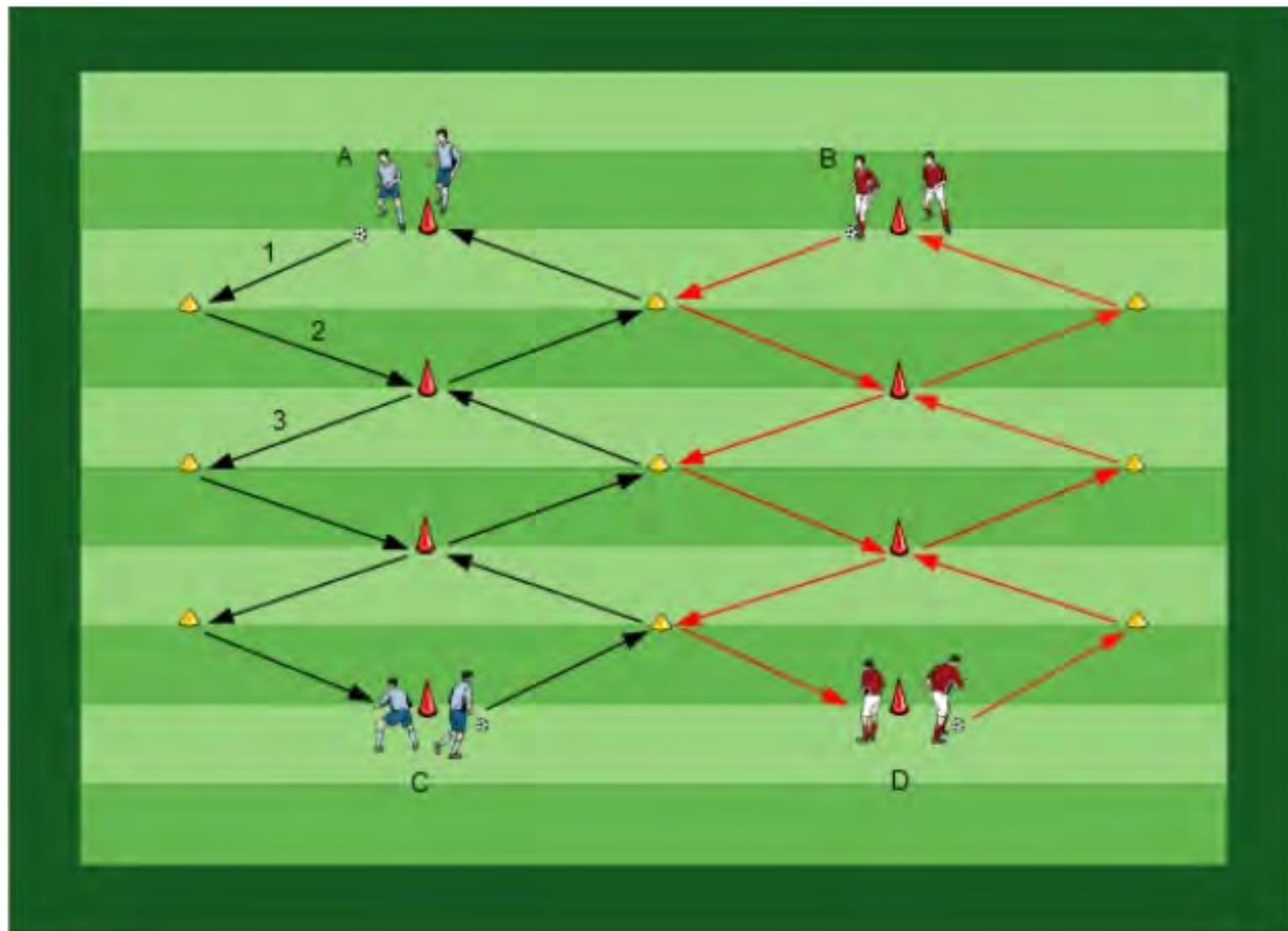
Games

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

Skills Exercise - Christmas Tree

Instructions

- Players start at the top of the Christmas tree.
- Dribble the football following the directions of the arrows.
- Players should use the inside and outside of their foot if possible.
- When each player dribbles to each yellow cone they should perform a sharp change in direction.



www.easytocoach.net

Adapted from:

E2C

Author: Christian Titz

Games

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

Elf Express

This is a great game. You might have played a similar game where children travel in a line of hula hoops (or a train) and pickup or drop off cargo. Check out the video below for an overview of the game.



