

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.

November 2020



Black Country
**Rainbow
Hour**

What is the Rainbow Booklet?

This Rainbow booklet has been designed as part of the [Black Country Rainbow Hour Campaign](#) which seeks to provide all children and young people with access to one hour of wellbeing and physical activity each day.

This booklet provides a range of wellbeing and physical activities for delivery in schools as part of their Rainbow Hour or can be shared with pupils learning from home so everyone can be involved.

This booklet will be updated regularly with new activities for each of the 7 rainbow strands.

| | |
|---------------|--|
| Red | Games Activities |
| Orange | Health and RSE Activities |
| Yellow | Move More Activities |
| Green | Outdoor and Nature Activities |
| Blue | Mental Wellbeing and Mindfulness Activities |
| Indigo | Personal Challenges and Competition Activities |
| Violet | Themed Celebration and Creative Activities |

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

- Allowing **Communication** (helping with healing and coping).
- **Consistently** applied to support young people's need for routine and consistency.
- Activities that give pupils a sense of **Control** which prevents them from being consumed by emotional reactions.

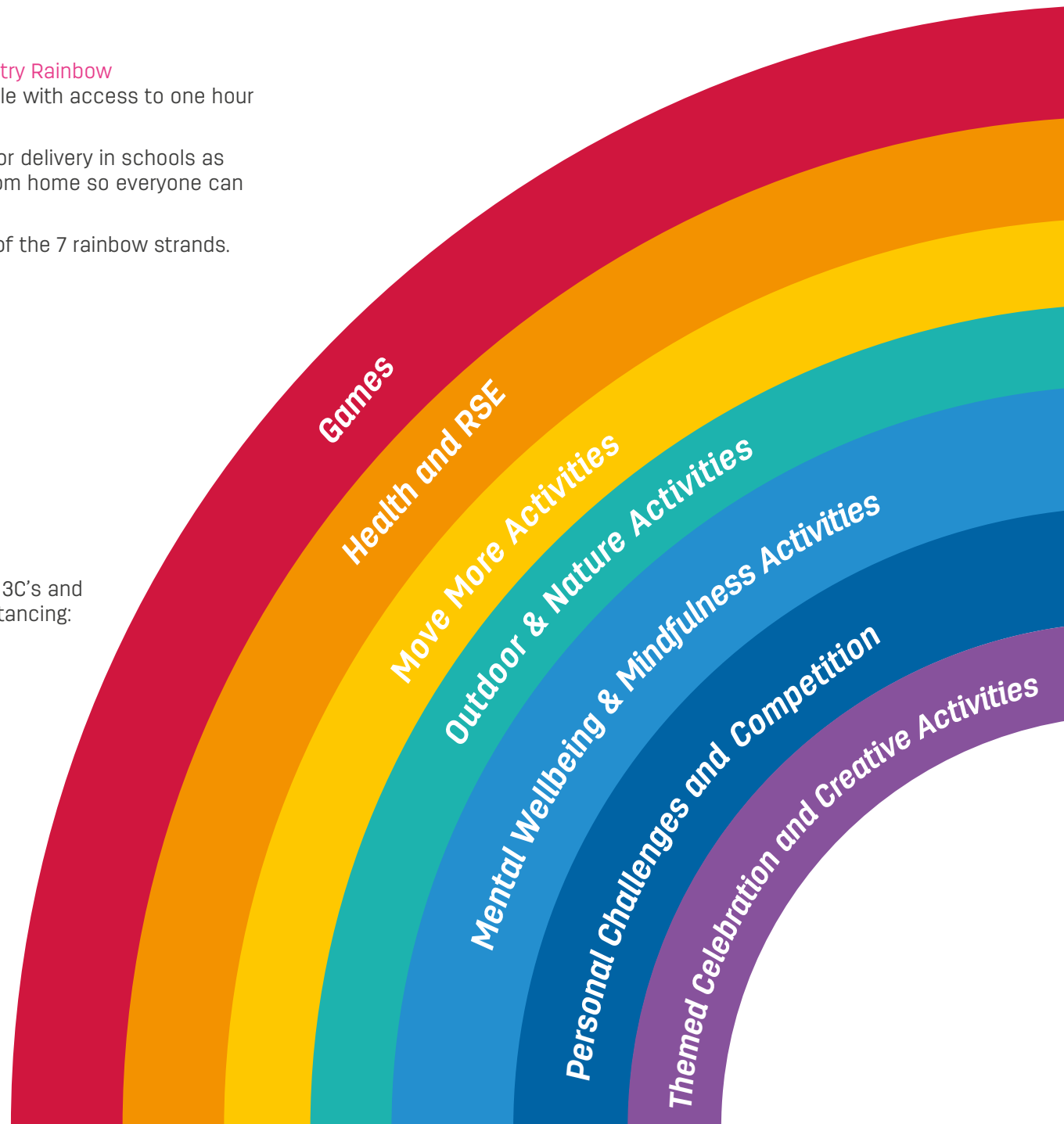
Who is the Rainbow Booklet for?

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

For Parents: The pack is designed to make sure your household can experience your schools' Rainbow Hour everyday too!

Where can Rainbow Hour activities be done?

This booklet has been designed so all activities can be done safely at school or at home.



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

An example of how this could be done:

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

PE Lessons

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

Have you considered?

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



Rainbow Trackers

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

Download and submit your tracker here

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

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





STEP

All activities provided can follow the STEP principles to develop and offer progression.

When undertaking each activity consider the below changes to make it easier or more difficult:

Space

- Make it bigger/smaller
- Make it wider/thinner
- Change the shape of the space
- Make it closer to the ground
- Make it away from the ground
- Have your own space or area

Task

- Make it easier/harder
- Have more/less time to complete the task
- Have more/less tasks to complete
- Start before/after everyone else
- Get more/less points for completing the task

Equipment

- Make it Smaller/Bigger
- Make it Lighter/Heavier
- Make it predictable/unpredictable
- Increase the range for the task
- Choose your own Equipment

People

- Have someone to help you
- Have more/less people in your team
- Work with/compete with others
- Choose someone to work with/against
- Take on a different role

Games

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

Inclusion 2020: New Age Kurling - In the Hole!

This takes the game of golf as the basis for a New Age Kurling challenge.

WHAT YOU NEED TO DO:

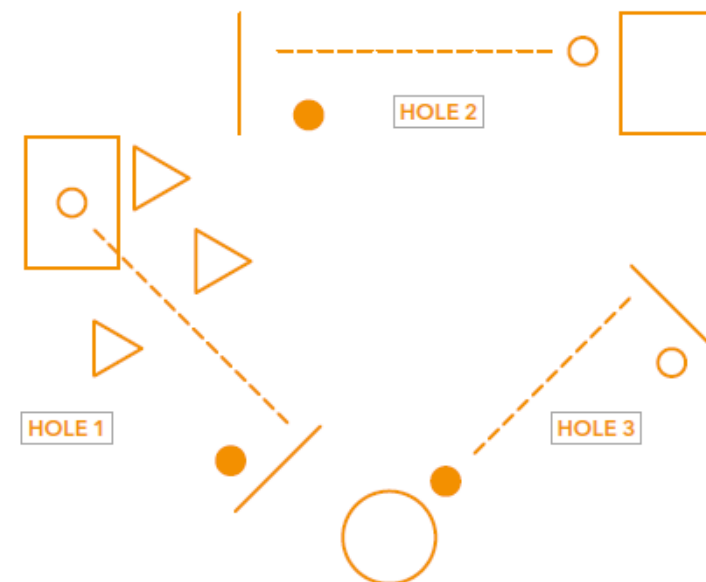
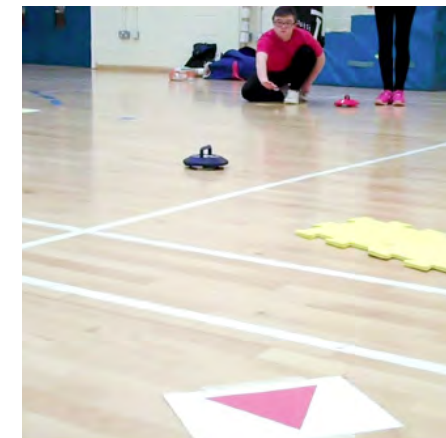
- Using thin material or paper targets taped to the floor, create a short 'golf course' by placing them around the playing area (3-4 holes is enough)
- As in golf, obstacles can be placed between the throwing line (or tee) and each target hole' to represent bunkers or water hazards
- Playing individually, in pairs or in teams, players propel a New Age Kurling stone from target to target around the course
- Players take their next 'shot' from where their stone comes to rest
- Like golf, players try to record the lowest total number of 'throws

CHALLENGE FORMAT:

- In teams of 4, players pair off, according to ability, and play around the golf course
- Each pair can start at a different hole and rotate around the course
- Players keep a note of each other's score. The player with the lowest total score across all the target holes wins!

THINK ABOUT

The best way to get around the obstacles; for example, it may be best to roll the stone to one side of the target



YST INCLUSION SCHOOLS

activity
alliance
disability
inclusion
sport



Funded by
Department
for Education

nasen
Helping Everyone Achieve

Swim
England

YOUTH
SPORT
TRUST

Games

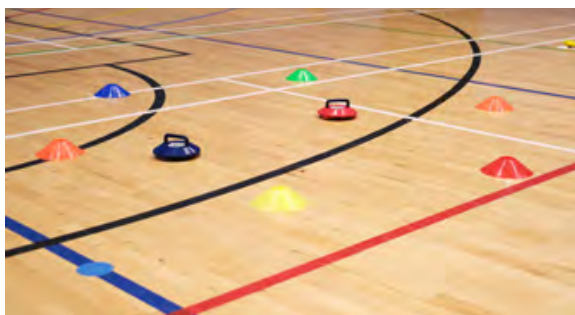
A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending

Inclusion 2020: New Age Curling - In the Hole! continued.....

