

The Rainbow Book

A collection of physical, emotional and creative activities to support all Black Country children, young people and families to experience a Rainbow Hour every day.

Summer Edition 1



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 still 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	Fielding and Striking Activities
Orange	Summer Sports Activities
Yellow	Move More Activities
Green	Outdoor Activities
Blue	Mental Wellbeing and Mindfulness activities
Indigo	Personal Challenges/Multi Skills 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.

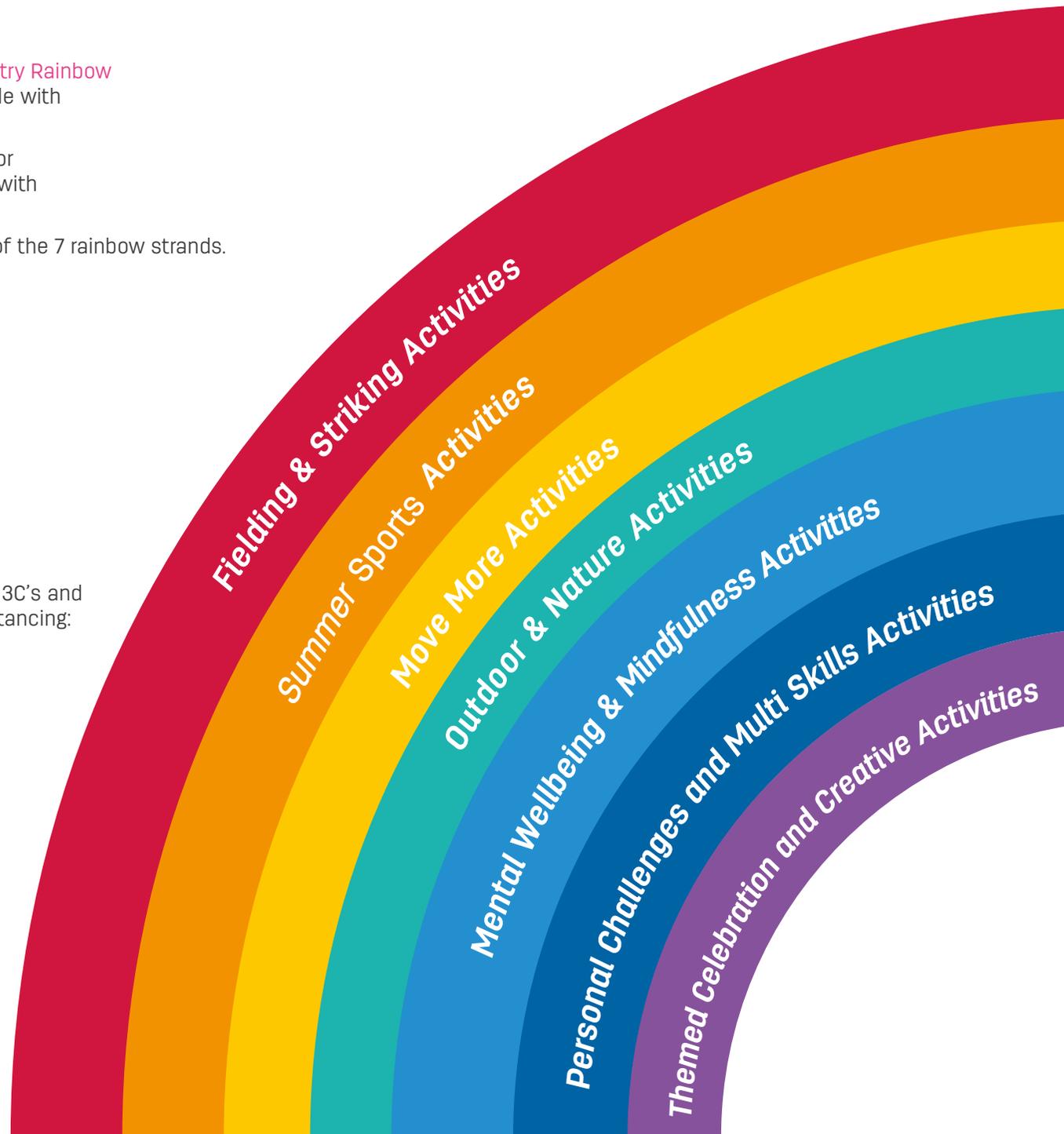
Who is the Rainbow Booklet for?

