

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.

Commonwealth Games Edition - June 2022



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 children, young people and families to participate in across the summer holidays.

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.

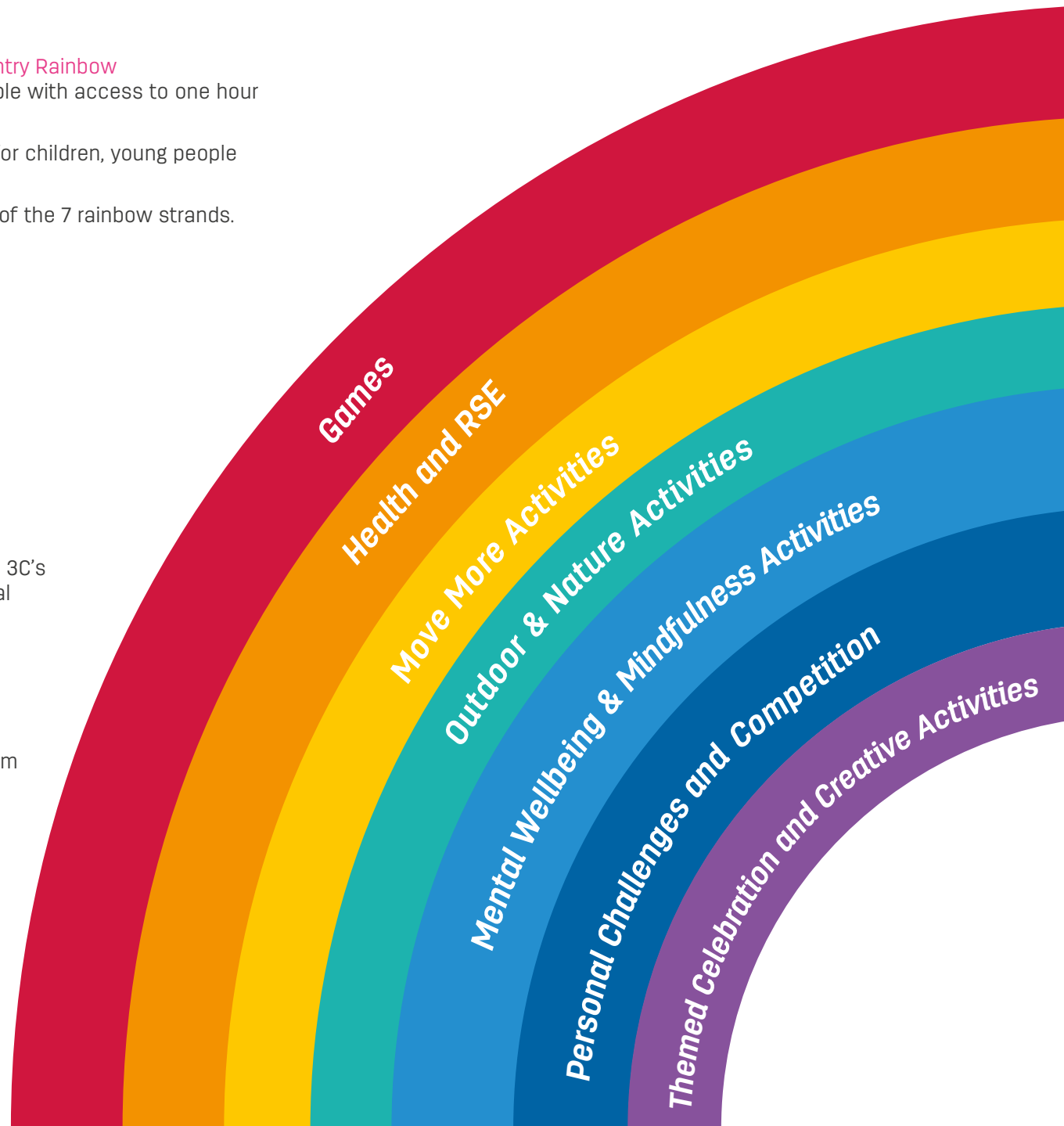
Who is the Rainbow Booklet for?

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

England Lacrosse - Defensive Principles

DEFENSIVE PRINCIPLES

1 DENY SPACE

- Maintain or regain position between the goal and opposition
- Man mark attackers, follow them
- Force ball carrier away from goal
- Delay attacks and make them use up the 4 second possession count



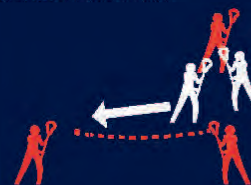
2 GAIN POSSESSION

- Maintain or regain position between the goal and opposition
- Slow down attack, force ball carrier away from goal and step close to attacker
- Try to block one passing lane to force a poor pass



3 SUPPORT

- Defenders work together to stop attackers running through
- Move close to each other and force a pass wide
- Once wide, force an error



4 NARROW

- Stay compact & close to the goal
- Resist chasing the ball, maintain position between goal and opponent
- Close down the ball carrier once there is cover/support



5 DEPTH/COVER

- Make sure there is another defender behind the one marking the ball
- This brings together the principles of SUPPORT, GAIN POSSESSION and NARROW



6 DELAY

- Position between attack and goal
- Change body position to see the ball carrier and nearest attacker
- Never over commit, maintain positioning and await support
- Move towards ball carrier to force an error

Check out the accompanying England Lacrosse Introduction to Lacrosse video series which can be viewed by clicking here (bit.ly/342Ai8K).

Credit: England Lacrosse



Games

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

England Lacrosse - Attacking Principles

ATTACKING PRINCIPLES

3

1 POSSESSION

- Keep the ball
- Get the ball in opponent's half
- Play the ball around the goal
- Keep stick protected/on the outside
- Remember other team need ball to score



2 PENETRATION

- Run or pass through defence
- Create an overload and use a 2 v 1 situation to cause indecision for defence
- This should allow for - A run by ball carrier
 - Draw defender & pass
 - Give & Go



3 SUPPORT

- Keep team possession by moving to simple passing lanes
- Make sure ball carrier always has a minimum of 2 passing options - a pass forward
 - a pass to the side



4 WIDTH

- Work the ball to wide position to create space by stretching the defence
- This should allow for - Penetration
 - Draw defender & pass
 - Give & Go



5 DEPTH

- Use a pass backwards to draw the defence away from goal
- This should allow for - Penetration
 - Possession
- Works well from behind goal



6 MOBILITY: BE DIRECT

- Use pace to penetrate defence or get into support positions
- Change pace to disrupt defence
- Switch direction or dodge to evade defenders



Check out the accompanying England Lacrosse Introduction to Lacrosse video series which can be viewed by clicking here (bit.ly/342Ai8K).

Credit: England Lacrosse



Games

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

Mini Games

It is time to host your own Mini Commonwealth Games! Do this either as a class split into competing teams or challenge other classes in your school to compete against you! Once teams are decided, choose a country from the commonwealth to represent, then it is time for the games to begin.

Compete in a selection of games of your choice (you may be limited by the resources you have in school, so choose sports that work for you) allocating points for winners which can be tracked throughout your games. A selection of athletics events would work very well for most schools and provide a nice variety. A suggestion for a variety of events would be:

A Relay Race	Long Jump	Gymnastics
Sprinting Race	Basketball	Routines
Discus Throw	Match	

Again, the choice of activities is up to you, but the idea is that it is your own Commonwealth Games within school, so perhaps you could make a whole themed day for it. Beginning with a Queen's Baton Relay being carried into an opening ceremony, followed by your sporting events spread throughout the day and finishing with a medal ceremony to announce your winners. Most importantly try to remember that the Commonwealth Games are often referred to as the 'Friendly Games', the event is renowned for inspiring athletes to compete in the spirit of friendship and fair play, so just have FUN!



MATERIALS NEEDED:

Large open space
Any sports equipment for your chosen sports.



ESTIMATED ACTIVITY TIME:

Over several hours or as a full themed day!



CURRICULUM LINKS:

Physical Education - Competing in a variety of sporting activities, developing their movement skills, coordination, teamwork, and stamina.

Credit:



Resource created by Birmingham 2022 Bring The Power programme

To download more resources visit: www.birmingham2022.com/power/schools/educational-resources



Games

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

Lawn Bowls Introduction

We are learning..

to send a bowl using underarm delivery.