STEP — These are 4 simple parts of any game that can be changed to include everyone. Some examples are suggested below — but invent your own!

SPACE

- Vary the distances from the start point (tee) to the targets (holes); distances can be different for different players
- Increase or decrease the gap between obstacles; this can be changed for different players



TASK

- As in New Age Curling, enable players to knock an opponent's stone out of the way; the opponent must take their next shot from the new position
- Players can design their own target holes and then challenge others to play them



EQUIPMENT

- Where required, players can use ramps or pushers to help send their stones
- Use different kinds of targets as 'holes'; for example, plastic skittles or empty plastic water bottles are fun knock over!
- Be creative with the obstacles; for example, thin blue paper can represent a water hazard; yellow paper can be a sand bunker



PEOPLE

- Play as a pair using one stone; the first player sends the stone; their partner takes the next shot from where the stone comes to rest
- Players can help each other by providing verbal guidance from behind each target
- Target holes can be arranged in a circle around players who have mobility impairment



More information:
www.paralympics.org.uk

To see other games you can play,
visit: www.topsportsability.co.uk

Games

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

Inclusion 2020: New Age Kurling - Table Curling



A table-top adaptation of this great game that's fun for all abilities — supports players who have higher support needs.

WHAT YOU NEED TO DO

- Use a table tennis table or any large flat table
- Make a small New Age Kurling target (or house) and attach this to one end of the table surface
- Use plastic pucks or jar lids as substitute curling stones; try to have stones of two different colours
- Slide the 'stones' along the table surface to score in the target zone

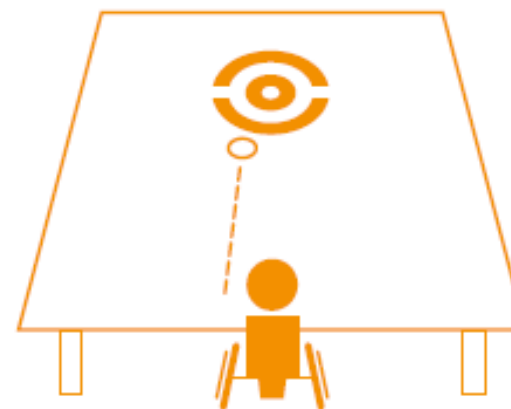
CHALLENGE FORMAT

- In small teams (4 maximum), take alternate turns with an opposing team to try a slide 'stones' into the target house
- Each player has 2 stones
- Team members play their stones against their opposing team member; so Player 1 plays against Player 1 of the other team, Player 2 plays Player 2, and so on
- Teams score a point for each of their stones closer to the centre of the target than their opponents



THINK ABOUT

- Sliding the stones with control — too much force and they won't slide properly



YST INCLUSION SCHOOLS

activity
alliance
disability
inclusion
sport



Funded by
Department
for Education

nasen
Helping Everyone Achieve

Swim
England

YOUTH
SPORT
TRUST

Games

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

Inclusion 2020: New Age Kurling - Table Curling continued.....



STEP— These are 4 simple parts of any game that can be changed to include everyone. Some examples are suggested below — but invent your own!

SPACE

- Move the target closer or further away from the player's end of the table
- Make the target larger (or smaller)



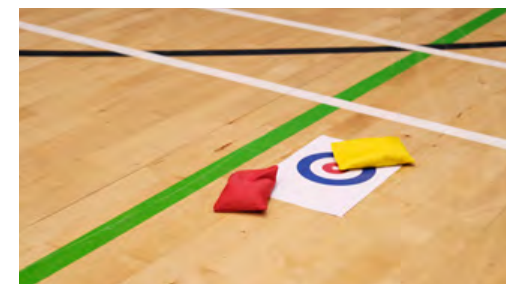
TASK

- Try sliding the 'stones' using your writing hand, non-dominant hand — or even both hands
- Two players can play from each end of the table by placing the target in the centre



EQUIPMENT

- Mini curling stones (small versions of New Age Kurling stones) are available commercially
- Plastic hockey pucks make good alternative curling stones; or plastic jar lids (such as coffee jar lids) can be used
- Bean bags can also be slid along the table surface
- Polybat rebound boards can be used down the sides of the table to keep the stones on the playing surface



PEOPLE

- Play in pairs (2 v 2) or form small teams
- A partner can provide verbal or sound cues for vision impaired players
- Where players have manipulation and control impairments, they can use a polybat or some other kind of flat-edged bat to push the 'stone'



More information:
www.paralympics.org.uk

To see other games you can play, [click here.](#)

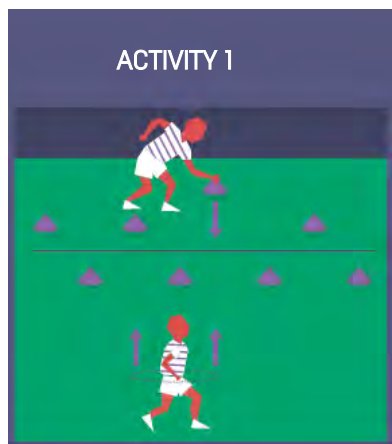
Games

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



Primary School Virtual Rugby League - Skills Challenge: Locomotion

STAGE 2



RAISE THE LEVEL

LOCOMOTION

- Complete a series of movements in order: Picking up and replacing a cone, turning around, balancing a beanbag (or other piece of equipment) on your head for 3 seconds, standing in a hoop and raising it above your head, stopping on one foot.

SCORING | Record the time taken to complete the sequence.



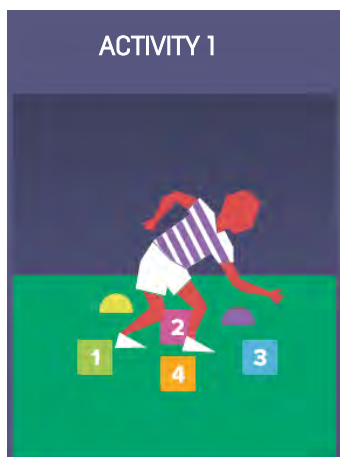
SLALOM CARRY

LOCOMOTION

- Pupil **carries** the ball in 1 hand and runs out and back through the slalom of cones. Repeat the same movement through the cones but this time carrying the ball in 2 hands.

SCORING | Record the time.

STAGE 3



COLOUR/
NUMBER
REACTION
(SEQUENCE)

LOCOMOTION

- Scatter 6 coloured or numbered cones around the pupil in a 2 x 2m area. Call out a sequence before the activity starts and the player has to lift and replace the cones in the correct sequence. Prepare 3, 5, 7 & 9 cone sequences. All pupils start with a 3 cone sequence. If the pupil is successful they can choose to attempt the next one up.

SCORING | Points awarded according to the number of correct sequences they complete.



Games

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



MOVE IT! BALL MANIPULATION

Task:

Players have a ball each (doesn't have to be a rugby ball). They then run around a set area and get used to ball. As they run players perform the following exercises with the ball:

1. Pass the ball from hand to hand
2. Throw the ball in the air and catch it
3. Throw the ball in air, clap three times and catch it
4. Player swaps balls with any player s/he passes to
5. On the coach's instruction place the ball on the ground and continue running. On the second instruction pick up the nearest ball as quickly as possible; who will be last?
6. Combination of the above.

Progression:

1. One ball for every second or third player
2. Pass the ball to any player who hasn't got a ball. Players who have a ball look to pass as soon as possible, players who haven't got a ball want one as soon as possible
3. Pass high and pass low
4. Players touch the ground with the ball when they catch it
5. Players touch the ground and then pass from high, arms stretched above their head.

Equipment:

One ball each or one between two or three

Balls of different shapes and sizes

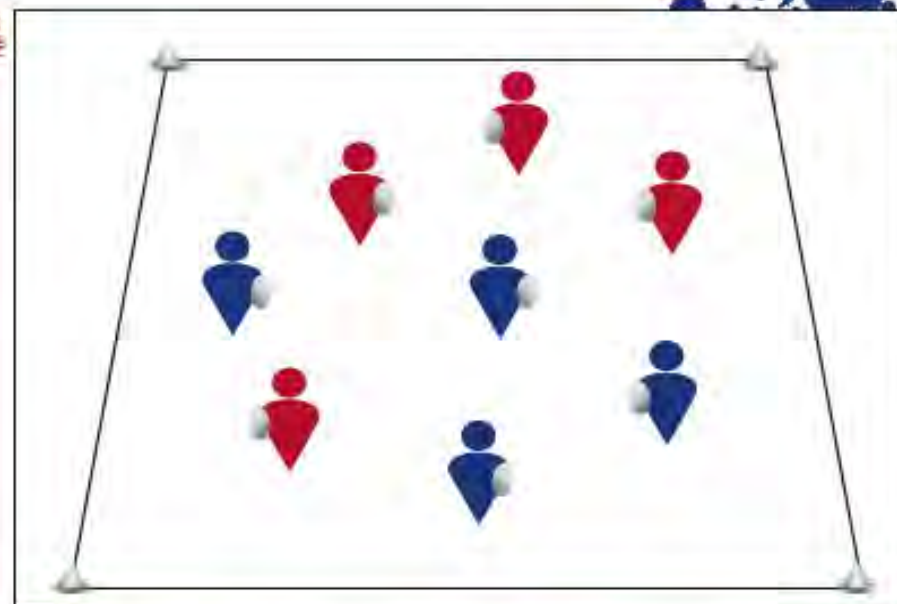
50 cones (grid marking)

Space:

Small grids or one area depending on numbers, age and ability of players (younger and less able players may require more space).

People:

Whole group



Movement tips:

Grip

- Spread the thumbs greater than a right angle
- Form a cradle by arching the palm
- Hold the centre of the ball
- Keep the elbows out
- Carry with two hands and at the centre of the body.

Placing the ball down (scoring a try)

- Grip tightly as hands move above the ball
- Bend at the knees
- One leg forwards
- Head over the ball
- Extend the arms at the elbows.