The PE Specialist
Awesome Resources for Physical
Education Teachers



[View the video here.](#)



Health and RSE

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

Cheese Stars

Prep: 15 mins

Serves 20

Cook 10 mins - 12 mins

Method

STEP 1

Unroll the pastry and sprinkle most of the cheese over one half of the sheet. Fold the pastry in half to cover the cheese and seal it in.

STEP 2

Dust your rolling pin and work surface with a little flour and put your pastry sheet on it. Roll it out until doubled in size.

STEP 3

Heat oven to 200C/180C fan/gas 6 and line two baking sheets with baking parchment.

STEP 4

Using cookie cutters, cut the pastry into shapes and put them on the prepared baking sheets. (Put the cutters on the dough close together so that less pastry is wasted. You can fold the trimmings back on themselves and re-roll to cut out more shapes.)

Ingredients

- 320g puff pastry sheet
- mugful of grated cheese (we mixed 60g cheddar with 25g parmesan)
- flour, for dusting
- 2 tbsp milk
- toppings of your choice (optional) - such as poppy seeds, dried oregano and sesame seeds

STEP 5

Brush the shapes with milk and add a pinch of cheese and a sprinkling of your chosen topping, if using.

STEP 6

Bake in the oven for 10-12 mins or until risen and golden, then transfer to a serving plate. Will keep in an airtight container for 3 days.



It would be great if you could share photos of your activities with us on social media using **#BlackCountryRainbowHour**

Maybe you could enter our photography competition - see the nature section of the book for more details.

Health and RSE

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

Christmas Cereal Bar

Time required: approx. 45–60 minutes

Allow children to personalise their own recipe with a Christmas or holiday/celebration cereal bar.

Ingredients:

- 80 grams dry cereal (puffed rice, corn flakes, granola),
- 50 grams oil or spread (peanut butter, low fat spread, cooking oil),
- 50 grams nuts and/or dried fruit,
- 50 grams honey or sugar

Method:

- Melt/mix the oil or spread with the honey and sugar, stir in the cereal and fruits/nuts.
- Pour the mixture into a pan, press down flat and chill in the fridge for 45–60 mins before serving.

You could write out your finished recipes, describing how they have adapted their recipe for the celebration, while keeping the sugar level low. Encourage children to think of fruits/nuts and other additional ingredients that represent their celebration – while making sure they don't add too much sugar to their bar

Challenge: encourage children to investigate different cereal bar recipes to design their own, using additional ingredients to add if they wish. Allow children to experiment with their own texture.



Health and RSE

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

A Christmas Campaign

How does a Christmas advert get made? Look behind the scenes at Aldi's Christmas advert and create your own campaign.

FILM DISCUSSION POINTS

Watch Aldi's Christmas advert and think about the following questions:

- What did you like about the advert?
- How did the advert make you feel? Why?
- Who do you think is the target audience? Why?
- How does the advert appeal to its target audience?

ACTIVITY IDEAS

A Christmas Campaign

- Explore Aldi's Christmas advert and create your own campaign.
- Discuss examples of Christmas adverts and watch the Aldi Christmas advert.
- Explore the purpose and features of a Christmas campaign.
- Investigate the key roles and skills involved in the making of Kevin the Carrot.
- Develop your own Christmas or celebratory advert to persuade others to stay active, and eat well, over the holidays.
- Create an advert brief

[Watch the film here](#)



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.

Activity provided by:
GetSet4PE



www.getset4pe.co.uk

This is a great game to play in the house with the family.

Who can find the most items?

The Snowball Showdown Rudolph run

How to play:

- You have two minutes to collect as many red items as you can and bring them back to your start point.
- Rules: you can only collect one red item at a time.
- At the end of the two minutes, count how many items you have.
- The next part of the challenge is to see if you can put all of the items back in the same time. You can only carry one item at a time.
- Playing with someone else? Who can find the most items in the time?
- Play again with a different colour!