Learning Intentions

1. Develop an understanding of the aims of lawn bowls
2. Use underarm delivery technique consistently
3. Play in a competitive game to score points

Success Criteria

1. I can use an underarm roll to send a bowl
2. I can play in a game against others and use the rules
3. I can explain what lawn bowls is

National Curriculum Links

Engage in competitive physical activities

Literacy and Numeracy Links

L How quickly can you read the list? Bowls, Jack, Play, Win, Lose

N In starter activity convert 3 points into a 3 digit number e.g. 1-3-1 = 131
One hundred and thirty-one

Teaching Points

Lawn Bowl (underarm) Delivery

- Bowl held in dominant (writing) hand
- Feet start together
- Step forward with the opposite foot to throwing hand
- Bend the knees to get low to the green
- Swing throwing arm forward and release the bowl
- Release the bowl to ensure that it rolls along the floor
- Change the speed of the swing to change the speed of the delivery (a faster bowl will travel further)

Key Questions

1. What is the aim of lawn bowls? What are you trying to achieve?
2. If your bowl misses the target, what adjustment do you need to make with your next bowl?
3. What skills did you use in lawn bowls that you have used in other sports/activities?

Credit

A selection of activities can be found on the following pages

www.thepehub.co.uk

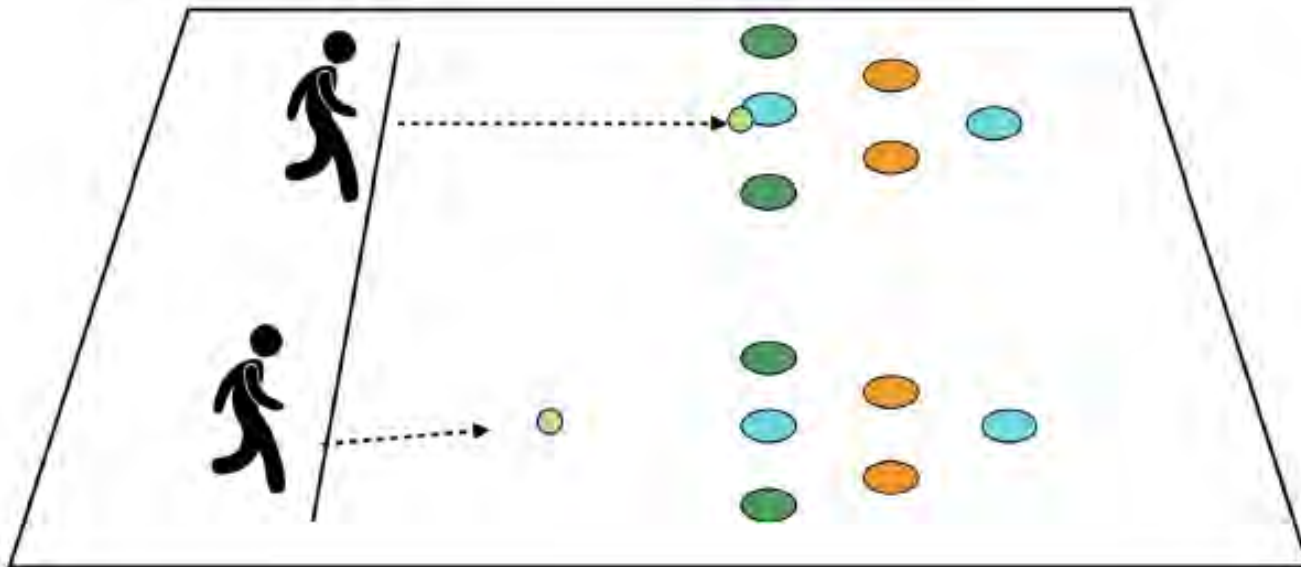


Games

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

Lawn Bowls - Starter Activity - Skittle Bowl

Split the class into groups of 4. Create 6 target 'pins', arranged in a triangle shape, for children to aim for. Players take it in turns to see who can knock down the most pins with 3 bowls. Make sure all 6 'pins' are picked up before the next child has their turn. If you have no indoor bowls or skittles, adapt by using tennis balls and cones. Instead of knocking the cones down, players score by the ball touching the cone(s).



Credit

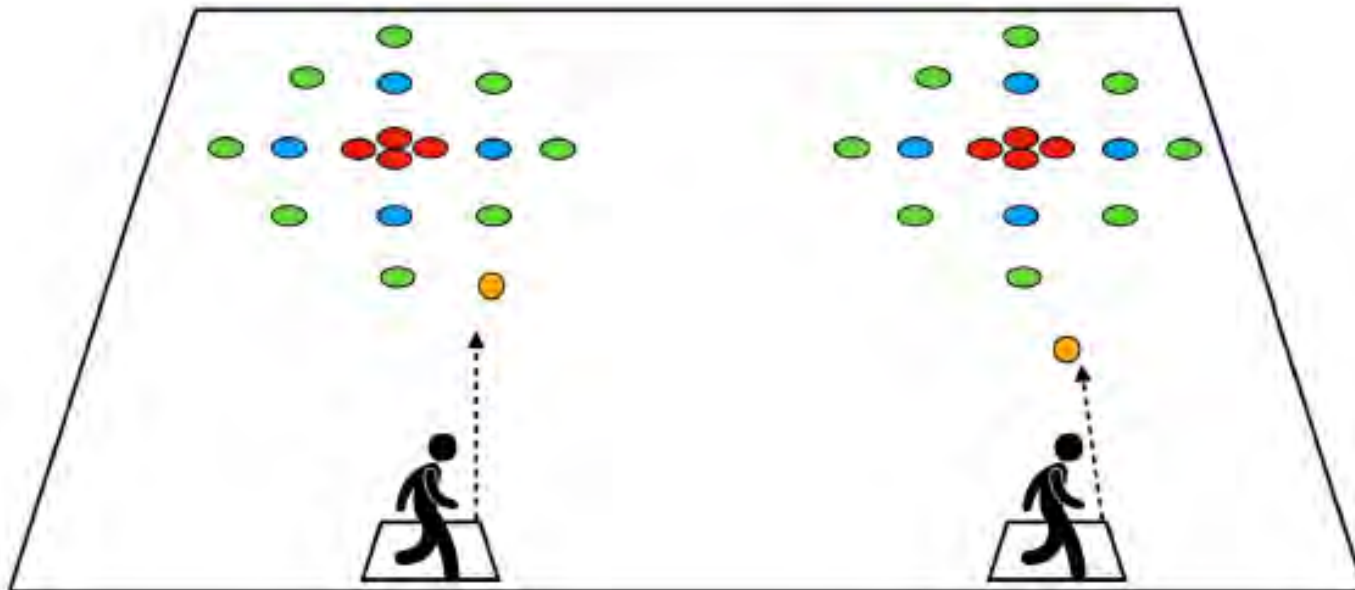


Games

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

Lawn Bowls - Skill Development - Rowla Bowl

Keep the class in groups of 4. Create scoring zones for each group on the floor similar to an archery target with 3 zones. You could use cones or other markers for this. Children take turns to 'deliver' a bowl into the target. The delivery must be an underarm roll. Children score points depending on where their bowl finishes. Each child gets three deliveries and the highest total score wins.



Credit





Games

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

Lawn Bowls - Activity 1

Lawn Bowls Game – Lawn bowls is played between 2 teams. The aim of the game is to get your bowl as close as possible to the Jack. Set up lanes with teams playing 2 v 2. Use a smaller ball or different coloured ball as the Jack.

Lanes should be at least 4/5 metres in length and 1.5-2m wide.

Rules:

1. A Jack is placed at one end of the playing area
2. Players take it in turns to deliver their bowls
3. Each player/team delivers 4 bowls
4. After all bowls are delivered, points are awarded
5. Whoever has the closest object to the Jack wins the points
6. 1 point is awarded for every object from the same player that is closer to the Jack than any of the opponent's objects.

Credit



Games

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

Cage Ball

Credit: England Handball

Cage Ball

- ⊕ Create a square zone/area (roughly 3x3m is enough).
- ⊕ Establish two teams of 4.
- ⊕ Two players of each team inside the square and two players of each team outside of the square (1 player on each side of the square)
- ⊕ 2 minute game.

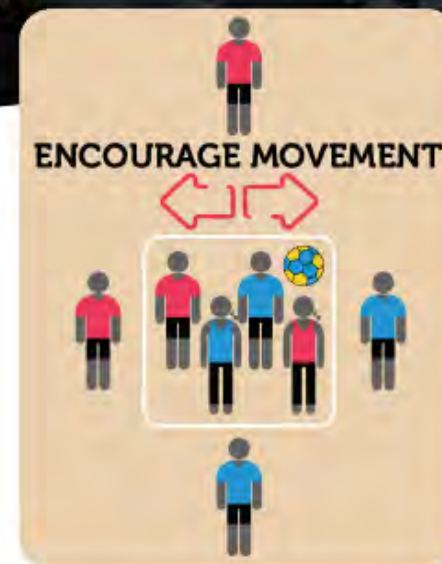
Equipment

- ✔ Bibs
- ✔ Balls
- ✔ Throw down Markers



Aim

- Ball Handling Skills.
- Passing & Catching.
- Gripping the Ball.