Games

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



RUCKLEY CHALLENGE 3: ZIGZAG RUN

Run in a zigzag pattern and touch each cone or spot with the closest hand

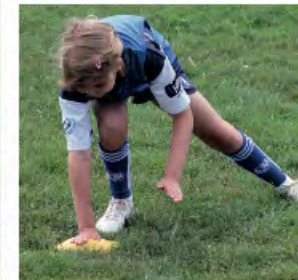
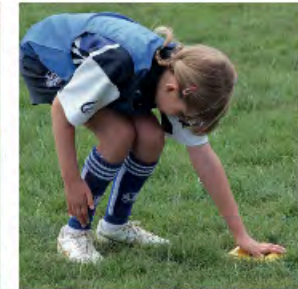
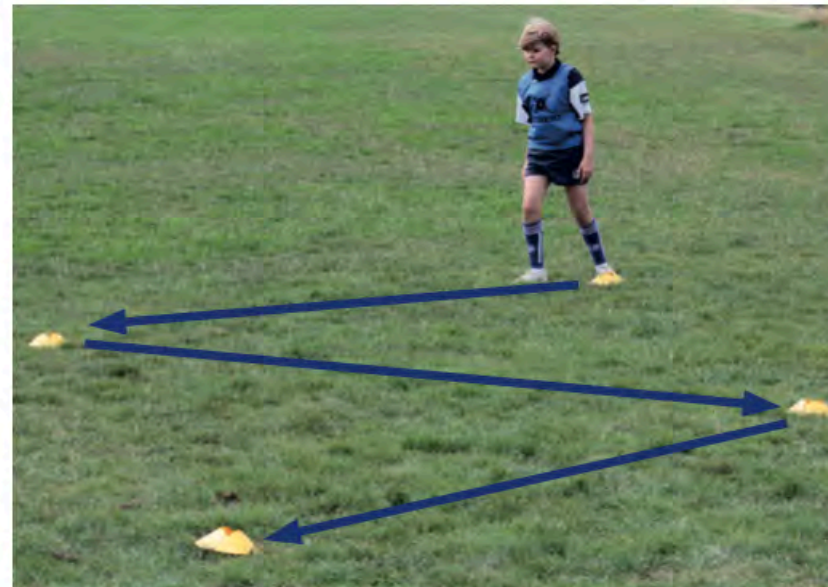
How do we do it?

1. Bend knees
2. Touch spot with the closest hand
3. Push off with your foot to change direction
4. Sprint in an upright body position

How does this help in rugby?

1. Locomotion
2. Stability
3. Changing direction

If they can do this; they'll be better at this...



Running



Changing direction



Games

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

RUCKLEY CHALLENGE 1: THROW AND CATCH ON ONE LEG



Stand on one leg and throw and catch the ball with your partner

How do we do it?

1. Support leg still, flat on ground
2. Non support leg slightly bent
3. Head still, eyes looking forward
4. Body upright

How does this help in rugby?

1. Stability
2. Object control
3. Catching and passing

If they can do this; they'll be better at this...



Side stepping



Throwing on target



Health and RSE

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

Stop Start

What you'll need:

Red and green paper plates, marker pens / string / pegs

- 1 STOP and START plates!**
Give everyone 3 red paper "STOP" plates and 3 green paper "ST ART" plates. If no plates are available create your own with red and green marker pens by drawing a large circle on A4 paper.
- 2 Create STOP and START phrases**
Think of a time when someone did something that you didn't like or a rule or advertisement that offended you or someone close to you. Come up with a phrase that describes what you didn't like, starting with the word "STOP..." Write this phrase on the STOP plate. Then, come up with a phrase that describes what you would have liked instead, starting with the word "START..." Write this phrase on the START plate.
- 3 Once your STOP and START plates are complete...**
Use the pegs and string to attach each plate to form a stop/start line of action.
- 4 Ask volunteers to read their STOP/START plates aloud.**
- 5 Now think about how to put your ST ART plans into action.**
- 6 Find out how others got started in Ideas for Change and Making Positive Relationships Happen.**



Here are some Stop and Start examples:

STOP saying boys don't cry. START supporting the emotional needs of everyone.

STOP advertisements that stereotype boys and girls. START recognising how gender stereotypes limit who you can be and what you can do.

STOP gendered uniform codes. START developing a gender neutral uniform policy.

STOP the silence over FGM. START educating us about all forms of sexual abuse and exploitation

STOP assuming everyone is heterosexual. START raising awareness about sexual diversity .

STOP body-shaming me. START respecting me and my body .

Health and RSE

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

60 Second Lego Challenge



60 Second Lego Challenge
Build something that starts with the Letter C

60 Second Lego Challenge
Build something with one hand

Have a go at building with lego bricks.
See what you can do in 60 seconds!

60 Second Lego Challenge
Build something using only red bricks

60 Second Lego Challenge
Build something that could fly

To have a go at some other challenges, [click here](#).

60 Second Lego Challenge
Build a house

60 Second Lego Challenge
Build a rainbow

60 Second Lego Challenge
Build a tower using this order red, yellow green blue.

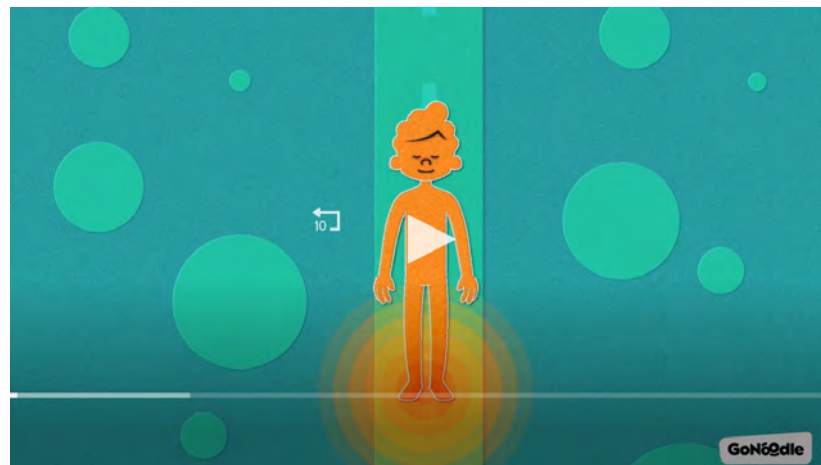
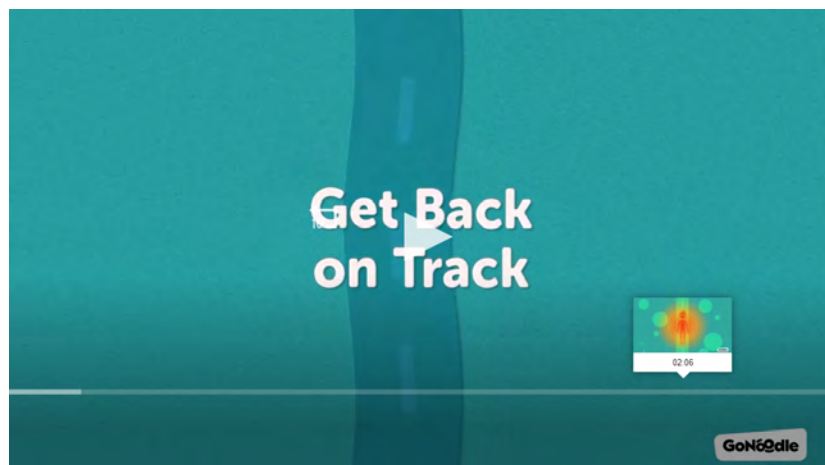
Health and RSE

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

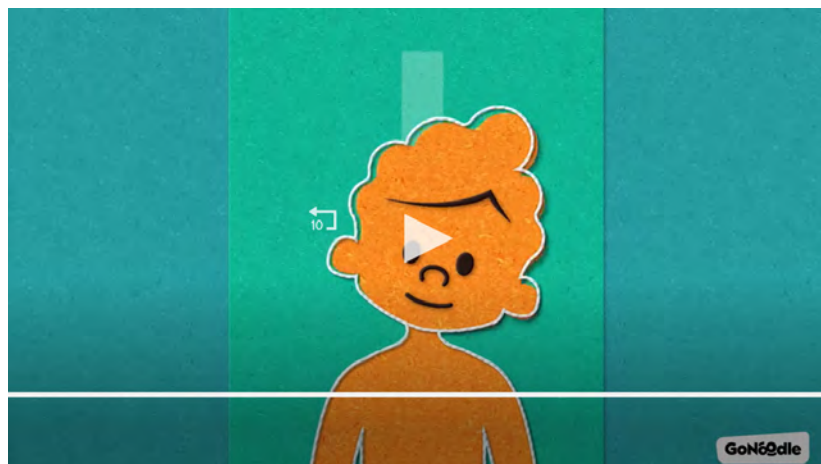
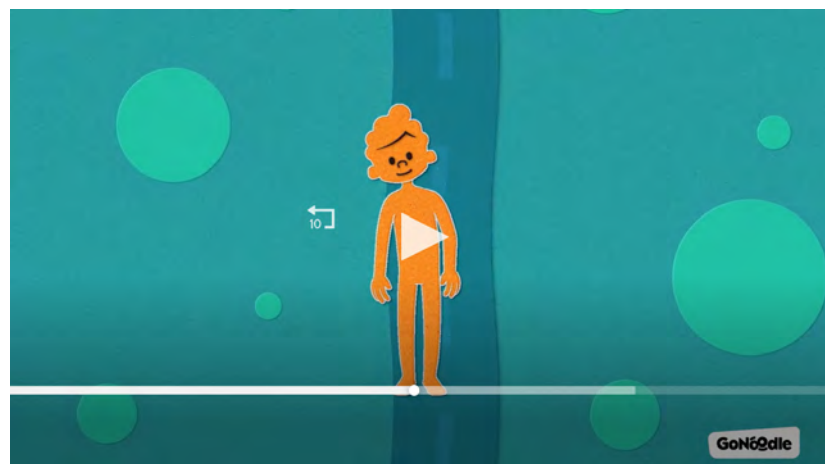
Get Back on Track



GoNoodle



Take a look at this great breathing exercise video from Go Noodle



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.