#snowballshowdown

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.

Activity provided by:
GetSet4PE



www.getset4pe.co.uk

It would be great if you could share photos of your activities with us on social media using **#BlackCountryRainbowHour**

Maybe you could enter our photography competition - see the nature section of the book for more details.

The Snowball Showdown Throwing Snowballs

What you need: : 3 pairs of socks (snowballs) and 3 or more pots or pans.

How to play:

- Place pots or pans at different distances away.
- Begin behind a start line.
- Score one point for each pair of socks (snowball) you throw that lands in a pot or pan.
- Make this harder by labelling each pot or pan with a different number of points and seeing how many points you can score.

#snowballshowdown

Get Set 4 P.E.

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.

Activity provided by:
GetSet4PE



www.getset4pe.co.uk

It would be great if you could share photos of your activities with us on social media using **#BlackCountryRainbowHour**

Maybe you could enter our photography competition - see the nature section of the book for more details.



The Snowball Showdown Skating sensation

How to play:

- Explain to the pupils that ice skaters need exceptional balance.
- Ask the pupils to stand in a space on one foot. Can they reach down to the floor, pushing one leg out straight behind them and then standing back up straight without putting their foot down? Can they do this ten times on each foot?
- Can they start on one foot and hop a quarter turn to the same foot? Can they do this going around in a circle without putting their foot down? Repeat on the other foot.
- Can they stand on one foot and squat ten times without putting their foot down? Top tip: squeeze your muscles to help you to balance. Repeat on the other foot.



#snowballshowdown



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.



MOVE

Kevin says...

Join Kevin and our athlete ambassadors for an Olympic sports miming game.

Stand up and find your own space.

Listen to the instructions the leader calls and copy the correct action.
If the leader doesn't say Kevin says, stay frozen on the spot!

Kevin says try...

- **taekwondo** = take a big step forward and punch the air
- **diving** = jump up with your arms stretched over your head
- **cycling** = lie on your back and cycle your legs in the air
- **rock climbing** = mime climbing a rope
- **swimming** = mime breaststroke arms
- **running** = jog on the spot
- **the carrot** = rub your stomach – yum!

3. The last player to complete the action is out!



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 monthly winners - December and January - 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 December and January, 5 photographs will be selected at random to each win a **£20 One4All gift voucher**.

Deadline

Photographs must be shared using the below hashtag on social media **between the 15th November 2020 and the 31st January 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 current Covid Guidelines whilst taking part in this competition

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.

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, Coseley, Dudley
- Walsall Arboretum
- Willenhall Memorial Park
- Swannies Field, Walsall
- West Park, Wolverhampton
- Sandwell Valley Country Park
- Warrens Hall Nature Reserve, Sandwell
- Brunswick Park
- Lightwoods House and Park



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



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.

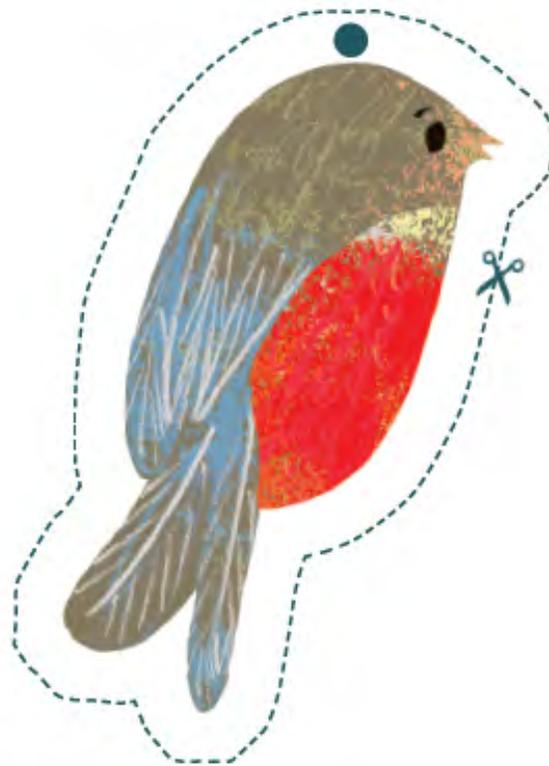
Walking in a Winter Wonderland

Create your own winter wonderland with these cut our Christmas decorations.