- ⊕ The two reds play "keep ball".
- ⊕ 1 point per pass.
- ⊕ Pass to players on the edge for 2 points.
- ⊕ If the blues win the ball, they get to play "keep ball".

The STEP model corner

- Increase/decrease the number of players
- Change the space
- Use different size balls
- Limit the time available
- Define which hand to use
- Limit the number of steps in possession
- Limit the time in possession



Health and RSE

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

An Athletes Diet



Begin by having your class complete a food diary, recalling what they ate for each meal of the previous day.

Now discuss what makes a healthy balanced diet. What healthy things did they have in their food diary?

To have a healthy diet, you need all 5 food groups! Can your class name them? They are Proteins, Grains, Dairy, Fats and Fruit and Vegetables.

Now discuss other healthy eating top tips they can think of such as how many types of fruit and vegetables they should eat a day and how many glasses of water.

Finally, create a healthy diet for an athlete, drawing and labelling their chosen foods.



MATERIALS NEEDED:

Printed resources
Pen / pencil



ESTIMATED ACTIVITY TIME:

10 minutes - to complete a food diary.
10 minutes - to create an athlete's meal.



CURRICULUM LINKS:

Science - Biology, exploration of food, healthy eating tips and what a healthy diet is.

Credit:



Resource created by Birmingham 2022 Bring The Power programme

To download more resources visit: www.birmingham2022.com/power/schools/educational-resources



Health and RSE

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

My Food Diary



**WHAT DID YOU EAT FOR EACH MEAL YESTERDAY?
FILL IN THE FOOD DIARY WITH EVERYTHING YOU ATE**

BREAKFAST	
LUNCH	
DINNER	
SNACKS	

Resource created by Birmingham 2022 Bring The Power programme

To download more resources visit: www.birmingham2022.com/power/schools/educational-resources



Credit:

Health and RSE

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

Get your family Sun-Sorted



Getting children to develop healthy habits is important for their wellbeing. With just one blistering sunburn doubling the chances of melanoma, sun protection routines should be just as important as brushing teeth, eating well, and getting plenty of exercise.

As a parent, getting children to understand why sun protection is important will help promote a more positive association with their actions, helping glue them in place. Avoiding sunburn is key, and this is especially true in early spring, where the cooler temperatures can deceive us on the power of the sun's UV rays.

FACT: When the UV Index is 3 and over sun protection is required when outdoors. You can check this on your smart phone as it features on the weather app.

FACT: A cloudy sky does not protect us from sunburn, with almost 80% of UV rays passing through cloud cover. This means that without protection, we are all at risk of an unexpected springtime sunburn.

FACT: More cases of sunburn are reported in April than in any other month, mainly because of the rush to get out after the long cold spell of winter.

Credit:

melanoma
fund

To support parents and teachers, the Melanoma Fund created the **Sun-Sorted! quiz** as part of the **Outdoor Kids Sun Safety Code**.

This free educational resource provides KS2 children with fun and interesting facts on the sun, their environment, and their skin.

All those completing the quiz receive a free personalised certificate, featuring their score, from 'Solar Starter' to 'Solar Superpower.'

Take the Sun-Sorted! quiz by visiting:
www.melanoma-fund.co.uk/ok-sun-safety/sun-sorted-quiz/.

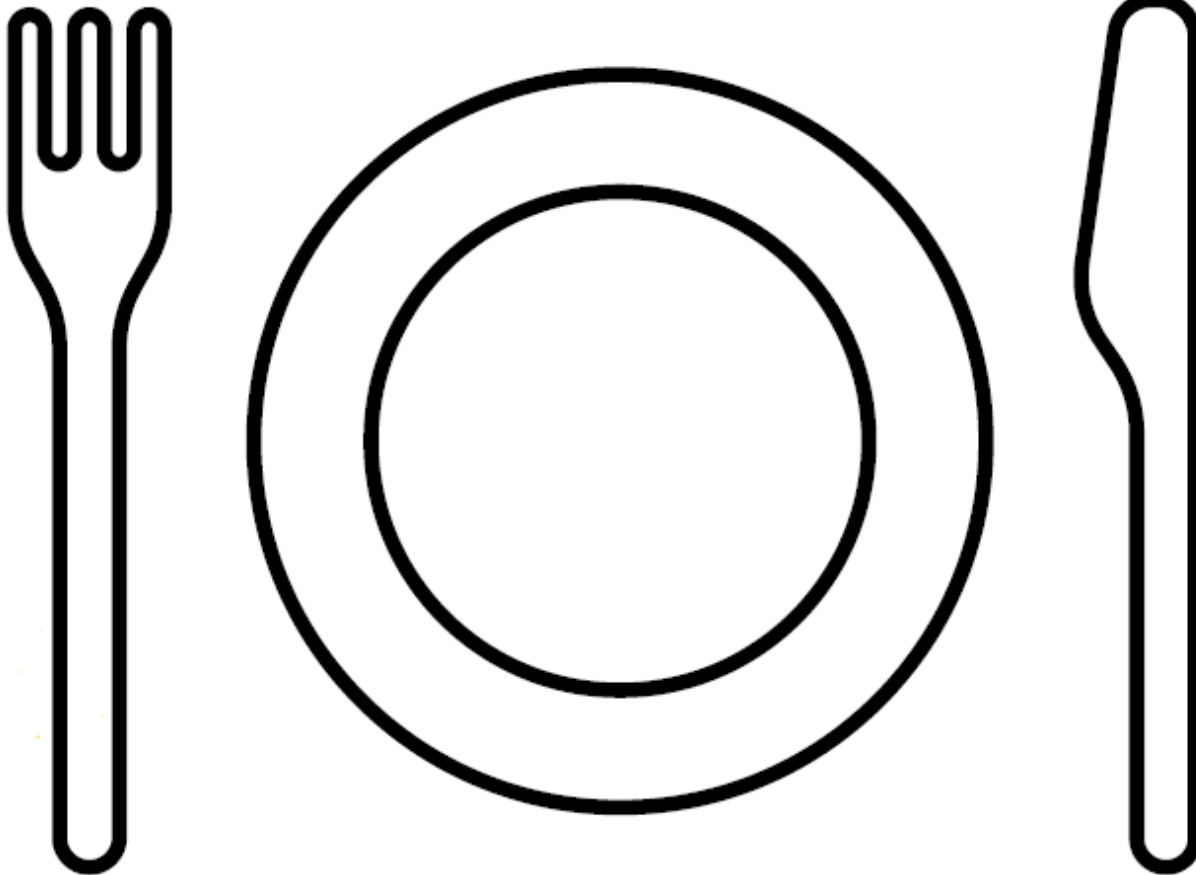
For further facts on protection children from the sun visit the Outdoor Kids Sun Safety Code at www.melanoma-fund.co.uk/ok-sun-safety-code/



Health and RSE

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

A Healthy Lifestyle



COMPLETE THE FOLLOWING TOP TIPS:

You should eat _____ pieces of fruit and vegetables a day to stay healthy. Every day you should drink _____ glasses of water.

You should try to have at least 30 _____ of exercise per day.

AN ATHLETES DIET

On the plate below, draw a meal for a sports person. The meal should be healthy and think about the top tips you have learnt. Label the different foods you have put in your meal.

Credit:



Health and RSE

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

Always Follow the Water Safety Code



There are a number of things you can do to help keep your family safe this summer:

At open water

- Check water sites for hazards, check the safest places to swim and always read the signs. Take time to check the depth and water flow of open water sites
- Swim with any children in your care – it's more fun and you can keep them close and safe
- On beaches, check when the tide will be high and low, and make sure that you won't be cut off from the beach exit by the rising tide. Also, learn to identify dangerous rip-currents
- Inflatable dinghies or lilos are a well-known hazard – each year there are drownings as people on inflatables are blown out to sea. Do not use them in open water
- Do not swim near to or dive from rocks, piers, breakwater or coral
- Swim parallel to the beach and close to the shore
- Cold Water is a well-known factor in a number of incidents – always try to play in water where there is a lifeguard or supervision, if not stay close to the shore and enter slowly

At home

- Empty paddling pools as soon as they have been used. Always turn paddling pools upside down once empty
- Always supervise your children around water, including bath time (never leave children unattended)
- Always use gates, fences and locks to prevent children from gaining access to pools of water
- Securely cover all water storage tanks and drains

The majority of drowning incidents can be prevented, especially with children. No family should ever have to go through the pain of losing a child through drowning. Make sure everyone is aware of the basic principles of water safety and help keep your families safe this summer.