Be Lumiere's Guest



When Lumiere shows Belle all the culinary delights of the castle, he puts on a fantastic show. Now it's your turn to prepare for another great party!

1. Mark out a line with a skipping rope or some string. Along 1 side, place cushions or toys at different distances away from the line.
2. Now stand on the line and pose like Lumiere by standing on one leg, putting your arms in the air at right angles like a candlestick.
3. You're against the clock! Jump along the line holding your pose, then pick up each item and move it to the other side – make sure your feet do not leave the line.
4. Be careful – if you lose your balance or drop anything, you must go back to the start.
5. If friends want to play, take it in turns and time yourself to see who can do it the quickest.

Credit:

change 4 life

Acknowledgment:
Crown Copyright
Source: PHE [You can watch the video here.](#)



Make your own Pom Poms



Equipment Needed

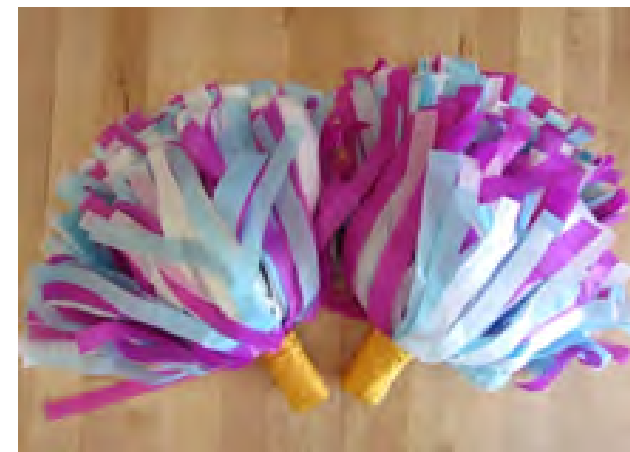
- Tissue paper
- Tape
- Scissors

Adult supervision is required at all times.



How to Make Pom Poms

1. Get 2 different colored tissue papers and fold in half, long length.
2. Cut in half so you have 2 long rectangle shapes of tissue paper.
3. Start cutting strips/lines being careful not to cut all the way to the bottom of the tissue paper.
4. Once the cutting is finished, twist the bottom of the tissue paper to make a handle.
5. Tape the handle and fluff up the Poms ready to use in your routine.



Your Pom Poms can be used for the activity on the next page

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.

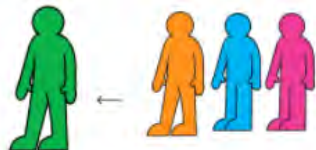
Jack-Jack's Super Shapes



It's your turn to shapeshift like Jack-Jack – he can transform his body! Can you lead everyone in a shapeshifting routine?

How to Play:

1. Choose one person to be the leader. Everyone else gets into a line behind them.



2. The leader sets off walking. Every few steps, they shapeshift into a move that everyone in the line has to copy, like a star jump, press-up, or running on the spot or a dance move.



Try to come up with as many different ones as you can!

3. After 10 shapeshifts, the leader goes to the back of the line and the new leader starts shapeshifting.



4. Keep going for 10 minutes!



Credit:

change 4 life



Acknowledgment:
Crown Copyright
Source: PHE

Mr Incredible's Big Jump



Can you jump as far as Mr Incredible when he bounces off Elastigirl? Get ready, jump!

How to Play:

1. Mark out a course to jump along and pretend you're preparing for some incredible action. Make sure you can jump from one mark to another and they are not too far apart.



2. Take it in turns to jump along the course.



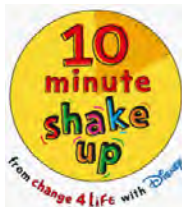
3. Keep doing the course until you get to the end.



4. Try leapfrogging over your friends to jump higher, too!



Credit:



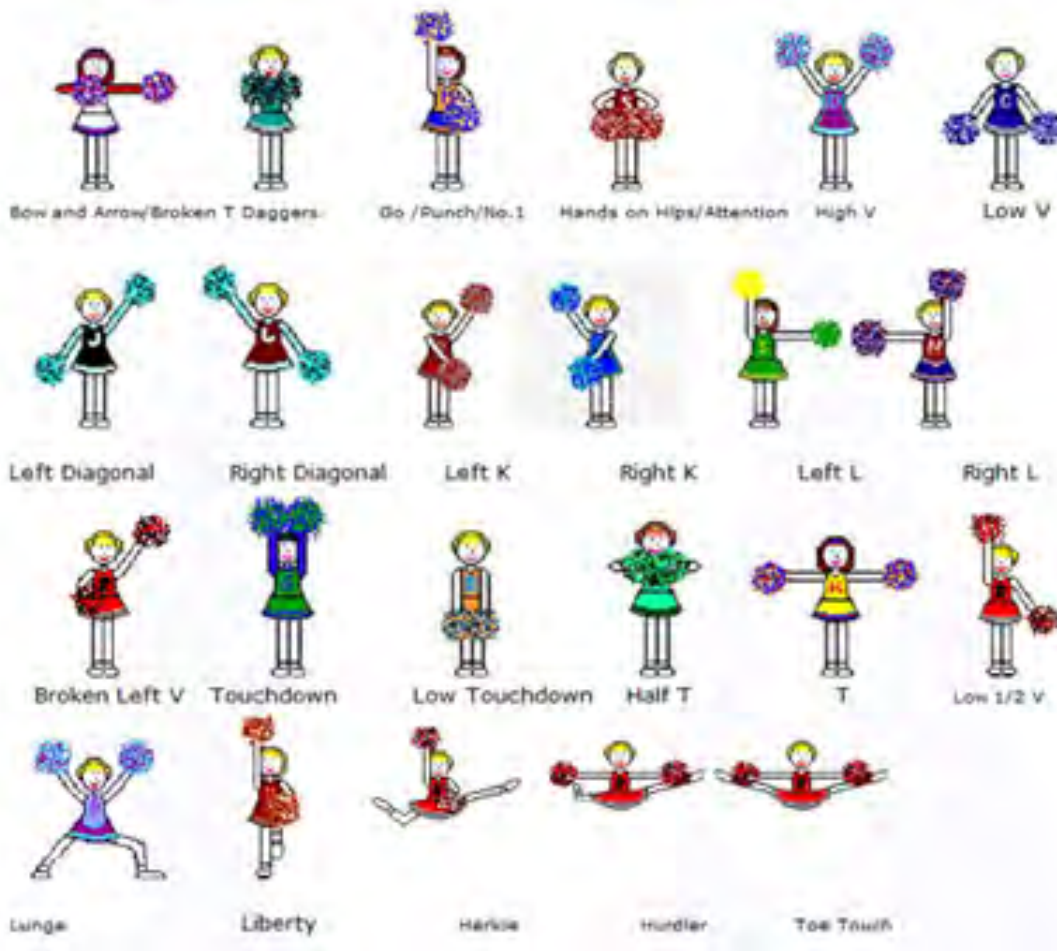
change 4 life

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.



Cheer Dance Challenge



Learn 6 of the arm motions and make a routine, when your feeling ready, add more motions to your routine.

S - Have your own space or area to Cheer Dance in.
T - Make the routine more difficult or simpler by add/ removing motions.

E - You can make your own Pom Poms (see how to).
P - Show your routine to others, teach them your routine.

Learn other routines, taking turns.

Choose a song to put your routine to, make sure it's upbeat and fun to Cheer Dance too.



Cheer Dance is an inclusive activity that can be enjoyed by all people of all ages!

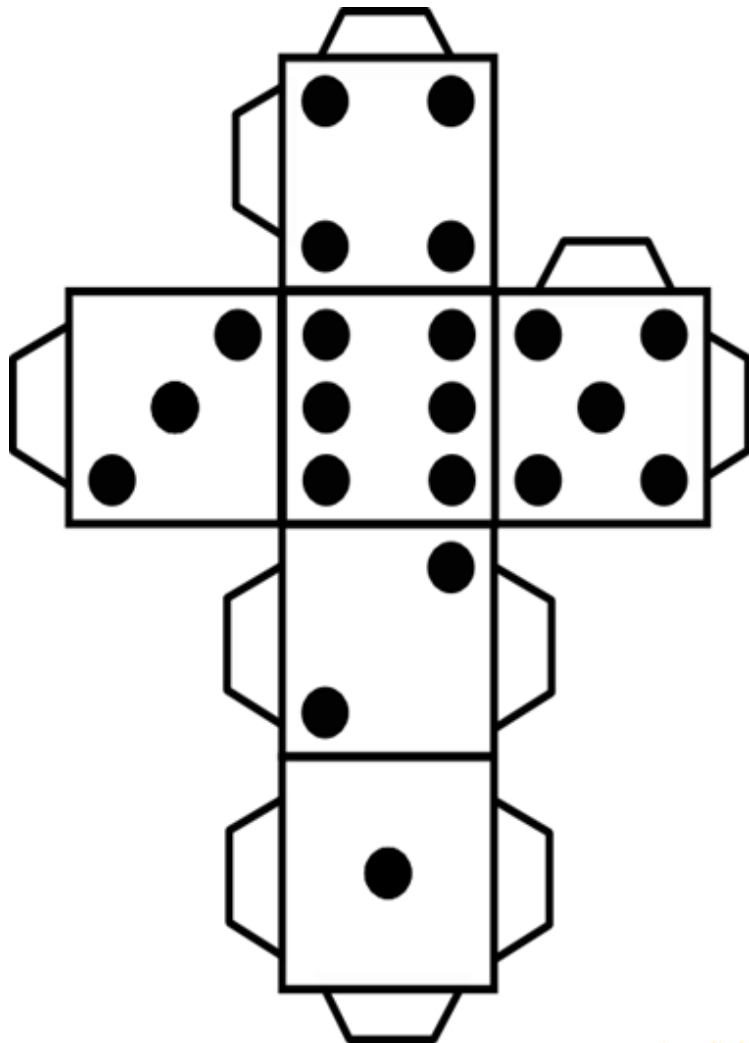


Move More Activities

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.