STEP 1:
CUT OUT EACH SHAPE CAREFULLY
(ASK AN ADULT TO HELP YOU CUT
ALONG THE LINES)

STEP 2:
THREAD SOME RIBBON OR
STRING THROUGH THE
HOLES TO HANG YOUR
DECORATIONS OR CREATE A
MAGICAL CHRISTMAS
MOBILE!



Oxford
Children's
Books

www.oxfordowl.co.uk/christmas

@OUPChildrens

@OUPChildrens

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.

Go on a Christmas Lights Adventure

Why not create a new family tradition this Christmas?

Have a night time walk to look at Christmas lights in your local area.

You could all wear your Christmas jumpers.

When you get back home treat yourself to a nice warm hot chocolate.

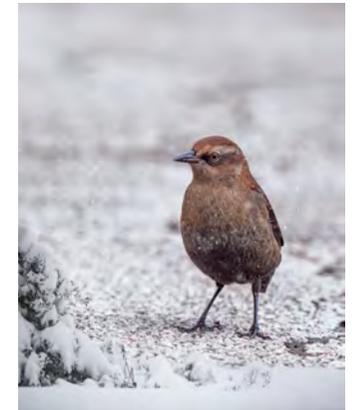


#BlackCountryRainbowHour

Decorate a Tree or Bush Outside

Why not decorate a tree or bush outside as a bird feeding tree?

- Smear pine cones in salt-free peanut butter or lard and dip in bird seed
- Make strings of popcorn
- Create birdseed fatballs to hang up
- Enjoy watching quietly to see which birds come and visit. If you don't have a tree, buy a plastic one or put a branch in a large pot filled with stones or peat-free compost.



It would be great if you could share photos of your activities with us on social media using **#BlackCountryRainbowHour**

Maybe you could enter our photography competition - see the nature section of the book for more details.



Activity from:



blackcountryrainbowhour.co.uk

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.

Christmas Eve Checklist



Christmas Eve Checklist



- Bake cookies for Santa
- Make reindeer food
- Put together gingerbread house
- Drive around to look at Christmas lights
- Sing your favorite Christmas carol
- Leave cookies out for Santa
- Leave reindeer food out for reindeer
- Put on your favorite Christmas Eve pajamas
- Read a Christmas story
- Go to bed early so Santa can come!
-
-

Footsteps

Give two blank pieces of paper to each child. Ask each child to draw an outline of their foot on each piece of paper. Explain that one of these footprints will represent the past and the other will represent the present. Ask the children to decorate and fill with words and/or drawings of their thoughts and feelings. Encourage children to refer to their thought-clouds to reflect on what emotions have already been shared.



Optional: Colours of the rainbow could also be used to represent particular emotions. Ask the children what each colour means to them and why: Red, Orange, Yellow, Green, Blue, Indigo, Violet.