To access the resources visit: www.rlss.org.uk/Pages/Category/drowning-prevention-week-campaign

Credit: RLSS



ALWAYS FOLLOW THE WATER SAFETY CODE

Whenever you are around water:

STOP AND THINK

Take time to assess your surroundings. Look for the dangers and always research local signs and advice.

STAY TOGETHER

When around water always go with friends or family. Swim at a lifeguarded venue.

In an emergency:

CALL 999

Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast. Don't enter the water to rescue.

FLOAT

Fall in or become tired - stay calm, float on your back and call for help.

Throw something that floats to somebody that has fallen in.

Enjoy Water **Safely**

Learn basic lifesaving and CPR skills.
Visit www.rlss.org.uk

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.

Gymnastics

Credit: ProActive PE - www.proactivepe.co.uk/

GYMNASTICS

29TH JULY - 6TH AUGUST 2022

LOCATION



Arena, Birmingham

DID YOU KNOW?

Rhythmic Gymnasts compete in 4 different disciplines:

- The Hoop
- The Ball
- The Clubs
- The Ribbon

COMMONWEALTH CHAMPIONS

The current Commonwealth Games Individual All Round Champion is Diamanto Evripidou from Cyprus.

She also won Gold in the individual Hoop and Ball events.



HALL OF FAME



Kasumi Takahashi from Australia won 5 Gold Medals and 1 Silver medal at the 1994 Games in Victoria.



Click on the gymnast to see a memorable moment from Gymnastics at the Commonwealth Games.



TODAY'S LESSON



Ask the children to travel in the space in different ways. Challenge them to travel; slowly or quickly, sideways, backwards, low to the ground, high up on tip toes or even in a zig zag or interesting pathway.

Play some music, and ask the children to travel in different ways again, but when the music stops they need to make an interesting shape with their bodies and hold it as still as a statue.



Ask the children to choose their 3 favourite ways to travel and practise those with some music. Try out different speeds of music to change the dynamic of how they travel.

Ask them to choose a shape that they will hold still in a balance to go at the end of each of their different ways to travel. The children will build up a simple sequence of travel-balance, travel-balance, travel-balance.

Give them time to practise this. Talk to them about what they need to do to stay still in their balance.



You will need hoops and ribbons for the next part of the task. Ask the children to choose whether they use a hoop or a ribbon.

Give them time to explore using their hoop/ribbon with each of their 3 different ways to travel. Then give them time to explore how they might use their hoop/ribbon as part of their balance.

The children will then practise using their hoop/ribbon in their sequence.



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.

Beach Volleyball

Credit: ProActive PE - www.proactivepe.co.uk/

BEACH VOLLEYBALL

30TH JULY - 7TH AUGUST 2022



Click on the volleyball to see a memorable moment from Volleyball at the Games.



LOCATION



Smithfield, Birmingham

DID YOU KNOW?

Beach Volleyball first appeared in the Commonwealth Games in 2018 at the Gold Coast. It is played in teams of 2 over 2 sets with each pair looking to win 21 points in each set.

COMMONWEALTH CHAMPIONS

Australia are the current Beach Volleyball Champions in the men's and women's events.



HALL OF FAME



Brothers Joaquin and Javier Dello from Team England won the 2017 Youth Commonwealth Games and hope to take part in 2022.



TODAY'S LESSON

Each child will need a balloon.

Ask the children to explore keeping the ball in the air without it touching the ground using as many different parts of their body as they can. Then ask them to only use their hands. Can they use just their right hand, then just their left hand. Can they use a combination of both? Talk to the children about what they need to do to keep their balloon under control within their own space, and then try again.

Give each child a large ball (or keep the balloon if this is easier for them). Ask them to hold their ball with 2 hands just in front of their face and gently throw it upwards so that it lands just in front of their body. Give each child a large target to use - a hoop or sheet of newspaper will work, and ask them to place it on the ground just in front of them. Practise throwing the ball upwards from in front of their face again so that it lands on the target.

Put the children into pairs and introduce a 'net' in between them. This could be a bench or some tall cones. Ask the children to use the same throwing starting position and throw the ball over the net so that it lands in front of their partner. Their partner will do the same back again. Talk to the children about what they need to do with their stance, arms and head to be successful.



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.

Active Kids Do Better - Active Playground - Roll in One!

OBJECTIVE

- To encourage the development of the fundamental movement skills and encourage thinking and decision making



YOU WILL NEED

- Friends
- Two cones
- One ball

HOW TO PLAY

- Each player has a cone that they can put approximately 2 metres away from their partner's cone.
- The first player rolls the ball to hit their partner's cone. The second player is not allowed to defend their cone, only to collect the ball if it misses.
- If the player hits the cone they shout 'Got it!' They must then run around their partner's cone and back before their partner can have a turn.



EXTENSION

- Increase the distance between the cones. Change
- the size of the ball.
- See how many goals can be scored in one minute.

REMEMBER.

- Remember to follow through on your arm swing to help with accuracy.

Credit: **Made to Play**

Discovery
EDUCATION

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.

Active Kids Do Better - Active Playground - Spell Check

OBJECTIVE

- To encourage physical and literacy skills

YOU WILL NEED

- Friends
- Chalk

HOW TO PLAY

- Using chalk, draw a square on the ground.
- Think of a six-letter word.
- Inside the square, draw six boxes big enough for two feet to land in them.
- In each box, write a letter of the word you have thought of.
- Take it in turns to try and find different words using the same letters by jumping into the different boxes.



EXTENSION

- How many words you can make in one minute?
- Can you make a word using all of the letters?
- Can you make different words that form a sentence?
- Try playing the game jumping backwards, sideways or hopping on one leg.

REMEMBER...

- You can play this on your own or with family at home too.

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.

Netball

Credit: ProActive PE - www.proactivepe.co.uk/

NETBALL

29TH JULY - 7TH AUGUST

LOCATION



NEC

DID YOU KNOW?

Netball was introduced into the Commonwealth Games in 1998. The most successful nation at the Games are Australia, winning the Gold medal 3 times.

COMMONWEALTH CHAMPIONS

England are the current Commonwealth Games Champions. They beat Australia 52 - 51 in a nail biting final in 2018.



Jhanicle Fowler represented Jamaica at the 2014 and 2018 Commonwealth Games winning a Bronze medal in 2018.



Click on the netball to see a memorable moment from Netball at the Commonwealth Games.



TODAY'S LESSON

Start the lesson by asking the children to explore different ways of jumping and landing. Can they explore taking off from 2 feet or 1 foot and landing in different ways? Ask them to practise jumping vertically and landing in different ways, then develop this by asking them to land on one foot before the other. They could say 'one - two' out loud to help them to focus on this foot pattern. Give each child a large ball, and ask them to throw it high above their head and a little in front of them. Can they jump up to catch it mid air and land 'one - two'?

Put the children into pairs with one large ball between them. Ask them to stand a short distance away from each other. Child 1 throws a ball, about head height to their partner. Child 2 jumps to catch the ball mid air and lands with the 'one - two' footwork pattern. After a few attempts swap over. Ask the children to watch each other on their landings and feedback on the success of the one - two foot pattern. Can they discuss ways to help each other to be successful?

Put the children into groups of 3 with one ball between them. The children stand in a line and number themselves 1, 2 and 3 - with number 2 in the middle. Child 1 passes the ball to child 2, who quickly turns and passes the ball to Child 3. They repeat this going the other way and then swap places. Introduce the concept of pivoting on one foot, and repeat the activity. Develop this by adding in a jump to catch and pivoting to turn to pass to their team mates.



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.

Action Stations - Spell it Out

5. SPELL IT OUT

Use your bodies and the equipment to form these words:

2022

BIRMINGHAM

GAMES

SKILLS

Resource created by Birmingham 2022
Bring The Power programme

To download more resources visit: [www.birmingham2022.com/
power/schools/educational-resources](http://www.birmingham2022.com/power/schools/educational-resources)

Credit:



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.

Commonwealth Charades



It's time to test your class's acting skills once again in this fun game of charades. Explain that in charades you have to act something out for your team to try and guess. This must be done through mime, which is using actions but no words or sounds. For this game they will need to mime out different types of sports. Use the ones below or select your own:

Diving	Long Jump	Cycling
Swimming	Discus	Gymnastics
Sprinting	Basketball	Lawn Bowls
Hurdles	Tennis	Rugby
Relay	Volleyball	Weightlifting
Pole Vault	Boxing	
Javelin	Cricket	

You can play the game in a number of ways, either with pairs miming different sports to each other and seeing how many they can guess, with children going up one at a time for the whole class to guess or split into two teams where the first team to guess gets a point.