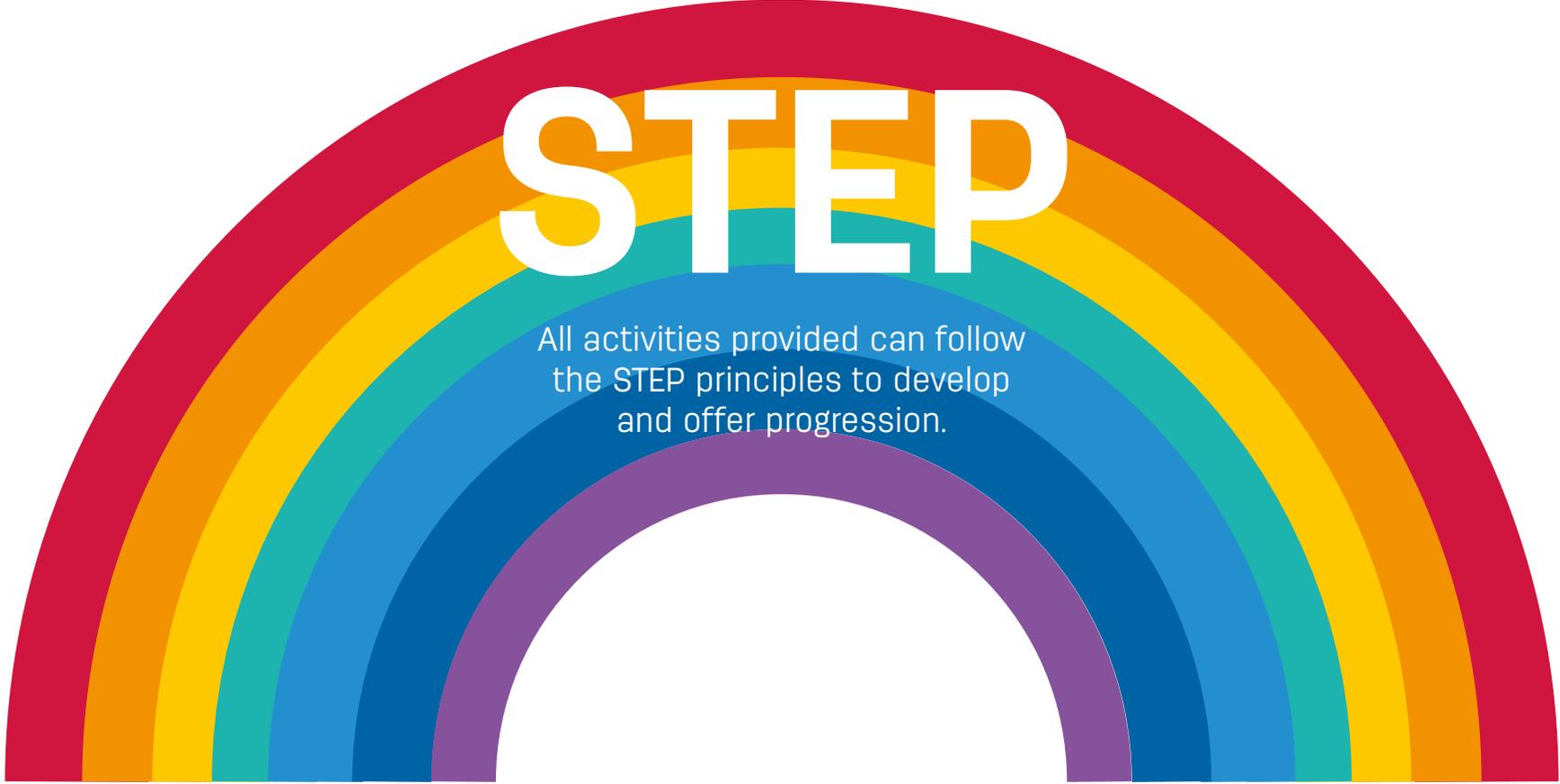
For schools: To help plan your delivery of the Rainbow Hour each day or to share, either electronically or as a printed pack, with parents to share at home.

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.





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

Fielding/Striking Activities

A range of activities to develop correct technique and skill acquisition to support application in a range of Fielding and Striking sports.

Softball - Up the Middle

www.yourschoolgames.com

Quick introduction

Up the middle is a softball activity where the aim is to hit the ball up the middle of the field. Fielders can reduce the batting team's point scoring by fielding it before it leaves the infield or not allowing any points if the ball is caught.



Getting started

- Divide the group into two teams of four players.
- The fielding team positions itself to field the balls but players stand no closer than the imaginary line between first and third base.
- Each player from the batting team hits four balls off of a tee into the field of play.
- Foul balls or balls caught by the fielding team don't score any points.
- Balls hit inside the diamond in the left and right segment score one run. Balls hit inside the diamond but up the middle score two runs. Balls hit into the outfield outside the cones score two runs, while outfield hits up the middle score four.
- When all four players on the batting team have hit four balls, the teams swap over

Equipment required

- Three bases.
- One tee.
- One bat.
- Cones or chalk to mark the playing area.
- Throw-down lines.
- Softballs or tennis balls.
- Four fielders gloves (optional).