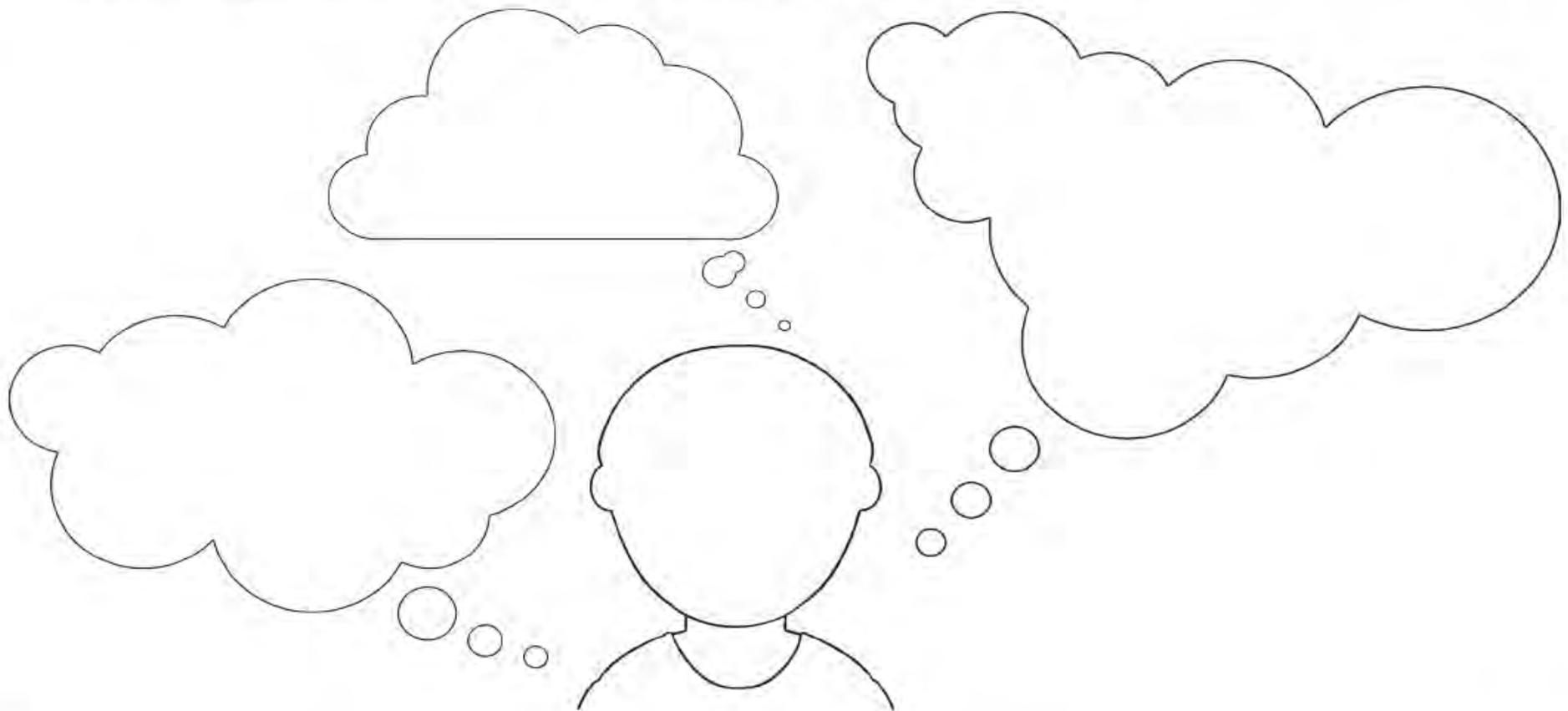
Once the group have finished their designs, move to an open space so each child can place their footprints from the past safely in a cluster and then place their footprints from the present in a cluster. Discuss and explore any similarities or differences among their peers.

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.

Things That Make Me Happy

What makes you happy? Have a think and talk about your ideas with a grown-up and your friends. Draw an idea into each thought bubble – you can draw a smiley, happy picture of you too!



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.

My Hopes and Dreams for 2021

What to do:

- Cut out the shapes on this page and the next.
- Write your hopes and dreams for 2021 on the back.
- Get an adult to help you put a hole in the top and attach a piece of ribbon or string.
- Hang them on your Christmas tree.



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.

My Hopes and Dreams for 2021 continued....



It would be great if you could share photos of your activities with us on social media using **#BlackCountryRainbowHour**

Maybe you could enter our photography competition - see the nature section of the book for more details.