MATERIALS NEEDED:

A list of sports



ESTIMATED ACTIVITY TIME:

15 minutes



CURRICULUM LINKS:

Performing Arts - expressing yourself through movement and performance. Using skills such as miming and facial expression.

Physical Education - Knowledge of a variety of sports and how they are played.

Credit:



Resource created by Birmingham 2022 Bring The Power programme

To download more resources visit: www.birmingham2022.com/power/schools/educational-resources

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 WalkingApp



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.

As we now manage Covid-19, 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:

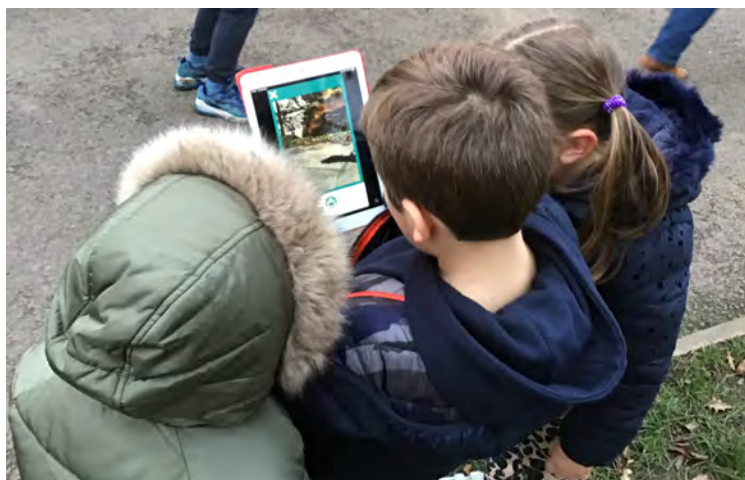
- Silver Jubilee Park, Dudley
- Walsall Arboretum
- Willenhall Memorial Park
- Swannies Field, Walsall
- West Park, Wolverhampton
- Sandwell Valley Country Park
- Brunswick Park, Sandwell
- Victoria Park, Sandwell
- Barnford Park, Sandwell
- Lightwoods Park, Sandwell
- Warrens Hall Nature Reserve



The app include maps, guided tours and discovery games.

Download the app at:
[www.loveexploring.co.uk/
#download](http://www.loveexploring.co.uk/#download)

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



#BlackCountryRainbowHour



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.

What insects can you see?

Credit



Explorers

colouring out

Canals and rivers are brilliant for wildlife.

You have found an amazing new species of insect on your visit today.



What does it look like?



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.



Habitat Challenge - Mini Beast Hunt



Always remember to stay **SAFE** near water – Stay Away From the Edge

See if you can find which minibeasts live in different habitats. What can you find living under hedges, in long and short grass, on dry, stony ground and on damp, shady ground?

1. Choose a habitat. Lay your hoop on it or place your sticks on it to make a square.
2. Use the spoon and the pot to hunt for minibeasts.
3. Make a list of what you find in the chart below.
4. Now choose a different habitat.

What you will need:

- A small PE hoop or 4 sticks about 30cm long
- A small plastic spoon
- Pencil
- Small pot for collecting your minibeasts
- Minibeast identification chart

Habitat:	
Type of minibeast	How many I found

Habitat:	
Type of minibeast	How many I found

Habitat:	
Type of minibeast	How many I found

Habitat:	
Type of minibeast	How many I found



Credit: Canal and River 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.

Lie Detector

Each player has 2 minutes to find a natural object that interests them.

When everyone is ready each person needs to explain what their object is. However, the description of the object must be a lie and the more colourful the lie the better.

The winner is whoever comes up with the most imaginative lie about their object.

Wash your hands after the activity is finished.

Always remember to stay **SAFE** near water – Stay Away From the Edge

Credit:



Explorers

Antenna for calling
down aliens



An oar used by
fairies in the annual
fairy Water Olympics



canalrivertrust.org.uk/explorers

Charity No: 1146792



@CRTEsplorers



Canal & River Trust - Explorers



explorers@canalrivertrust.org.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.

Natural Art Gallery

Explore the towpath and choose six natural things that interest you. Only use items you find lying on the ground.

Find a place to display them and set up an 'art gallery' of your special objects.

Always remember to stay **SAFE** near water – Stay Away From the Edge

Credit:



Explorers

canalrivertrust.org.uk/explorers

Charity No: 1146792



@CRTEsplorers



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explorers@canalrivertrust.org.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.

Leaf Creature

Collect leaves from along the towpath and take them home to create your own leaf creature. Let your imagination run wild!

Arrange your leaves on a piece of paper to create your creature, glue down and add features with paint or pens.

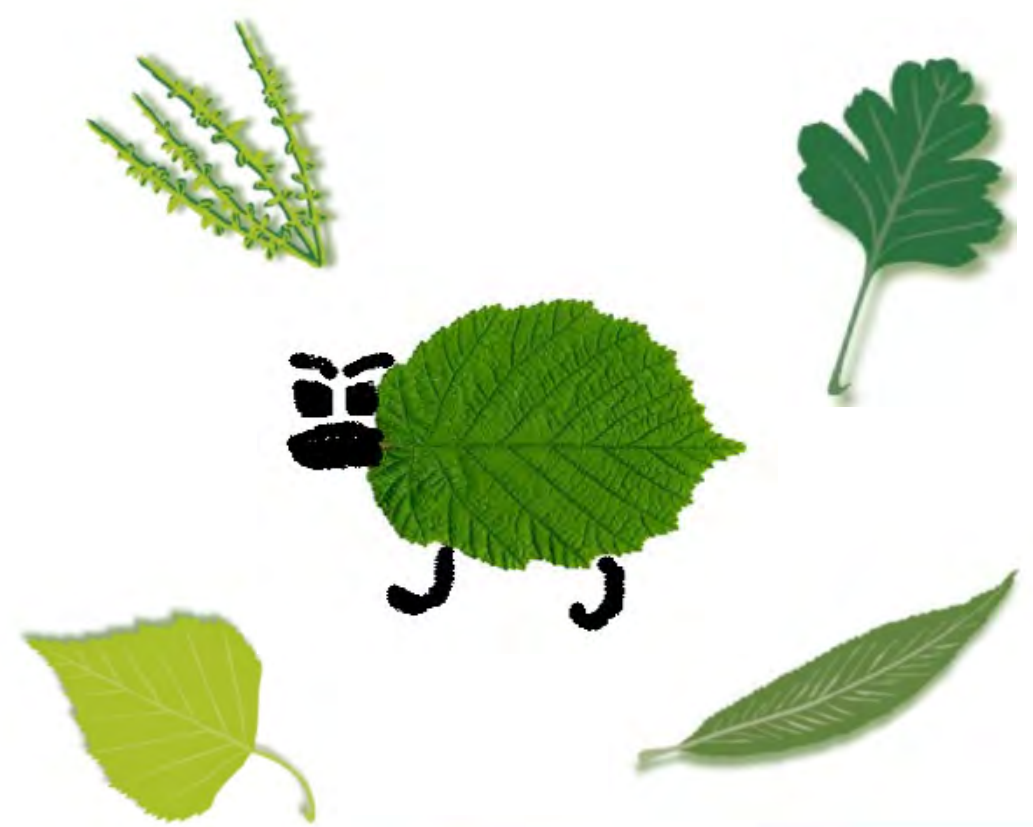
Remember to give your creature a name. Think about where it might live and what it might eat.

Always remember to stay **SAFE** near water – Stay Away From the Edge

Credit:



Explorers



canalrivertrust.org.uk/explorers

Charity No: 1146792



@CRTEsplorers



Canal & River Trust – Explorers



explorers@canalrivertrust.org.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.

Yes I can Challenge - My Personal Goals



Use the medal to write down your own personal goals, and what you need to do to achieve these.

Use the words 'I will...' or 'I can...' to show growth mindset.

For example:
To achieve my goals I will...

If things are challenging or go wrong I can...

If you wish to, you can share them with the class.



Credit:



Resource created by Birmingham 2022 Bring The Power programme

To download more resources visit: www.birmingham2022.com/power/schools/educational-resources

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.

Express Yourself - Create your own Superhero



Unleash your superpowers by doing something creative! Expressing your creativity can be fun and uplift your mood.