Health and safety

- Surrounding area to be clear of bags, equipment etc.
- Ensure players waiting to bat are standing a safe distance away



Sporting me - Spirit of the Games:

Excellence through Competition

I should focus on one play at a time – if I don't hit the ball or misfield the ball then I will try to forget about it and try my best for the next one.

Fielding/Striking Activities

A range of activities to develop correct technique and skill acquisition to support application in a range of Fielding and Striking sports.

Softball - Up the Middle continued

www.yourschoolgames.com



Physical me

- When batting, make sure you keep looking at the ball while swinging.
- Keep your eye on the ball when fielding.

Social me - Leading and volunteering

- Record keepers could keep and record the scores for each participant as well as team scores

Thinking me

- Could I call for the ball to avoid a collision with my teammate

Tactical me

- If I hit the ball hard and flat, it's less likely to be caught.
- I should stand side on but changing the direction of my feet slightly to help me direct the ball when hitting

Think inclusively (STEP)

Space

- Reduce or increase the size of the scoring areas.

Task

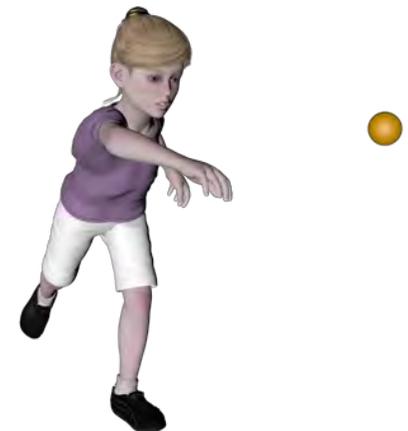
- Allow points to be scored even if the ball goes into foul territory.
- Allow points to be scored even if the fielder catches it.
- Allow batters to hit more balls and count only their top three scores.

Equipment

- Allow the players to hit a bigger/lighter ball.

People

- Increase or decrease the amount of fielders.



Fielding/Striking Activities

A range of activities to develop correct technique and skill acquisition to support application in a range of Fielding and Striking sports.

Sitting Volleyball - Primary and Secondary Challenge

www.sense.org.uk

www.yourschoolgames.com

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

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

S T T E P

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



S

Space

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

T

Task

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

T

Time

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

E

Equipment

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

P

People

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



Summer Sports Activities

A range of activities for the summer period that develop correct technique and skill acquisition for a range of sports.

Funetics - Warm Up Exercises

Before you do any training you have to warm up. This means doing some exercises such as mobility exercises. You warm up to get your body ready for action. It also gets you in the right mood to do your best.

March Around The Room

As 'On the Spot' but with movement around the room - remaining aware of others.



Pumping the Tyre

Stand on the left leg and simulate the pumping action required to inflate the tyre by means of a foot pump with your right leg. Then change legs.



Follow the Leader

Team leaders are selected. They perform any reasonable physical action which must then be copied by all the other members of the team.



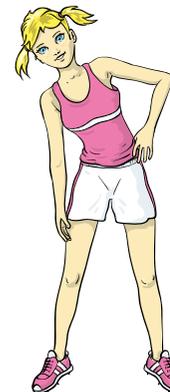
Aeroplanes

As 'Loose Jogging' but with imitation aeroplane action using arms as wings (making aeroplane noises is good).



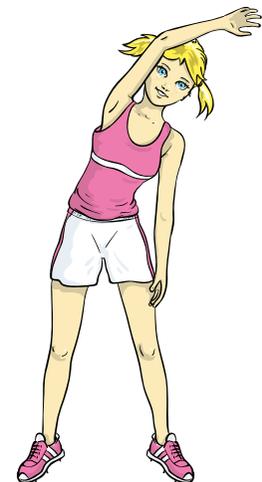
Side Bends

Stand with feet shoulder width apart and hands on hips. Lean to the left and right alternatively without bouncing and keeping the shoulders up and back.



Side of trunk

Stand with feet a little over shoulder width apart. Keep back straight. Take arm over head. Feel stretch down side of trunk.



Summer Sports Activities

A range of activities for the summer period that develop correct technique and skill acquisition for a range of sports.

Funetics - Activity 1 - Quick Start

Children to accelerate with good posture from stationary positions.

1. First of all, set a start and finish line with cones that are 10-20m apart. Tell the children to start from a kneeling or standing position.
2. Children get ready when you say "On your marks", concentrate on "Get set" and on "Go!" they should accelerate away as fast as possible.
3. Children should walk back to the start (outside of the sprint area), and repeat the activity every minute or two.



POINTERS

Children should concentrate on good form by:

- Leaning forward
- Legs pushing until straight (hips, knees and ankles, in that order)
- Arms power back
- Footsteps speed up.

Funetics - Activity 2 - Hop, Step, Jump

Children to perform a hop, step and jump in sequence

1. Children put down the markers, 1m apart, in a straight line – finishing at the landing area.
2. Each child performs a hop, step and jump. They should start from a standing still position and land on each marker as they go.
3. Gradually move the markers further apart to increase the distance jumped.