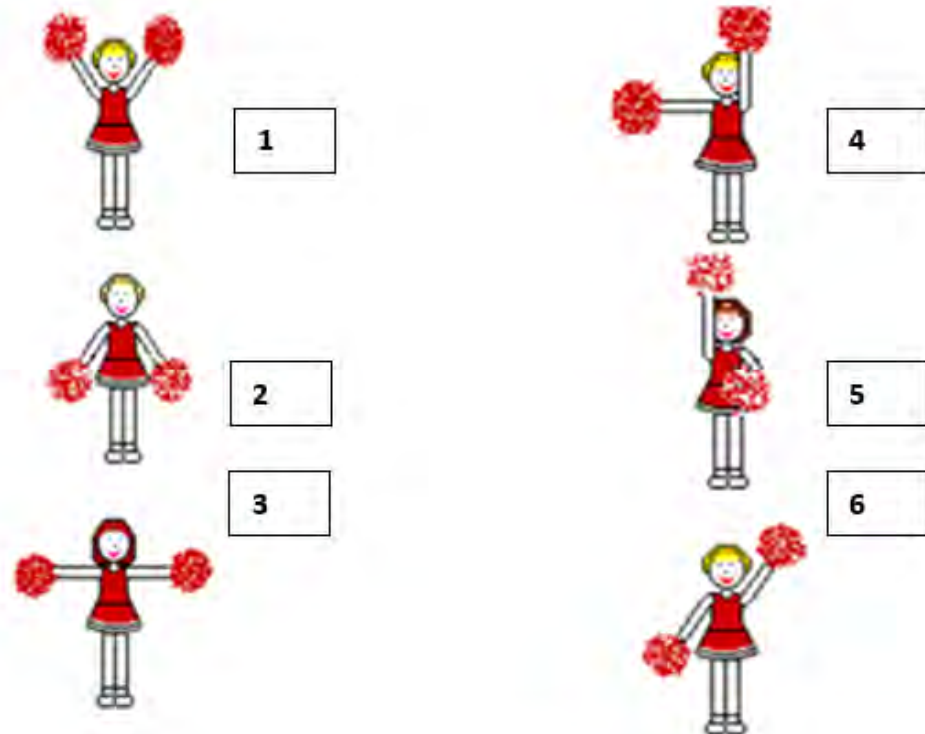


Cheer Dice Dance



- S** – Have your own space - try your routine in different areas.
- T** - Roll the dice and do the move. Roll the dice 6 times to make a routine. If your feeling ready you can add more or make up 6 of your own moves and give them a number of 1-6. Start rolling the dice to create more choreography.
- E** - If you don't have a dice you can cut out and make one from a template. You can put your routine to music, remember to choose a fun upbeat song.
- P** - You can play the game independently or with a group keeping your social distance. You can choreograph a routine together to show others.

Roll the dice!



Here's a link to your virtual certificate, this can be printed.

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.

North, South, East and West



NORTH

1. Markers/colours to be used to signpost where N,E,S,W is located in the area that you are playing the activity in.
2. Children to stand socially distanced.
3. Adult will call out any of the N,E,S,W directions. They can call out 1 or 2 at a time.
4. Children are to travel to the area that has been called out. (Progress ways of travelling by hopping, jumping, running etc).
5. This can be a knockout competition, team game or just for fun!
6. Get the children moving and responding to a range of directions and develop their spacial awareness.

EAST

WEST

SOUTH

Firework Fun



Fireworks are beautiful to watch, but we must be safe when around them. Remember the **firework code**.

This time of year, there are many reasons for fireworks, including Bonfire Night, Diwali and New Year's celebrations. It is wonderful to observe in the sky, owwing and arghing!

Can you make the different sound that the fireworks make? Whizz, bang, pop! Describe the shapes and colours too.

You could also make up a firework fitness five minutes? What music could you use? Can you add in props? Using a ribbon stick?

- 20 star jumps
- 20 spotty dogs
- 20 head, shoulders, knees, toes and jump as high as you can
- 20 goal keeper or reach for the stars! Stretch to one side, squat and then stretch to the other.
- 20 arm swings



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.

Yoga - Winter Wonderland



The below is an active story with a range of Yoga and exercises to carry out

As I walk down the street feeling the cold on my face,

I see a great mountain and I quicken my pace.

Walk fast around the space for about 30 seconds to a minute and then when in a space hold a mountain pose. Feet together, flex your toes, and push your palms together, like prayer pose. Hold and breathe. Strong and stable (pose 1).

As you look up to the sky and see the clouds up high,

I feel the cold but I am brave and bold.

Brave and bold like a warrior. Step forward –lunge, make sure you are firmly touching the floor with back heel turned down- hands on the floor. Then bring your hands to your thigh – be strong and then reach to the sky. (pose 2)

Repeat on the other leg.

Sliding down the huge mountain with a great big whoosh,

I ride on a sledge; I need to avoid the giant bush!

Move quickly around the space avoiding obstacles.

Sit with your legs stretched out in front. Put your hands behind you and stretch up, then reach your hands down to your feet. Repeat (pose 3).

Pose 1



Pose 2



Pose 3



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.

Yoga - Winter Wonderland continued.....



At the bottom of the hill, after the wonderful thrill,

Watch the skater's whiz round but never fall down.

Airplane pose – Stand up tall and place your weight on one foot. Then lift up your leg behind you and put your hands out wide (pose 4).

Once back home, luckily not froze,

I think of the skaters and their ballerina pose

Dancers pose – stand up tall, find your balance. Then hold one ankle and lift the other arm. Next bend forward as you raise your leg behind you. Repeat on the other side (pose 5).

After a wonderful day, full of adventure and play,

It is time to rest and think how I am the best!

Lie flat on the floor and breathe slowly and deeply. Think of a rainbow. With each colour think positively about what the colour means to you. For example, red I am strong, green I am kind, blue I am helpful etc.

Enjoy your yoga.

Pose 4



Pose 5



Other things to do:

Find out about different mountains around the world – the highest, the longest range, find a favourite.

Look at different ice skaters and ballets. A lovely one is The Nutcracker. Which is your favourite skating to music? Which ballet story do you like? Have you tried the moves?

Outdoor & Nature Activities

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

Photography Competition



The Competition

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

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

The Top Prize

There will be 3 monthly winners - November, December and January - each winning a **£50 One4All gift voucher**.

Random Prize Draw

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

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

Deadline

Photographs must be shared using the below hashtag on social media **between the 15th November 2020 and the 31st January 2021**,

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

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

Photography Tips

The woodland trust have some useful Photography Tips and ideas

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

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

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

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



Be creative!

Your photograph can be any form of exercise anywhere.

Here are some ideas to get your thinking:

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

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

Outdoor & Nature Activities

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

Love Exploring Walking App



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

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

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

The Black Country parks currently available on the app are:

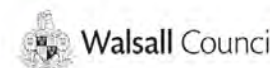
- Silver Jubilee Park, Coseley, Dudley
- Walsall Arboretum
- Willenhall Memorial Park
- Swannies Field, Walsall
- West Park, Wolverhampton
- Sandwell Valley Country Park
- Warrens Hall Nature Reserve, Sandwell



The app include maps, guided tours and discovery games.

[Download the app here](#)

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



Outdoor & Nature Activities

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

Reptile Quiz



Test your knowledge on Reptiles

You can ask your parents or use the internet to check your answers afterwards.

1. Which of these reptiles is not a type of snake?

- a) Caiman
- b) Boa
- c) Colubrid
- d) Viper

2. How do reptiles keep warm?

- a) they huddle in groups to keep warm
- b) They sunbathe when the Sun comes out
- c) they grow an extra layer of scales to warm their bodies up
- d) they run around so they can warm up

3. Where do tortoises lay their eggs?

- a) in the ground
- b) In the ocean
- c) in the trees
- d) on the beach



4. How does a rattlesnake kill its prey?

- a) by shaking its rattle
- b) by squeezing it to death
- c) by drowning it underwater
- d) by injecting it with venom

5. Which of these reptiles can change the colour of its skin?

- a) Chameleon
- b) Giant tortoise
- c) Green tree python
- d) Alligator

6. Which of these reptiles is the biggest in the World?

- a) Green turtle
- b) Saltwater crocodile
- c) Green anaconda
- d) Komodo dragon



Funded and Supported by



Powered by



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.



Cunning Chameleon Camouflage



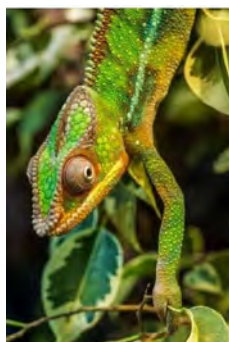
Did you know that chameleons can change their colour?

When animals are the same colour or pattern as the place they live, that's called camouflage. It can help animals avoid being spotted. Chameleons can even change their colour or pattern as they move from one place to another.



Let's play a camouflage game!

What colour are the clothes you are wearing? Where do they blend in best in the house? Do you have a jumper, hoodie or dressing gown that lets you blend in elsewhere? How many different ones would you need to wear to get from your bedroom to your kitchen?



Tree Bark Crafts - Bark Rubbings



Bark can be beautiful, which makes it a great choice for making natural crafts. We've brought together some of our favourite bark activities for your family to try on your woodland adventures. So get stuck into bark rubbings, boats and collages.

Please don't strip bark directly off trees as it could harm them. Look for pieces that have fallen naturally to the ground instead.

Kids will love exploring the patterns and textures of bark with this tactile activity. Simply take some crayons and paper on your next trip to the woods.