Step 1
Think about what powers you would have if you were a superhero (e.g. invisibility, the ability to fly, turn yourself into something else etc.)

Step 2
Think about what you'd do if you had these powers. Would you do something to help others, help yourself, animals or even the environment?

Step 3
Think about what your outfit would be.

Step 4
Think about your superhero slogan.

Step 5
Draw or create your superhero and take a look at your masterpiece!



For more activities, check out the Mini Activity Hub on www.kooth.com

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.

Stormbreak - Ten Ways to B you!



Breathe - Self Care

https://www.stormbreak.org.uk/videos/self-care/kb_monkeymind_sc_01

Bounce - Resilience

https://www.stormbreak.org.uk/videos/resilience/lc_classroomcrosscountry_live_res_01

Be with Nature - Self Care

https://www.stormbreak.org.uk/videos/self-care/kb-_makefriendswithacreature_sc_01

Be Present - Self Worth

https://www.stormbreak.org.uk/videos/self-worth/dw_busstopmeditation_01

Be You - Self Worth

https://www.stormbreak.org.uk/videos/self-worth/dw_classroomrockstars_sw_01

Brain Boost - Hope & Optimism

https://www.stormbreak.org.uk/videos/hope-optimism/kb_ranagram_live_h-o_01

Break it Down - Relationships

https://www.stormbreak.org.uk/videos/relationships/kb-dw-cw_copycats_rel_01

Balance - Resilience

https://www.stormbreak.org.uk/videos/resilience/kb_lifeinbalance_live_res_01

Be Brave - Hope & Optimism

https://www.stormbreak.org.uk/videos/hope-optimism/kb_moonandstars_live_ho_01

Buddy Up - Relationships

https://www.stormbreak.org.uk/videos/relationships/cd_buddy-run_live_rel_01

Ten ways to **B** you! Moving with Stormbreak

Breathe - Self-care
Recognising the importance of knowing how you are feeling and using breathing to calm and regulate yourself.
▶ **Monkey Mind**

Bounce - Resilience
Building stamina through raising heart rate, endorphin release and feel good hormones gives us bouncebackability to overcome obstacles and reach success.
▶ **Classroom Cross Country**

Be with nature - Self-care
Being in nature calms and uplifts us. We can feel awe and wonder and it helps us take care of ourselves. Be mindful and use your senses to notice and connect, allowing serotonin release which is good for our wellbeing.
▶ **Make Friends with a Creature**

Be present - Self-worth
Knowing inside we matter and celebrating who we are and want to become. Be mindful, notice, release and allow time between emotion and reaction.
▶ **Bus Stop Meditation**

Brain boost - Hope & Optimism
Exercise changes the brain, it focuses the mind, enhances memory and improves thinking skills. It helps us to reach our potential, believe in ourselves and achieve our goals.
▶ **Ranagram**

Balance - Resilience
Using inner strength to keep your balance even when things are difficult. Being strong, focusing on mind and body to keep steady.
▶ **Life in Balance**

Buddy up - Relationships
Connection with others through movement releases oxytocin which makes our relationships stronger. We can communicate more easily with each other and feel that we belong.
▶ **Buddy Run**

Be brave - Hope & Optimism
Be aware of our hopes and aspirations and the challenges we can set ourselves. Be brave in stepping outside your comfort zone, by trying something new and believe in yourself.
▶ **Moon & Stars**

Be you - Self-worth
Find your place in the world, be unique, it's ok to be different and to know you matter!
▶ **Classroom Rockstars**

Break it down! - Relationships
Keeping movement simple so we can all join in. In movement and friendships there are ups and downs but we can break it down and simplify things and know that we can reflect, reconnect and repair.
▶ **Copy Cats**

[stormbreak.org.uk](https://www.stormbreak.org.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.

Connect with Others - The Kooth Word Challenge



Test your mind and find as many words as you can. Taking part in activities like this is a great way to pass the time and have fun!

Step 1

Get yourself a pen and a piece of paper and a timer (if you have one on your phone or watch this will be perfect)!

Step 2

Take a look at this sentence - **THE KOOOTH COMMUNITY IS AMAZING**

Step 3

Using the letters in the sentence, make as many words as you can in a minute (For example, we can see 'MOON') Ready...steady...go!

Step 4

When your time is up, submit your answers in the comments if you want to.

If this was tricky, feel free to try again and give yourself more time.



For more activities, check out the Mini Activity Hub on www.kooth.com

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Stormbreak Challenge



stormbreak challenge

Support children's emotional wellbeing, mental and physical health.



Help children develop...



resilience



relationships



self-worth



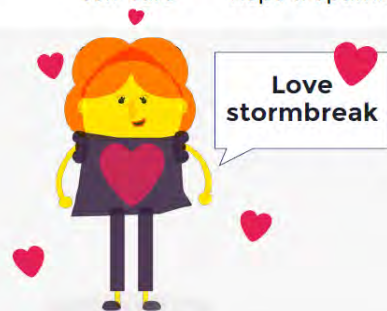
self-care



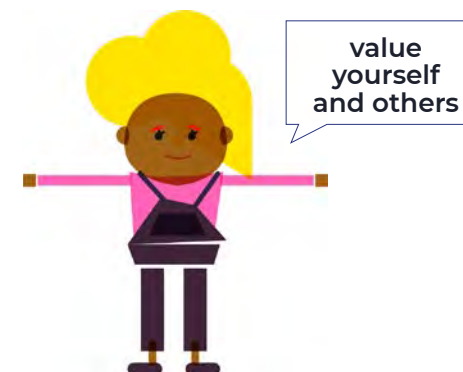
hope & optimism

Participate as a school, class or group or with the children you live with, care for or support.

- Watch and participate in stormbreak mentally healthy movement activities
- Can you complete 25 stormbreaks?
- Earn badges and certificates
- Shape mental health and be active



Take part at www.stormbreak.org.uk



be kind



keep trying

#stormbreakchallenge
#hellostormbreak



stormbreak

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.

Express Yourself - Get your Body Moving



Keep active without leaving the house. Being active is great for your whole body and can also help to lift your mood!

* Remember you don't have to try it, and you can stop at any time.

Step 1

Find a dice, piece of paper and pen and put on some comfortable clothes (No dice? Just write the numbers down and pull them out of a container).

Step 2

Write the numbers 1-6 vertically on your piece of paper.

Step 3

Think about exercises that feel achievable for you (everybody is different and what is possible for one person might not be for another).

Step 4

Write one movement next to each number on your paper (E.g. 1 - Touch down to toes and stretch to the sky, 2 - Do 10 star jumps).

Step 5

Roll the dice or pick out a number, and try the activity on the number you land on.

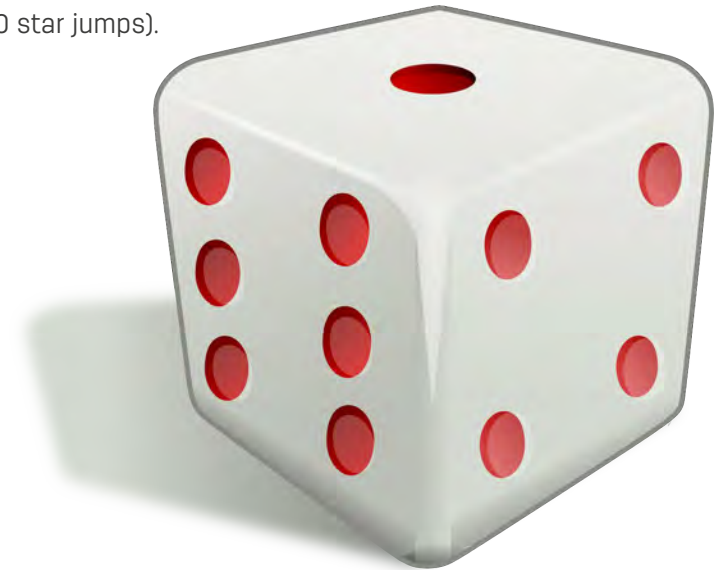
** Don't forget to warm up before exercising to prepare your body and to prevent injury.

Step 6

Repeat this for around 10 mins and try to keep this to no more than 30 mins a day.

Step 7

Once you've finished, have some water to hydrate and a gentle stretch. Notice how you feel in your body now.



For more activities, check out the Mini Activity Hub on www.kooth.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.

Swimming

Credit: ProActive PE - www.proactivepe.co.uk/

SWIMMING

29TH JULY - 3RD AUGUST 2022

LOCATION



Sandwell Aquatics Centre

DID YOU KNOW?

Swimming has been part of the Commonwealth Games since 1930 - swimmers can compete in 19 different events.