TIP

Ensure that children land two-footed on the landing mat.



POINTERS

Children should concentrate on good form by:

- Landing with balance
- Make sure the order is 'hop', 'step', 'jump'
- Use a consistent rhythm: 1... 2... 3.
- Free leg pushes forwards and up
- Staying 'tall' with high hips.



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.



Dance Force - Dance Craze

The Challenge:

- Work together or on your own to think of all the dance craze moves you know
- Put the famous dance moves together to choreograph a routine
- Use other street dance moves to connect your choreography together



STEP:

- S – Show small actions on the spot or big actions using a large space depending on your choice of moves
- T – What music works well with your choices and fits all the moves? Can you do it backwards, smaller, bigger or teach it someone else?
- E – Music, props or costume will add more feeling to your story
- P – This could be practiced to be performed on stage or in a mini show for your family

Social Distancing Games

Number/Shape Dive

Children will sit in a socially distanced circle. Draw a number or shape in the middle. Say a child's name and a number/shape and they will jump up, run over and stand on that number/shape. Once they have a good idea of how to play, nominate a child to choose somebody.



Captain's Coming

The children are all sailors on the boat. There are different commands that you demonstrate and actions they will do when they hear one e.g. captain's coming – stand on the spot and salute, row the boat – sit down and row, scrub the deck – down on your knees and scrub, swim to shore – swim! Into the hammock – lie down, lift the cannonballs – lift them up one by one and put them in the cannon.



Traffic Lights

The children will act as cars and the adult will be the traffic lights.

- Green – Go! Jog around
- Amber – Walk on the spot
- Red – Stop
- Car park – Lie down
- Motorway – Run really fast
- Honk the horn – Beep beep
- Roundabout – Walk in a circle



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.

Identifying Nature in your Area

With the warm weather why not get out and about and explore your local greenspaces. Whilst you're on your walks see if you can find any of the below. On the next page we have some suggestions of where you could go hunting for these!



Fruits and seeds ID

How many berries, nuts and seeds can you find?



Wild Tribe Outdoor Learning



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.

Identifying Nature in your Area - Dudley

Why not try your family nature hunt at [Wrens Nest National Nature Reserve](#)

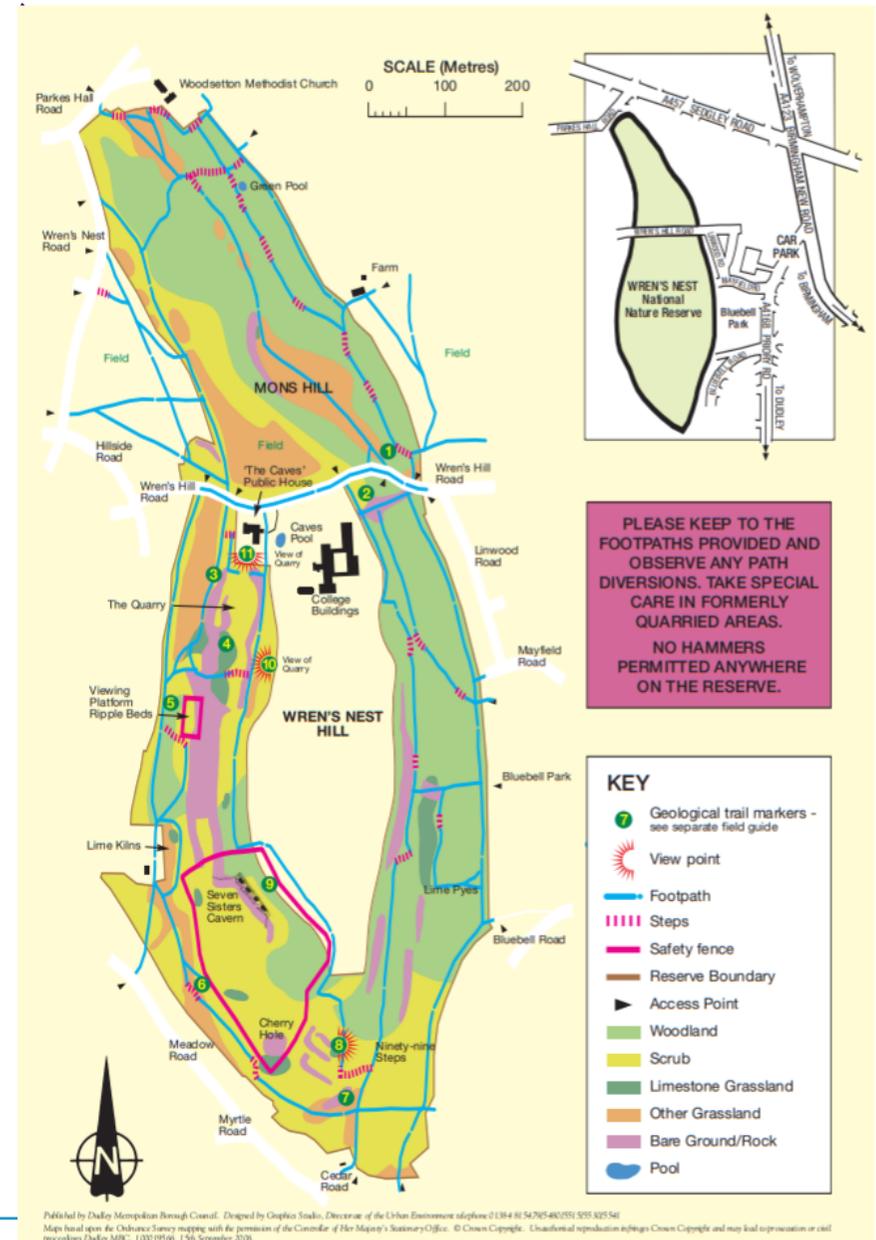
Or you could visit other [Parks](#) and [Walking trails](#) across the Borough. There are plenty to choose from.