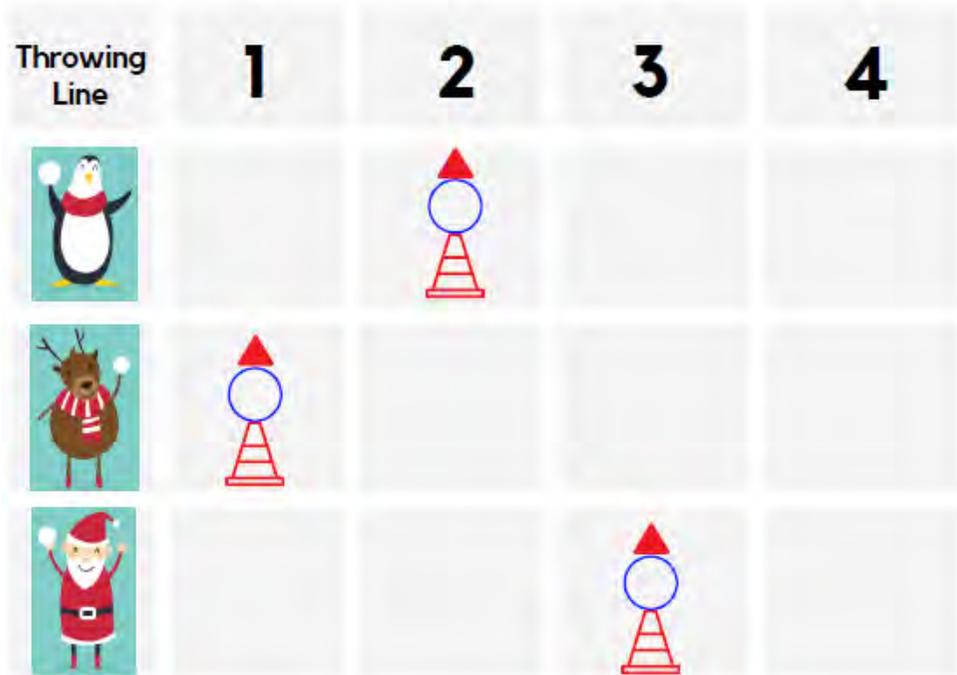
Personal Challenges & Competition

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](#).



Target Snowman



Make this task easier

- Reduce the throwing distance to each level.
- Increase the size of the snowman.
- Throw with a different size ball.

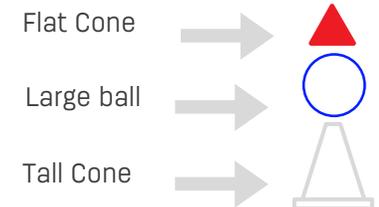


How to do the activity

- Each student is given a snowman (tall cone, large ball and a flat cone) to build on Level 1.
- Each level should be marked out with a different coloured spot on the floor.
- Each level should be further away.
- As soon as the snowman is built students start throwing their snowball (small ball) at the snowman from the throwing line.
- If a student knocks over their snowman, then they move their snowman to Level 2 and rebuild it.
- They then throw again from the throwing line. If missed, try again.
- Students work through the levels until they knock over the snowman on level 4.

What you'll need

- Small and large balls.
- Tall cones, flat cones and spots.



Make this task more challenging

- Increase the throwing distance to each level.
- Reduce the size of the snowman.
- Throw with least comfortable hand.



Activity provided by The PE Shed

www.thepeshed.com

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](#).

Christmas Movie Workout Game

Assign exercises to certain words, phrases or music. These are some examples, but your family can come up with their own exercises to movies you love.

Equipment needed:

- Your awesome self
- Holiday spirit
- Lots of Christmas Movies

Example images of the exercises are shown on the next page to give you help along the way!



Everytime you hear the word(s) you do these exercises:

- CHRISTMAS.....30 SECOND PLANK
- GIFT/PRESENT.....10 SECOND BRIDGE LIFT
- ELF/ELVES.....12 SQUATS
- NORTH POLE.....10 SECOND BACK STRETCH
- SLEIGH.....15 FORWARD LUNGES
- STOCKING.....30 SIDE LEG RAISES (PER LEG)
- SNOW.....8 CRUNCHES
- SANTA5 PUSH UPS

It would be great if you could share photos of your activities with us on social media using [#BlackCountryRainbowHour](#)

Maybe you could enter our photography competition - see the nature section of the book for more details.



www.superhealthykids.com



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.