HALL OF FAME



Ian Thorpe - known as 'Thorpedo' won an incredible 10 Gold medals and 1 Silver across 2 successive Games in 1998 and 2002.

COMMONWEALTH CHAMPIONS

Australia were the most successful nation at Swimming in the 2018 Commonwealth Games.



Click on the swimmer to see a memorable moment from Swimming at the Commonwealth Games.



TODAY'S LESSON

'Cross the River'

Create a story scenario for the children about being on an adventure, and needing to cross a deep river whilst keeping their treasure/possessions safe and dry. Give each child a small object to get across the river. Ask them to explore different ways of doing this. They might try wading across with it high above their heads, wading or swimming with it balanced on floats, swimming on their backs with it balanced on their chest, swimming on their fronts with it balanced on their back. Children can use floats or pool noodles as aids if needed.

Put the children in pairs and develop the idea by giving them a number of objects to transport across the river. They will need to make several journeys and must work together to decide the most efficient way to do this. You can vary the tasks according to their swimming ability by asking them to do it in different ways - using flotation aids in different ways or performing different strokes.

Add a competitive element to the task by asking the children to improve the speed and efficiency of the activity. Give them time to discuss this in pairs and try out new ideas. Allocate a 'distance' that they must cover for the task and vary this for the ability and competence of the swimmers - for example 5 widths or 100 metres etc. If the children are capable and competent swimmers, time how quickly the children can achieve the task.



Personal Challenges & Competition

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15 days to go - Exercise Challenge

15 DAYS TO GO

Can you do 15 of each of the following exercises? Remember careful counting!
On your marks, get set, GO!



Hops



Squats



Star Jumps



Tuck Jumps



Press Ups



Burpees

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.

Have a go at Snooker or Billiards

Looking for a new challenge this summer?

Where:

QBar

146 Walsall Road, Walsall Wood, WS9 9AJ

When:

Wednesdays, 4pm – 6pm

17, 24, 31 August (2x 1-hour sessions each)

To book your place

Call Fay Tapper on: 07523 944 093

Email:

Fay Tapper on ftapper1@hotmail.com or Bob Hill on bob.hill@wpbsa.com

147 CLUB **EPSB**
ENGLISH PARTNERSHIP FOR SNOOKER AND BILLIARDS

WANT TO TRY SNOOKER OR BILLIARDS?

JOIN OUR JUNIOR SNOOKER HOLIDAY CLUB THIS SUMMER!

SIX SESSIONS for new players **AGED 6-16** during the summer holidays

ONLY £1 per session

Lots of fun, and loads of prizes!

Where: QBar
146 Walsall Road, Walsall Wood, WS9 9AJ

When: Wednesdays, 4pm – 6pm
17, 24, 31 August (2x 1-hour sessions each)

To book your place
Call Fay Tapper on: 07523 944 093
Email: ftapper1@hotmail.com

LED BY A WPBSA WORLD SNOOKER COACH AND PART OF A NATIONAL PROGRAMME

WWW.EPSB.CO.UK

SPORT ENGLAND **WPBSA** **PowerGlide**

#CUE4ALL
#JUNIORSNOOKER

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.

Marathon Kids UK

MARATHON KIDS

Marathon Kids UK is a children's charity on a mission to reduce childhood obesity and improve the mental, physical and social well-being of young people and their families.

Our schools and parks programme caters to children of all ages and abilities supporting them to run, walk or even skip their way to completing multiple marathons.

We track and reward our Marathon Kids for their individual achievements, inspiring them to live longer, happier and healthier lives. With your support we can put an end to childhood obesity and poor health in young people!



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.

Daily Mile

Is your school or nursery ready for the Commonwealth Games this summer?

We want to show the world that the UK is ready to host the Games by being as active as possible in the lead up to the once in a lifetime festival of sport, culture, and arts. The Daily Mile have produced some exciting new resources to help your pupils get ready for the Games.

The resource is...

- Completely free – schools signed up to the Daily Mile will be sent the resources via email. You can sign up below if your school isn't signed up yet.
- Easy to take part – Just 15 minutes of self paced, running, jogging, walking in your playground
- Engaging – The resources allow children to earn badges for your school by completing the Daily Mile and learning fun Cross Curricular facts about the athletics/para-athletics disciplines taking place at the Games.

There are over 3 million children doing The Daily Mile across the globe. It is a proven campaign that has been endorsed by the DfE and is evidenced to enhance children's mental health, concentration levels, and physical wellbeing.

We would love your school to get involved (for free) below:

Visit: <https://thedailymile.co.uk/school-signup/> to sign-up and be sent your free Commonwealth Games resources.



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.

On the Water with Sea Cadets 2022

Project overview

The On the Water project will give some 1,200 children and young people from disadvantaged backgrounds, across 3 locations (Birmingham, London, and Liverpool), the chance to experience the thrill of water-based adventures and earn qualifications this summer. This year's programme is offering young people aged 9-14 a chance to try out sailing, paddle sports and much more, free of charge. All the young people need to bring with them is a change of clothes, packed lunch and a willingness to take part, we cover everything else.

Through this outreach project, we hope to encourage young people to progress themselves by gaining national accredited qualifications as well as the chance to make new friends from their local area, boost their self-confidence and expand their horizons. The qualifications are all entry level sporting qualifications in the relevant discipline, these are accredited by the Royal Yachting Association (RYA) for sailing and British Canoeing for kayaking/canoeing.

Impact of the project

Young people who took part in our On the Water in 2019 survey reported that it was a highly positive experience, with 78% of them saying they really enjoyed themselves, 73% saying the event allowed them to challenge themselves and 71% saying the programme helped them to be more confident to try out new things.

Getting involved in 2022

The project is running from **25th July until 26th August** at Edgbaston Reservoir in Birmingham. We are running a mixture of ½ day and full day sessions. Taking part in a full day session should result in the young people achieving a nationally recognised boating qualification in either sailing or paddlesports.

Further Information

Information on the project can be accessed at www.sea-cadets.org/on-the-water-club

If you have any further queries or wish to discuss how you could get your young people involved in the project, contact:

Liam Cooper

Growth & Development Worker

Marine Society & Sea Cadets | 200b Lambeth Road | London | SE1 7JW

M:07570 674 528 E:lcooper@ms-sc.org W:www.ms-sc.org or www.sea-cadets.org

A charity registered in England & Wales: 313013, Scotland: SC037808

Community: Growth & Development | Facebook

Credit:



Personal Challenges & Competition

acorns

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.

Your local children's hospice

Bubble Rush



BUBBLE RUSH

5K OF FOAMY FUN!

Sunday 17th July
Sandwell Valley Country Park, B71 4BG
acorns.org.uk/bubble2022

BOOK NOW!

BRING on the BUBBLES!

acorns
Your local children's hospice

Registered charity no. 700459 Registered in England company no. 2206103.
Registered office: Drakes Court, Alcester Road, Witnall, Birmingham B47 6JR.

FR
REGISTERED WITH
FUNDRAISING
REGULATOR

Credit:
Acorns

Bubble Rush is back, bigger and better than ever for 2022 with a brand-new venue!

Join us for a bubble-filled event and support your local children's hospice.

Ready, Steady, Bubble!

Bubble Rush is a fun run with a difference - it's not a race! Run, walk, jog, skip or toddle your way around our family-friendly course and take on four coloured bubble stations filled with foamy fun.

The 5km pushchair and wheelchair friendly course is two laps of the grounds, so you can have double the incredi-bubble fun! Frothy fun for ALL the family, at Bubble Rush there's no age limit!

Be incred-BUBBLE!

Your ticket price covers the cost of putting on the event, so anything you raise in sponsorship* will go directly to Acorns Children's Hospice.

Ticket price includes:

- Exclusive Bubble Rush t-shirt (except for under 3's)
- Bubble Rush medal upon completion
- Fundraising pack
- Live entertainment throughout the day
- Food, drink, ice cream, merchandise available and more...

Find out more and sign up today:
acorns.org.uk/bubble2022

*Whilst there is no official minimum fundraising target, by signing up for this event you are agreeing to try and raise just £15.00 per person. Please read the Terms & Conditions on our website before signing up.

acorns
Your local children's hospice

Personal Challenges & Competition

acorns

Your local children's hospice

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.

Get Active for Acorns

Credit: Acorns

With the excitement of the Commonwealth Games coming to Birmingham this July, we can't think of a better summer to get into the sporting spirit and get #ActiveforAcorns!

Here are some fundraising ideas to get you started...

Get competitive

Do you know a school, nursery or playgroup that could host their own sports day to raise funds for Acorns?