Wren's Nest National Nature Reserve is of exceptional importance. It is one of the most notable geological locations in the British Isles and visited and studied by geologists from all over the world.

The limestone rock at Wren's Nest provides an environment where a distinct range of habitats and species of plants and animals are found.



The Wildlife of
WREN'S NEST
National Nature Reserve



Outdoor & Nature Activities

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Identifying Nature in your Area - Sandwell

Why not try your family nature hunt at [Sandwell Valley](#)

Or [click here for other walks](#) and more information on all Sandwell's parks and green spaces.

Or you can find and upload your very own route with Go Jauntly.

The FREE Go Jauntly app available on Android and IOS allows you to:

- Discover an online collection of walks with easy to follow pictures and directions.
- Create your own walks. What's your favourite walk? Don't keep it to yourself, share it with us all.
- Enjoy outdoor adventures and nature right here in Sandwell.

Visit www.gojauntly.com to download the **FREE** app now and take your first steps to walking more in Sandwell.



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How will you #MoveMore?

Call 0800 011 4656 or visit www.MoveMoreSandwell.co.uk

#MoveMoreSandwell

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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.

Identifying Nature in your Area - Walsall

Why not try your hunt in one of the 11 [nature reserves](#) in the Borough?

Or even one of the [local parks](#)?



Walsall is recognised as being a particularly green borough and its green spaces are an asset that the borough residents can be justifiably proud of.

Parks and green spaces are some of the most valued leisure and cultural facilities in Walsall, and these open spaces offer a green, leafy refuge where people can relax, contemplate and enjoy the fresh air and attractive floral displays, or participate in more active and healthy sporting and recreational pursuits.

The parks and countryside sites also provide important wildlife benefits and an outdoor classroom for learning. They all contribute greatly to the enrichment and quality of life of our community who live, work, and play in the borough.



Identifying Nature in your Area - Wolverhampton

Why not try your hunt in one of the [nature reserves](#) or [parks](#) in the City?



Why not visit [Smestow Valley Local Nature Reserve](#) (LNR) it is a haven for wildlife, with around 50 hectares (120 acres) of meadows, scrubland and woodland.

Or [Pendeford Mill Nature Reserve](#) which is a site of valuable environmental and historical significance.

If you wanted to tie your walk and nature hunt in with seeing some animals why not visit [Northcote Farm and Country Park](#)?

It's just a just ten minutes' drive from the centre of Wolverhampton and you'll find yourself on our wonderful working farm surrounded by 90 acres of mature woodland, fields, the babbling Berry Brook and untouched meadowland.

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.

Reach Out - I'll be There

Overview of the Activity

- Reaching out to someone and making an effort to connect with them.
- Using your skills to empathise with someone in need.
- Think of an action that you can do that might improve the way they feel.
- Exploring your own feelings in this process.

Resources

Dependant on the activity choice you make.

Activity

Hi Ben,

I've been a bit down this week what with everything that's been going on. My Gran hasn't been very well, and I suppose I've been worried about her really.

She lives in another city and is no good with technology so I can only speak to her on the phone, she has a device out of a museum so no chance of facetimeing!

She said she missed my cooking. (I'm a good cook, because of what she taught me).

So, I thought I would make her a cake and send it to her.

I made my specialty chocolate cake but had to change the icing to one which wouldn't run all over the tin! Packed it up (very) carefully and posted it. It only cost me £2 to send.



Activity Content

Looking out for someone else who might really appreciate you reaching out to them.

Empathy for those around you who may be in need of a little pick up.

Nurturing an existing relationship.

Recognising and reflecting on your own feelings when others around you might be struggling.

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.