Choose a bumpy tree with interesting bark. Place the paper against the trunk and rub the crayon over the paper to make a print of the bark pattern.

Encourage your children to experiment with different trees, then take a look at the bark rubbings to see how they compare.



Credit:
Dan Lee / WTML

Funded and Supported by



Powered by



How many patterns of bark can you find and make a rubbing of?

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.

Feed the Birds



Giving birds a little extra food is a simple and fun way to help, especially when natural sources are low.

Making cakes for the birds is great, sticky fun and the mix of fat, seeds and mealworms is irresistible for many garden birds!

Hang them from your garden trees, or on your balcony and watch your neighbourhood birds discover them.

Wild birds are understandably timid at first, but especially in the depths of winter, these seedy birdcakes won't last long!

What you will need:

- String
- Scissors
- Mixing bowl
- Molds eg empty yogurt pots
- Lard to bind the other ingredients together
- Mealworms
- Mixed seed
- Nuts (unsalted)
- Raisins
- Hard cheese
- Camera or smart phone



Step-by-step guide

1. Carefully make a small hole in the bottom of your mould or yoghurt pot. Thread string through the hole and tie a knot on the inside. Leave enough string so that you can tie the pot to a tree or your bird table.
2. If using lard, allow the fat to warm up to room temperature, but don't melt it. Then cut it up into small pieces and put it in the mixing bowl.
3. Add the other ingredients to the bowl and mix them together with your finger tips. Keep adding the seed/raisin/cheese mixture and squidding it until the fat holds it all together. This bit can get quite sticky!
4. Fill your yoghurt pots with bird cake mixture and put them in the fridge to set for an hour or so.
5. Hang your speedy bird cakes from trees or your bird table. Watch for greenfinches, tits and who knows, maybe even great spotted woodpeckers if you're lucky!



Important notes

Not suitable for children with nut allergies. Note that bird seed, including peanuts bought for birds, is not suitable for human consumption.

Stay safe!

If you are allergic to nuts, try this without adding peanuts – and make sure your bird seed doesn't contain nuts. Be careful when you are using the scissors. Ask an adult to help if you need to.

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.

Make a Hedgehog Cafe



It's time to invite some friends round for a meal, but make sure you're the host with the most...

Hedgehogs are one of our cutest garden visitors and you can support the hungry hogs in your garden by helping them build the energy they need when raising hoglets, and their fat reserves for their long winter hibernation.

With the UK population of hedgehogs declining alarmingly, it's vital that we give our prickly friends a home in our gardens.

For the station you will need:

- Large-lidded plastic or wooden box
- Sharp knife or saw (and an adult to use it!)
- Duct tape
- Bricks
- Newspaper

For the grub you will need:

- Shallow dishes
- Water
- Wet cat or small dog food (not fish- or beef-based)
- Crushed cat biscuits
- Specific hedgehog food

Step-by-step

1. Find a safe cosy place for your cafe. It should be in a quiet, sheltered and safe spot. Of course, hedgehogs need to be able to get in and out of your garden to start with, so if that isn't yet the case, start by creating small access holes into your garden so that hedgehogs can get in and out.
2. Get a sturdy box (wood or plastic) with a removable lid for your feeding station. It needs to be big enough for a hedgehog to fit through, but small enough to keep any curious cats or foxes out!

Create a hedgehog-sized hole at the base of one of the sides of your box. It should be about 13 cm square so the hog can get in and out safely. If your box is wooden, you'll need a saw. If your box is plastic, carefully use a sharp knife - **remember to get an adult to help you with this bit!**

Cover the edges of the hole with duct-tape to make sure there are no sharp bits which could hurt your hedgehogs.

4. Add your grub. Line the box with newspaper and dry leaves. (Hedgehogs prefer small-sized leaves such as birch, oak and hazel.) As the sun goes down lay shallow dishes of hedgehog-friendly food and water inside the box.
5. Make sure you don't put out too much food, as it's not good to have 1 leftovers lying around. Put out a little to start with, and if your cafe is popular, you can gradually increase the amount on the menu! Never feed hedgehogs milk or bread. They can't digest them - it upsets their stomachs.
6. Add your roof. Put the lid on top of the box and place a brick or two on top of the lid. This will stop a hungry fox tipping the box up or dragging it away.
7. Clear away any leftovers in the morning and refill your dishes every evening. But keep your eyes out! If you think that anything other than a hedgehog is eating the food, stop feeding.
8. Time to watch. Very quietly as the sun goes down, go out and sit somewhere within view of the box and hopefully you'll spot a snuffling, grunting little beauty.



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.

Living Streets - #WalkingFromHome

Walking with your family has never been so much fun!

Living Streets has lots of colourful and educational walking activities support children in learning about important themes while staying active. Explore all our resources while on your walks.

Sometimes it's easier to walk and talk. While out for a walk, talk to your child about how they are feeling using these activities to make it fun and playful.

Remember to always wash your hands before and after your walk.

You can download the full suite of activities here.



Why not try a Happy Thoughts Treasure Chest?



Visit: livingstreets.org.uk/primary-schools

#WalkingFromHome

Instagram: @LivingStreets
Twitter: @LivingStreets
Facebook: @LivingStreetsUK



Or, try one of the Living Streets Protect activities - appreciating all the wildlife around us?



Litter looks ugly and is bad news for wildlife, but unfortunately, it's hard to miss when you go out for a walk. With some gloves, wet wipes and the help of a parent or carer, can you fill a carrier bag with the litter you come across on your walk?

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.

Sitting Still Like a Frog



The audio exercises included with *Sitting Still Like a Frog* are based on mindfulness-training exercises for adults and developed especially for children and their parents. They form the core of learning to be more mindful at different times throughout the day. You can do the exercises together with your child or children. Some kids like to do the exercises on their own, and many parents love doing the exercises themselves. You can do them sitting on the floor, on a couch or chair, or lying in bed.

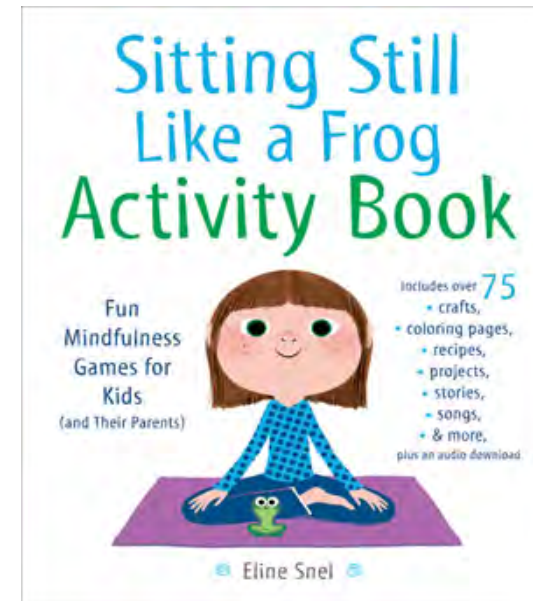
To take a look at the audio exercises available [click here](#). You should be able to download all the tracks to your device or computer.



The audio downloads that accompany *Sitting Still Like a Frog Activity Book* include yoga exercises, a game that teaches your child how to just listen, and a meditation on the bird of happiness.

To take a look at the audio exercises available, [click here](#). You should also be able to download all the tracks to your device or computer.

[Click here to view the activity book.](#)



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.

Mindfulness ME Activity Calendar

Use this calendar to plan some activities to support your mental wellbeing



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|--|
| Say Good Morning to a family member | Sing a song with someone | Make something for dinner together | How many people are in your family? draw a picture of them | Go on a shape hunt. Can you find a ▲ ■ ● | Go for a walk with a family member what can you see? hear? Smell? | Ask a friend what's their favourite game to play? |
| Give someone an air high 5! | Tell someone in your family what you like about them | Do some exercises with your family | Look in the mirror. What do you like about yourself? | Do you know any nursery rhymes or famous songs? | Play a game with someone in your family | Can you make a sandwich for someone in your family and share it? |
| Go outside and see if you can find something colourful. | Talk about what you did at school today | Can you complete a jigsaw puzzle with someone in your family? | Make a wish | Tell someone that you love him or her | Think of words that rhyme | Help with jobs around the house |
| Write a letter to another family member | Tell a joke 😊 | What has been great about today? | How many different colours of leaves can you find? | Offer to make someone a drink | Ask someone how their day has been today? | Play hide and seek |

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.



Lucky Dip Bag



- Fill a small bag with little toys and objects and have your children pull one out at a time.
- Ask them to focus on one item, and describe the touch, colour, smell, shape, noise (if applicable).
- What activities might it enjoy.
- Ask them to focus on the item fully, while exploring the nature of the item and building up a visual picture.
- Bringing their toys to life!
- Children can take turns and listen to each other's descriptions and stories.



Hope Clouds



This activity works well with children of any age.

Using the cloud template on the next page, ask the children to think about their own dreams and hopes for the next academic year. It might be something that they can change or it might depend on others. Again, the suggestions may be very simple short-term ideas or aspirations that may take a lot more time, effort and support.

Explain that they can choose to share their dream or hope with the rest of the class/group or keep it to themselves.

Ask children who are willing to share to read out their dream/hope and discuss with class/group.