Try out some new sports

inspired by the Commonwealth Games, enjoy some friendly competition and have fun!



Celebrate

Bring your local community together to celebrate this iconic event and host a street party.

You could put on a Zumbathon to dance away whilst raising funds for your local children's hospice.



More ideas on the next page

Share and celebrate your amazing fundraising efforts using the hashtag:

#ActiveforAcorns

Registered charity no. 700859

Personal Challenges & Competition

acorns

Your local children's hospice

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.

Get Active for Acorns continued...

Be adventurous

Are you a thrill seeker looking for an adrenaline-filled way to get active for Acorns? Then take a look at our events calendar for your next challenge!

[See our Events calendar here.](#)



Challenge yourself

You don't have to jump out of plane or run a marathon if that's not for you. You could get sponsored to walk a mile every day over summer. Or perhaps a sponsored month of new activities each day, such as yoga, Pilates, cycling or swimming?



The difference your support could make

£120

could pay for a child and their family to have a hydrotherapy session with a Physiotherapist

£150

could fund a dance workshop at one of our hospices

Share and celebrate your amazing fundraising efforts using the hashtag:

#ActiveforAcorns

Registered charity no. 700859

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.

Wordsearch



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

Netball Swimming Hockey Boxing
Squash Cycling Athletics Judo
Diving Cricket



Credit



* answers can be found on p.50

www.thepehub.co.uk

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.

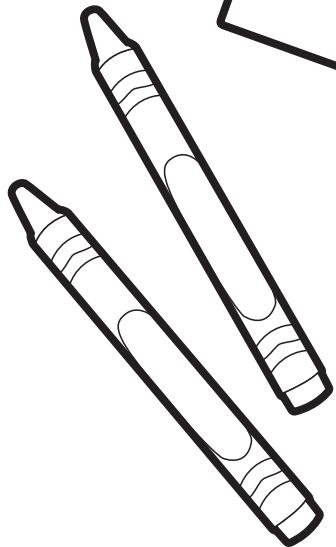
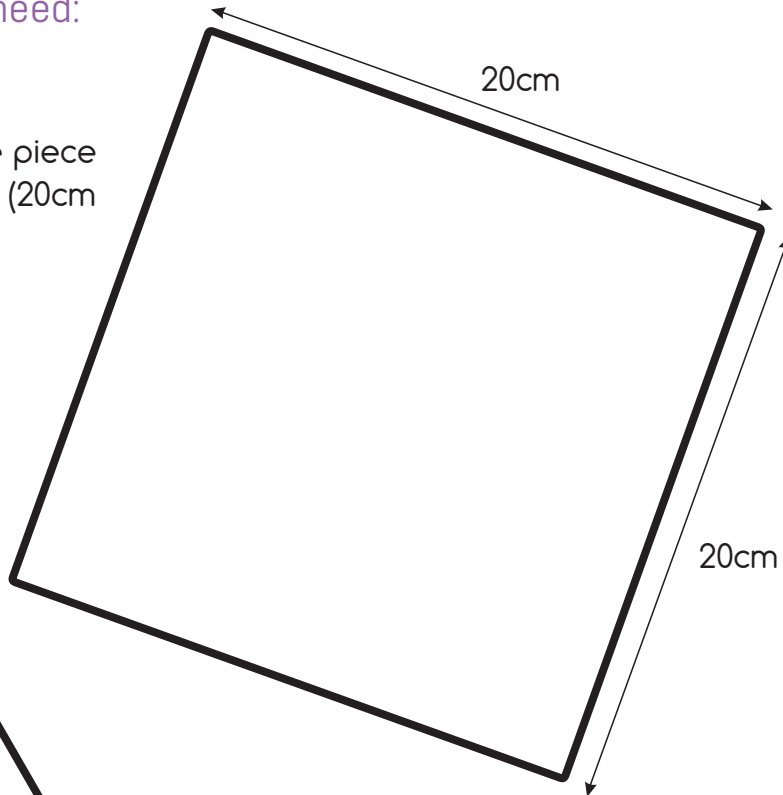


Origami Frog



What you need:

A square piece of paper (20cm x 20cm)

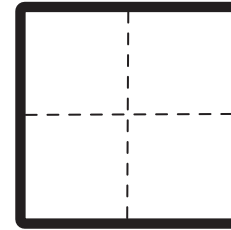


Crayons

Credit:

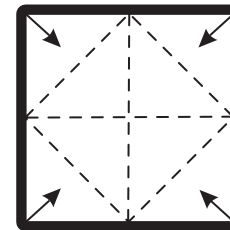
canalriverexplorers.org.uk

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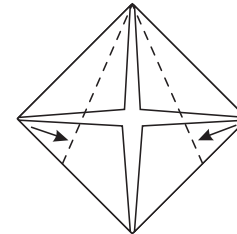
Fold the square into quarters and then unfold.

2



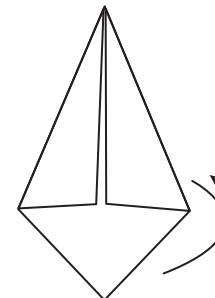
Fold each of the four corners into the centre point.

3



Fold the two opposite corners into the centre line.

4



Fold the bottom triangle upwards.

Celebration and Creative Activities

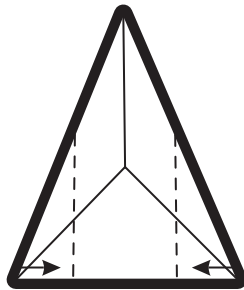
Providing a range of creative ideas and activities around a different theme for each edition of the Rainbow Book. The themes will vary and include local Black Country initiatives or celebrate and promote regional or national campaigns.



Origami Frog continued...

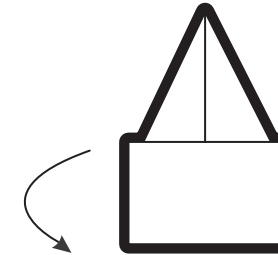


5



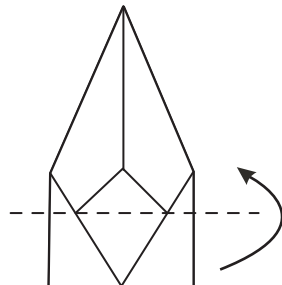
Fold the bottom corners to the middle of the bottom edge.

7



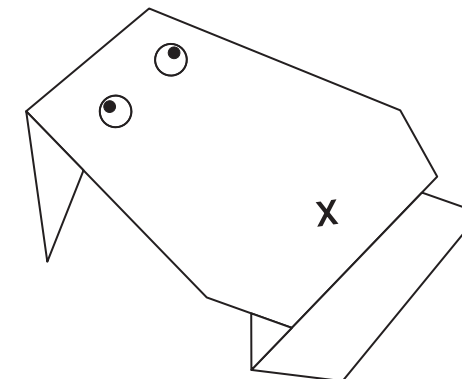
Fold the top half back towards yourself to make the frog's legs.

6



Fold the bottom portion upwards along the dotted line.

8



Draw eyes on the frog's head.

Press on the 'x' to make the frog jump.

How far can you make him go?

Celebration and Creative Activities

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What's in the bird nest?



Celebration and Creative Activities

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Sporting Stadium



As we focus on the sports which make the Commonwealth Games what they are, they would of course not be possible without fantastic sporting venues to host them. In Birmingham 2022 events will take place in 14 different locations: Alexander Stadium, Arena Birmingham, Cannock Chase Forest, Coventry Stadium and Arena, Edgbaston Stadium, Lee Valley Velopark, the NEC, Sandwell Aquatics Centre, Smithfield, St Nicholas Park, Sutton Park, University of Birmingham Squash and Hockey Stadium, Victoria Park and West Park.

Your challenge in this activity is to draw or design a sporting stadium. You could either draw a sporting venue local to you or design your dream stadium. Ensure that you include some athletes within your design, to allow us to see what sports are competed in at your venue.

Everyone should use colour and label their designs. Able pupils should be challenged to consider perspective in their drawing.



MATERIALS NEEDED:

Plain paper
Pencils
Colours



ESTIMATED ACTIVITY TIME:

15-20 minutes



CURRICULUM LINKS:

Art and Design - Creating a picture making use of colour, shape, creativity, and perspective

Credit:



Resource created by Birmingham 2022 Bring The Power programme

To download more resources visit: www.birmingham2022.com/power/schools/educational-resources

Celebration and Creative Activities

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Wordsearch Answers



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

Netball

Swimming

Hockey

Boxing

Squash

Cycling

Athletics

Judo

Diving

Cricket



Credit



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 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.

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