Reach Out - I'll be There continued

When she got it, she rang me, and she was in tears. Gran said it was the nicest present she had ever received because I had made it and it was a surprise that she wasn't expecting... Must admit I had a bit of a cry too, but only because I'd made her happy.

So, you've guessed it guys, this challenge is to think of how you can reach out and make someone else feel good, just something simple will do but you have got to actually do it, and get some kind of a reply.

Take some time to think about those around you, who might need a bit of a pick-up at the moment?

- How are they feeling and why? Remember you don't have to have answers for them, you can't fix everything they may be experiencing, but you can listen and be a good friend.
- How does this make you feel?

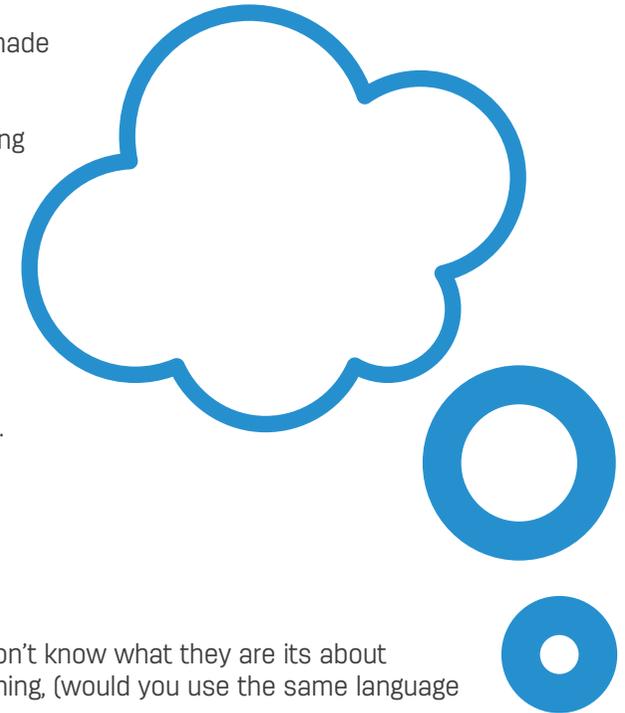
What can you do?

- It could be something really simple like picking the phone up and having a proper conversation about how they are feeling.
- It could be making something like I did, but don't worry if cooking isn't your thing, it's not MasterChef.
- You could send them a piece of music you know they will appreciate and tell them the reasons you are sending it.
- If you're creative maybe do some artwork and give/send it, with a message they will understand and appreciate.
- A silly video of you doing something (safely) to make them laugh, with a message about why you sent it.
- Even cooking the tea for your Mum like I'm doing tonight for mine.

Remember if you end up using the internet for this activity, use the 3R's and use language your gran would approve of! If you don't know what they are its about how you reply to an online message. Reflect on what you have been asked to do, Respect the role you have in replying to anything, (would you use the same language when speaking to your Gran) and respond meaningfully, positively and kindly.

When you have done your activity, reflect on what you did and how it made you feel. What response did you get from the other person?

Good Luck!



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.

Staying Well at Home - Tree of Decisions

Aim

This exercise is particularly good for recurring disagreements as it can be used to explore different choices and potential outcomes before deciding on a strategy.

How to do it

Take a piece of paper and draw the outline of a large tree trunk and some branches in the middle of it. Don't worry if you aren't a skilled artist, there is no need for detail as you are going to be writing on it.

Think back to the last time you had an argument or lost your temper with someone at home. This might be a one-off or a recurring argument, e.g. over things like the washing up, tidying your room or bedtime. Write down what it is that you felt angry or upset about inside the trunk of the tree.

Next, draw in the roots of the trees. Each root will represent a 'trigger' or action that led up to the situation. Put in as many roots as you need to fully detail the sequence of events leading up to the argument, for example what was said, how it was said, what else was going on, who else was there and how they responded.