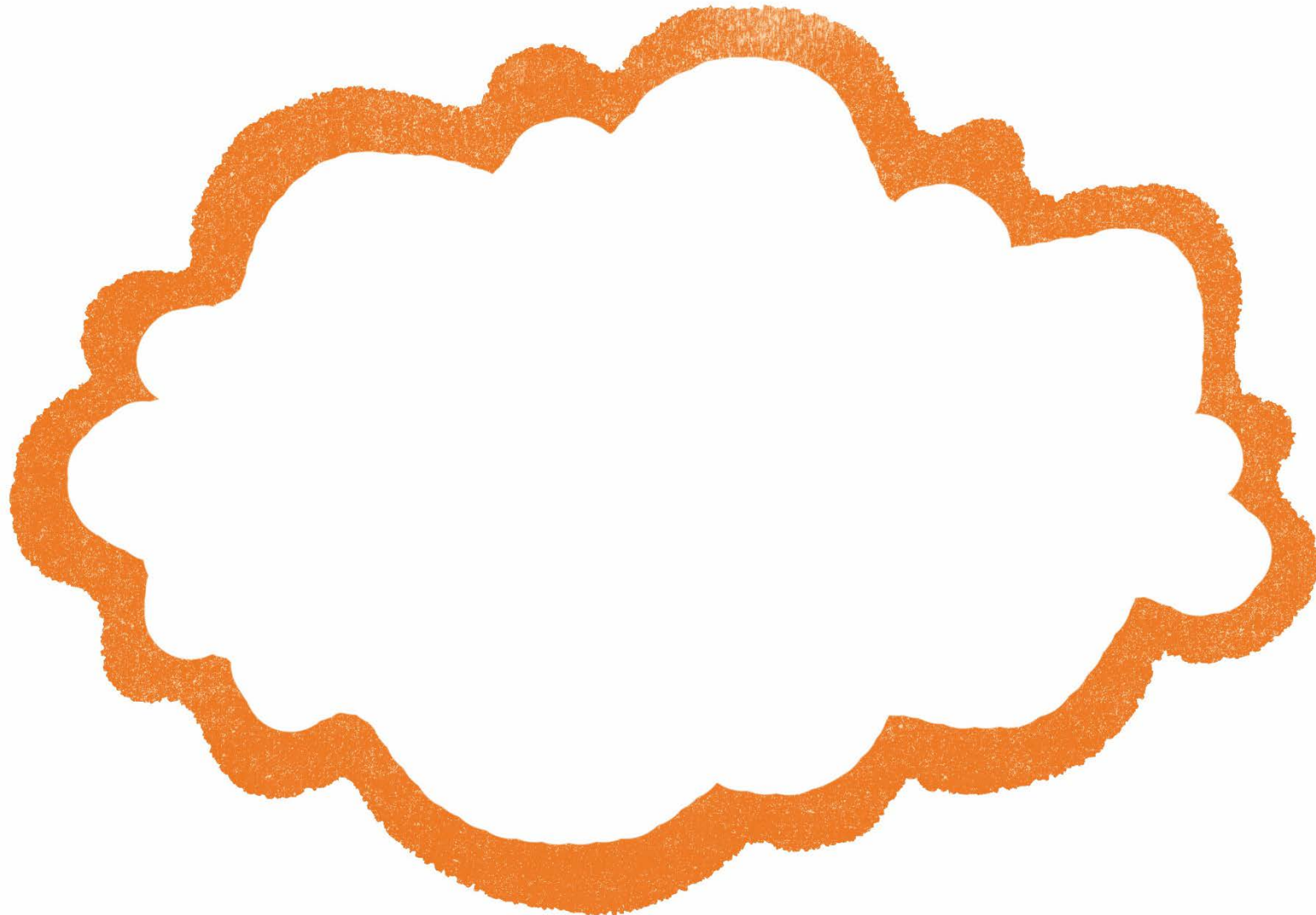
Ask the whole group how being hopeful might help us to feel able to cope with things that happen or problems we want to solve.

Ask the children to write on their hope cloud one thing they will do to get closer to their dream and one person that they could ask for support. Allow children to take them home as a visual reminder of being hopeful.



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.



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.

Who am I? - Self Acceptance



Who is this aimed at:

KS2 Year 6

This section is all about self-awareness and awareness of others. An acceptance of self is important for maintaining a realistic sense of self-esteem, whilst being aware of and accepting differences in people reinforces our own uniqueness. Through recognising the value of reflecting on their current situation and setting targets for the future, children are encouraged to develop an insight into their potential.

CORE CONCEPT

We are all unique. There are no two people exactly alike, and it is important to avoid comparisons with others. Acknowledging and accepting our differences reinforces our uniqueness and helps build self-esteem.

SUGGESTED SUCCESS CRITERION

We will be able to recognise and name our own and each other's positive qualities.

Treasures

Seat the children in a circle and place a large box in the centre. Explain to them that this is a treasure chest that will be filled with all of the things that they can do.

To begin, ask each child to write on a small piece of paper one thing that they can do well. Suggestions include:

I can run, sing, jump, swim, bake, listen, walk, write, ride a bike, paint or help others). Next, ask the children to fold the piece of paper and place it in the treasure chest. Then invite each child to select a piece of paper and read aloud what is on it. Affirm their abilities by talking about all of the skills and talents that they collectively share as a class. Complete the activity by asking each child to finish the sentence: **One thing I like to do is _____**. At a later stage, consider having the children decorate the box to resemble a treasure chest and add to it as they develop new talents or skills.

POINTS TO NOTE

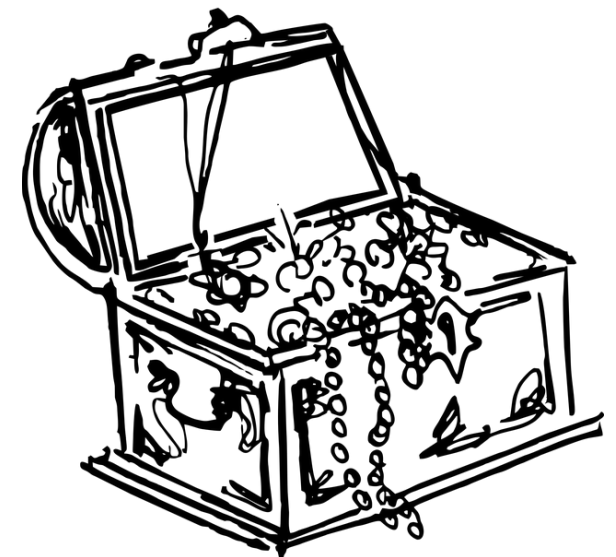
Send home a copy to parent(s)/ carer(s) to keep them informed about the activities their children will be completing.

WHAT YOU NEED

- Large box to represent a treasure chest
- Speaking object

WHAT TO DO

- Treasure
- Circle Work
- Let's Talk



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.

Who am I? Self Acceptance continued....



Circle Work

Pass the speaking object around the circle and as each child receives it, invite them to complete one of the statements below. Remember, each child is also free to pass. Come back to those who have passed at the end of each round to see if they wish to contribute. Take a few minutes to discuss the similarities and differences in the responses, but emphasise that all are of equal value.

Rounds

One thing I really like doing is ...

If we had no school today I could be ...

One thing I would like to change about myself is ...

One thing I really don't like doing is ...

The film/T.V. programme I would most like to star in is ...

One thing I would like to change in my school is ...

If I could be from another country I'd be from ...

The place I would most like to visit in the world is ...

One thing I would like to change in the world is ...

Let's Talk

Have the children compare some of the following: two countries, two hobbies, two places, two T.V. programmes, two pieces of fruit or two objects of different colour. Help the children to recognise that each hobby has different attractions. Each is unique and has its own advantages and disadvantages.

Using a show of hands, ask the children to vote for the hobby they prefer. You could explore the other examples in the same way. Explore the idea that we should not compare ourselves to anyone else. There are no two people who are exactly alike. We each have strengths and weaknesses, and that is what makes each of us unique.

*I can run, sing, jump,
swim, bake, listen, walk,
write, ride a bike...*



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.

Who am I? Self Portrait



CORE CONCEPT

Looking to the future can help us identify priorities and give us a greater sense of purpose.

SUGGESTED SUCCESS CRITERION

We will recognise and name the different qualities that make us unique.

Art

Distribute a hand-held mirror to each child (ask children to bring these in from home if you do not have access to them). Ask the children to view themselves in the mirror. Talk with them about what they see, encouraging them to look closely at the shape of their face and their distinguishable features.

Distribute a variety of art materials - paint, charcoal, pencils, etc. and ask the children to draw their self-portrait. Once they've finished, ask them to draw some of their interests (or allow them to cut out pictures from magazines). Ask them to put five positive words about themselves around the portrait. If they have difficulty doing this, suggest to them that they include five positive things that others might say about them. You may need to assist those who have difficulty. Consider having them finish their portrait with a decorative border. See Collage activity for idea.

To conclude the activity, discuss with the children how they felt about drawing themselves and how they feel about the finished product. Have a gallery session (place all of the portraits in a large open space and gather the children around the perimeter). Encourage them to talk about what they see and to share with each other the positive things they wrote about themselves on their self-portrait.

POINTS TO NOTE

This activity may require two sessions.

WHAT YOU NEED

- Hand held mirrors
- General art materials
- Magazines
- Special Things Poem (Resource)

WHAT TO DO

- Art
- Collage
- Let's Talk



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.

Who am I? Self Portrait continued.....

Are there any similarities?

How might these changes come about?

Are there many changes/differences?

Collage

Distribute magazines, paper, scissors, paint, glue, etc. Ask each child to create a border collage that shows how they want to be when they grow up, perhaps in 10 - 15 years' time. They might include looks, hair, clothes, food, house, work, car, and hobbies.

Extension

Ask the children to bring in an item from home that is important and means a lot to them. During circle work, invite them to talk about its significance with the class.

Let's Talk

Together in small groups, ask the children to talk about their collages. Next, invite the children who want to talk about their collages in the larger group to do so.

- Are there any similarities? What are they?
- Are there many changes/differences? What?
- How might these changes come about?
- What/who influences you to change?
- Are you happy in your collage of the future? In what way?

To finish, display each child's self-portrait and collage around the classroom. You could display them all at once or a few at a time over the following weeks or months.