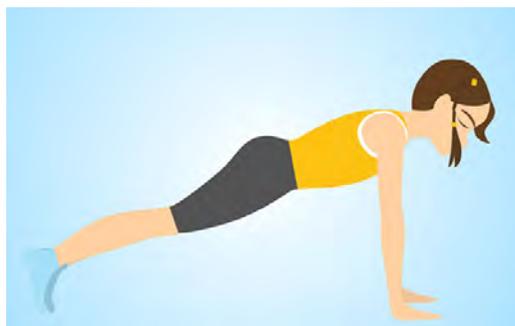
For further video challenges [click here](#).

Christmas Movie Workout Game - example exercises

Plank



Push Ups



Squats



Bridge Lift



Back Stretch



Crunches



Forward Lunges



Side Leg Raises



Exercises provided by:



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.

How to Draw Father Christmas

Follow the steps below to draw your own Father Christmas.

- 1 First draw his hat.



- 3 Add his eyes, nose, and mouth.



- 2 Then his big white beard.



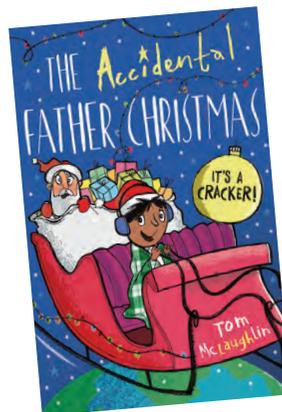
- 4 Next draw a warm coat and gloves, and a black belt.



- 5 He'll need some cosy trousers!



- 6 Finish off with a pair of black shiny boots to keep his feet toasty.



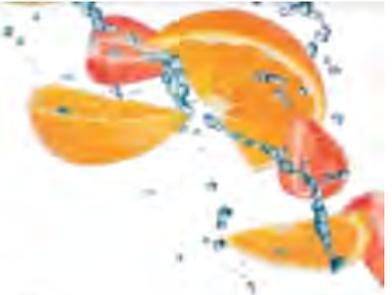
Oxford
Children's
Books

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.



KEVIN'S CHRISTMAS JOURNEY | ACTIVITY SHEET



FESTIVE DECORATIONS
Colour us in. Cut us out.
Put us on the tree!

Kevin and Katie Carrot hiding behind the tree



Baby Carrot with lots of presents



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.