Next Steps

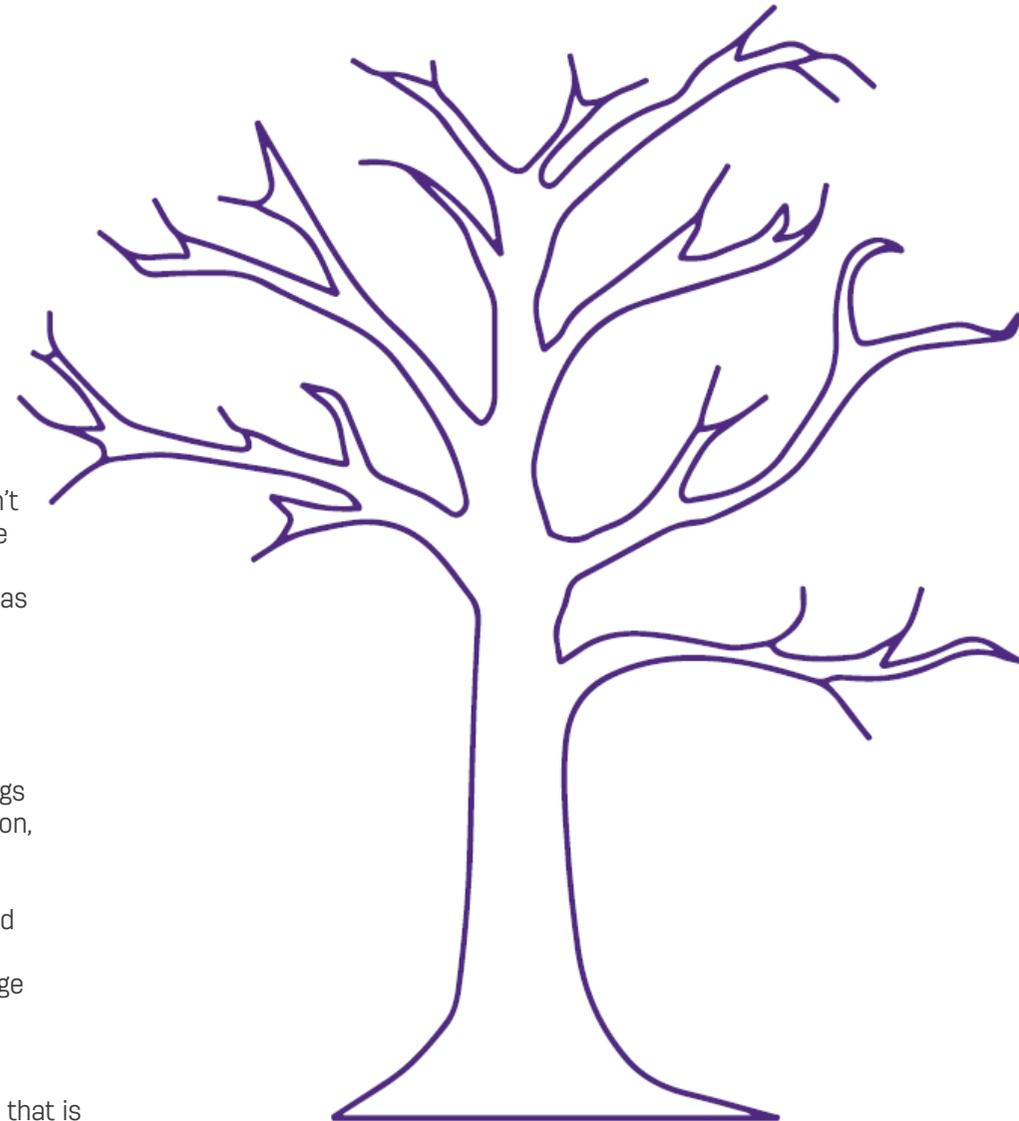
Review the 'Tree of decision' to see which option is most likely to resolve the situation in a way that is acceptable to you and those you live with. Consider displaying your tree in your room to help remind you that you do have choices even in very difficult circumstances.

You will need:

- Paper
- Pens

Move on to work on the branches. These represent the different ways that you could have handled the situation to explore what might have happened. Make sure you include the option to do nothing and to walk away as well as what you actually did, even if you aren't happy with the outcome. Explore both positive and negative ideas by adding twigs to each branch and following each possible outcome as far as you can go until you reach a natural conclusion. A simple way to do this is to ask, 'and then what would happen?' after every potential action.

Finally add some leaves. These represent things that can help you manage in a difficult situation, for example counting to 10 before responding, calling a friend, taking a deep breath, having a drink of water, listening to music. These should be things you can do whilst isolating at home rather than strategies you might use to manage angry feelings at other times, for example playing sport or going out.



Personal Challenges & Multi Skills Activities

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

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

Flamingo Statue - for 1 or more people

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

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

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

Aim / Target: To improve your balance.

Instructions:

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



The Mine Field - for 2 people or more

What do you need?

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

Set Up Instructions

- Create a start and finish line
- Scatter soft objects randomly between the start and finish line

1. You need to all start at the start line and one at a time you need to blindfold yourself and complete the mine field to get to the finish line.
2. You can give each other verbal instructions but you can not physically assist one another.
3. If you touch an object you need to start again from the beginning.
4. You must put your blindfold on before stepping over the start line.
5. Once complete rearrange the objects. Remember you can add more or less or increase the distance between the start and finish line to make it more or less difficult. Time yourself – How quick can you complete the course?

- What method worked the best for your team?
- Why was this method successful?
- Would you change anything if you had to do it again?
- What are the key skills required to be successful at this game?
- How long did it take you? What could you do to make it quicker?



Key words: Team work, communication, problem solving.

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.