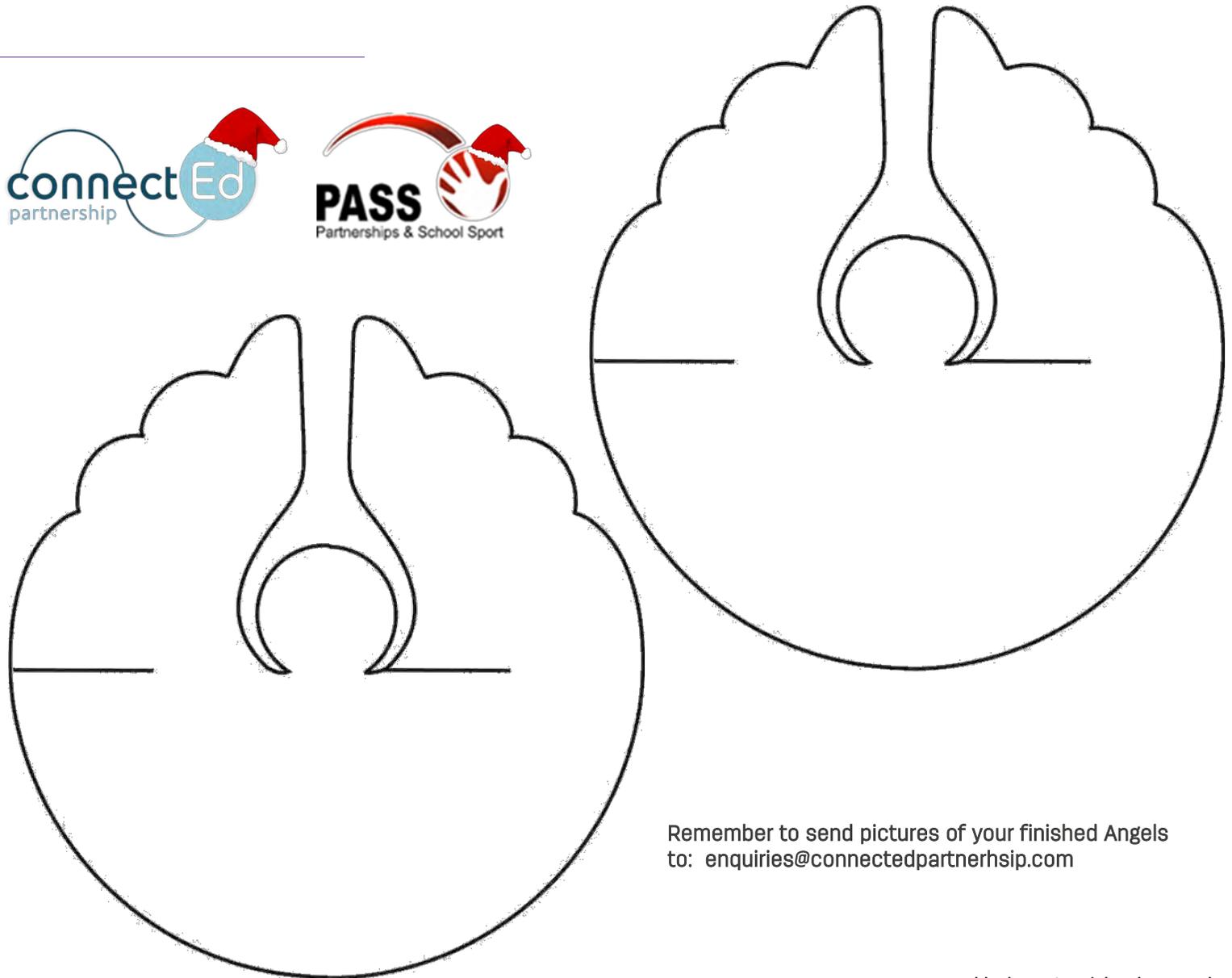
Make Angels Swinging

Make some gorgeous mini paper angels this Christmas! You can either hang these angel ornaments on the tree or place them on the mantlepiece.

You Will Need

- Scissors
- Construction paper (or any paper you like)
- Ribbon or string and a bead for hanging
- tape
- The Mini Paper Angel Template

[View more details here](#)



Remember to send pictures of your finished Angels to: enquiries@connectedpartnerhsip.com

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.

Christmas

a f q m m y r r h z t e
h r s a n t a k i n g s
c a l r d j o s e p h c
f n b y o w l e e l a e
d k e t n a z a r e t h
m i t o c h u r c h r f
a n h c h r i s t m a s
n c l r g d o n k e y g
g e e p i c r h s f s o
e n h k f i h n p r t l
r s e j t u w u c o a d
x e m n s h e p h e r d

Christmas	Bethlehem	myrrh	manger
Santa	Shepherd	gold	donkey
Mary	Kings	church	star
Joseph	frankincense	Nazareth	gifts

Christmas

q w z v d o n n e r d v
x m c o m e t y c p k h
h a c b l i t z e n g a
q l d a n c e r n e h r
z s c a r r o t s e e u
c h f j c h i m n e y d
p r e s e n t s d c j o
w j d v i x e n l u t l
s l e i g h i z e p o p
j d a s h e r k e i y h
m i l k r b w y v d s z
o r q e y p r a n c e r

reindeer	Comet	Dasher	carrots
Rudolph	Dancer	Cupid	milk
Prancer	Donner	sleigh	toys
Vixen	Blitzen	chimney	presents

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.

Further to the above guidance when undertaking any activities either within the Rainbow Book or as part of the campaign the below should also be adhered to:

- Make sure that there is enough space around you (including overhead) for the activity you are doing.
- If you can, do ball activities outside. If this is not in a garden, be sure to follow social distancing guidelines by staying two metres away from anyone not from your household.
- Make sure the surface is even and not slippery underfoot.
- Make sure any equipment used is not too heavy or too large for children.
- Ask children to wear appropriate clothing and footwear for the activity.
- Tie back long hair.
- Remove any jewellery.
- Give your child plenty of opportunity to have breaks during the longer activities, to rest and drink water to stay hydrated.
- Do not work children to exhaustion.
- If you are practising a skill, focus on good technique rather than the amount they can do.

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