Theme: Summer Reading

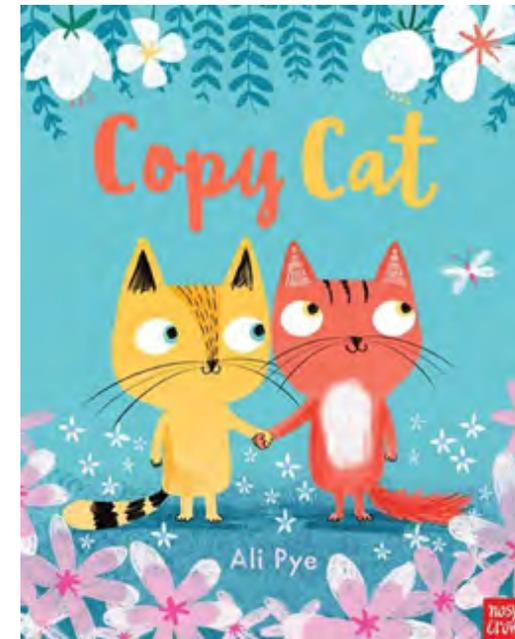
Summer Reading - Copy Cat 2020



Click here to join the challenge!

- Step 1:** Stand 2 metres away from a friend/partner
- Step 2:** Number yourselves 1 and 2
- Step 3:** No 1 creates six moves. Every three moves you have to do a silly action /or pull a silly face. No 2 copies the moves.
- Step 4:** No 2 creates six moves. Every three moves you have to do a silly action /or pull a silly face. No 1 copies the moves

Have lots of silly fun!!!



The Digital Summer Reading Challenge is coming soon!



www.sillysquad.org.uk

Illustrations © Lauro Ellen Anderson 2020

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.

Theme: Celebration

Can you remember your sports day and all the fun you had? Or is it your first sports day?
Here are a few ideas – but I'm sure you can think of more...

The Silly Squad Family Sports Day

1. **Egg and spoon race.**
 - Grab a potato and a spoon from your kitchen.
2. **Dressing up game.**
 - Grab 3 items of their own clothing such as tops, shorts/skirt, sun glasses
3. **Obstacle game.**
 - Set up an obstacle course using everyday items, jump over, crawl under, weave your way through, move sideways.
4. **Cargo/parachute/duvet race.**
 - Set up a cargo/parachute/duvet at a reasonable height- crawl your way under to the cone and return.
5. **Sack race.**
 - Grab an old pillow case to race in.
6. **Skipping race.**
 - Everyone has to skip (no ropes) in and out of cones that are zig zag spaced apart. Use soft objects if you don't have cones.
7. **Silly poem games.** (Share a SILLY poem that makes us laugh).

The rules are simple:

- Give everyone their own spot or cone to start from for each activity
- Set a finish line to race to another spot or cone a distance away (change the distances based on ages)
- Play music selected by the children.
- Create a carnival atmosphere at home.
- No winners, no losers - laughter is the winner, smile all round.
- Just have fun and be SILLY.

The Digital Summer Reading Challenge is coming soon!



www.sillysquad.org.uk

Illustrations © Laura Ellen Anderson 2020

Celebration and Creative Activities

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Theme: Celebration

Birmingham 2022 Mascot Maker

More information can be found at: www.birmingham2022.com/mascot

The Birmingham 2022 Commonwealth Games has launched a nationwide search for a 'Mascot Maker', encouraging children aged 5-15 from across the UK to get creative in a bid to design the official mascot for the Games and win tickets to the Opening Ceremony.

Children across the country are invited to create their own Birmingham 2022 mascot which reflects the identity, heritage and culture of Birmingham and the West Midlands. The best entries will inspire the official Birmingham 2022 mascot, which will be seen by over one billion people, and will become an iconic symbol in the run up to and during the Games.

The nationwide search to find a 'Mascot Maker' follows the staging of the world's-first 'Virtual Mascot Summit', hosted by President of Commonwealth Games England and Olympic and Commonwealth gold medalist Denise Lewis OBE, alongside TV presenter Radzi Chinyanganya.

Previous Commonwealth Games Mascots



Goldcoast 2018



Glasgow 2014



Delhi 2010

Closing date for entries is
Wednesday 05 August 2020.

Key messages:

- Children aged 5-15 have an opportunity to design the mascot for the Birmingham 2022 Commonwealth Games.
- This is a nationwide competition – it can be won by anyone in the country aged 5-15
- The mascot should reflect the identity, heritage, and culture of Birmingham and the West Midlands and embody everything the city and region stands for: youthfulness, diversity, dynamism and creativity. The design could be a painting, drawing or collage. The mascot could be a character, animal or person. It's up to you; all you need is your imagination!
- Winners will not only see their mascot become the star of the games - they'll also win a family ticket to the Birmingham 2022 opening ceremony.

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 during this period which can be accessed **here**. 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**.

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Co-ordinated, developed and supported by:



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