Mental Wellbeing & Mindfulness Activities

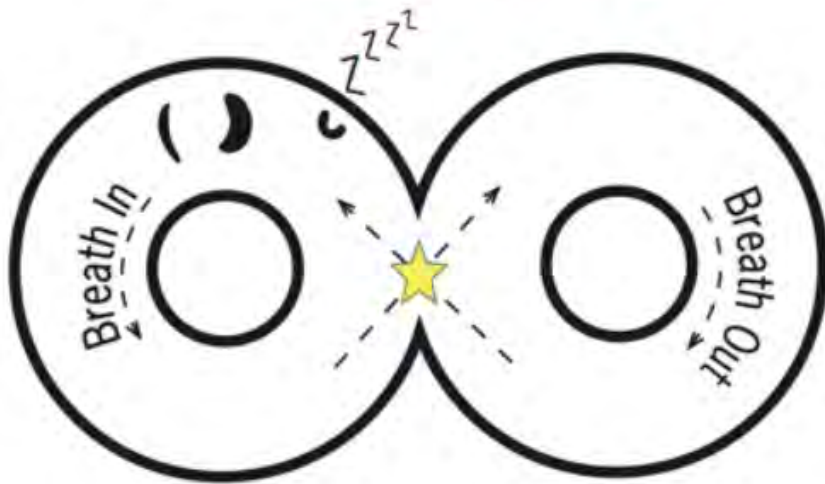
A range of creative activities to support and develop emotional and mental wellbeing, building confidence from early years right through to year 13 pupils, through positive physical, mental, social and emotional companionship, challenge and fun.

Coping Strategies - Breathing



Some children develop anxiety and worries that interfere with learning and life. Teaching breathing activities is a simple coping strategy. It helps the student get calm and centered to address the problem. Lazy 8 Breathing and Six Sided Breathing are easy visuals for even young students to use when they are feeling worried.

Lazy 8 Breathing

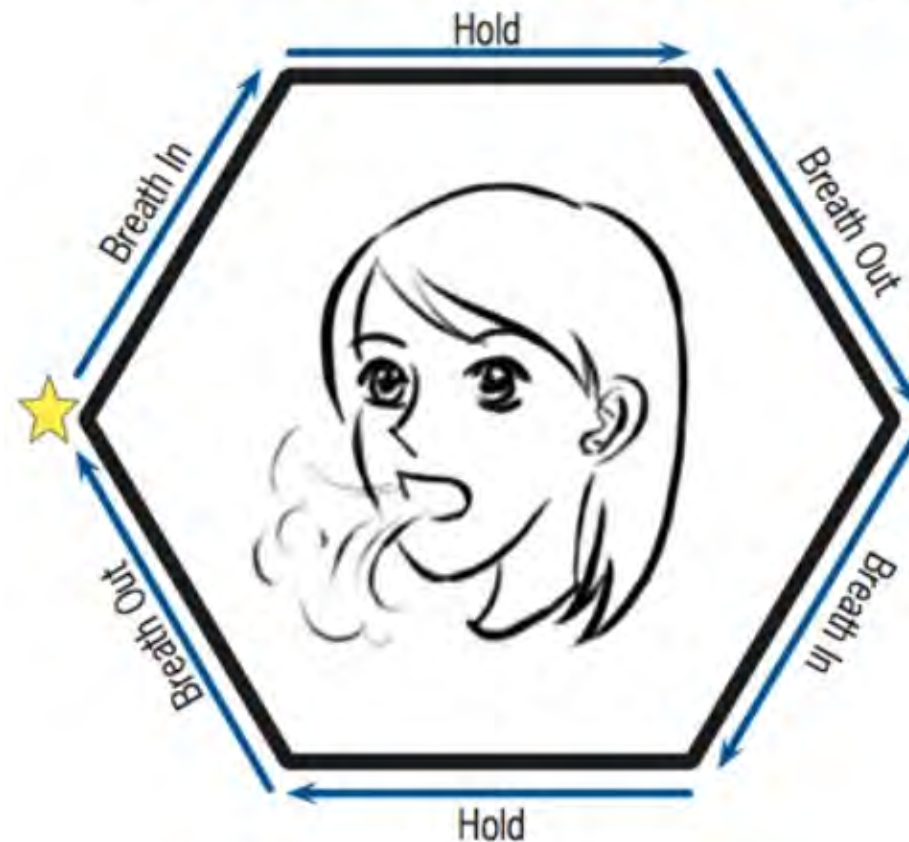


Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

The Six Sides of Breathing



This video is a very good model of before and after coping strategies are taught to kids dealing with challenging issues.

[View here.](#)

Personal Challenges & Competition

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

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

Virtual School Games: Challenge 3 - Multi Skills

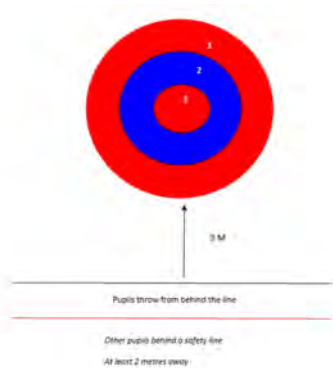
This Virtual School Games challenge runs from 2nd November to 20th November.



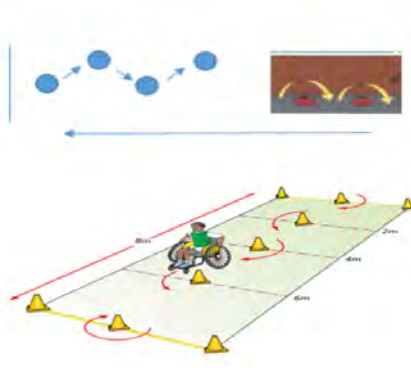
Instructions:

This competition is made up of 6 stations. The equipment can be altered easily to comply with government guidelines. Equipment is not to be shared and to be wiped down after the completed circuit. Each student requires 2 balls, pairs of rolled up socks or paper balls if there are not enough balls for each child. Balls are to be allocated at the start of the circuit and students are to be taken around each station. Paper balls can be thrown at the end of the completed circuit or balls to be wiped down. Most stations are completed individually but scores are added towards a team's overall score. Students waiting to participate must be at least 2 metres away from any other student and adhere to social distancing.

Station 1



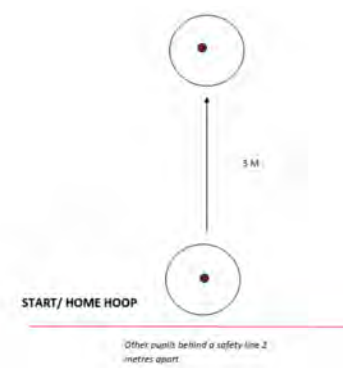
Station 2



Station 3



Station 4



Station 5



Station 6



This challenge runs from 2nd November to 20th November.

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

All the details of each of the 6 activities and how to submit your scores can be found on the [Active Black Country website](#).

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

Personal Challenges & Competition

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

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

Virtual School Games: Challenge 4 - Sportshall Athletics

This Virtual School Games challenge runs from 23rd November to 11th December.

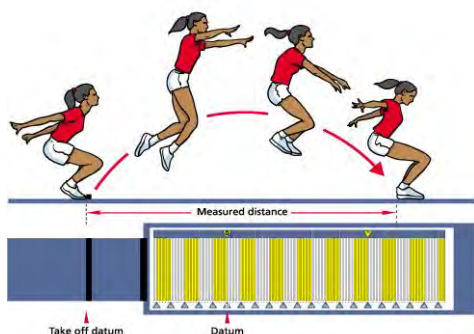


The School Games Pentathlon is the ideal Personal Best Challenge and a national virtual competition aimed to connect young people across the Country in a common goal.

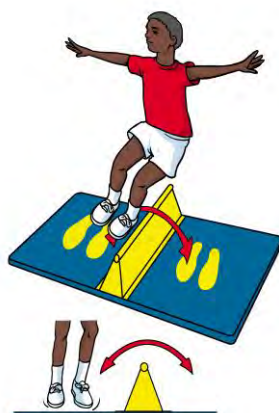
There are 5 events to have a go at!



Standing Long Jump



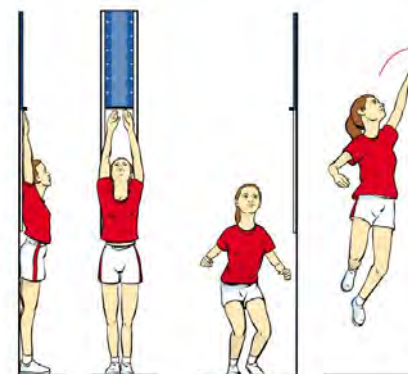
Speed Bounce



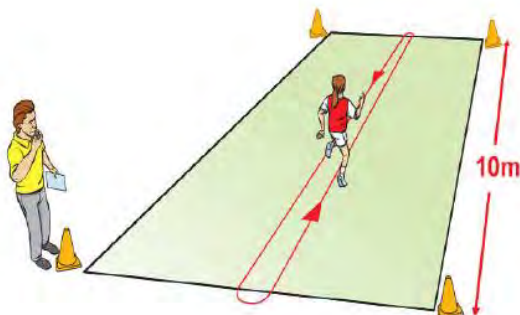
Chest Push



Vertical Jump



10 x 10m Shuttle Run



This challenge runs from **23rd November to 11th December**.

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

All the details of each of the 5 activities and how to submit your scores will be available on the **Active Black Country website** from the 23rd November.

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

The guidance can also be found [here](#).

Personal Challenges & Competition

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

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

Clap Catch

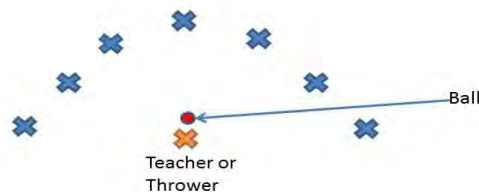
Recommended Age Range: Foundation - Grade 3

Focus: Co-ordination, catching, underarm throwing and teamwork.



| Equipment | Setting Up | Description | Further opportunities |
|---|---|---|--|
| <ul style="list-style-type: none">- Different sized ball- Spots/Cone | <p>Played in any space.</p> <p>Create a semi-circle or circle of spots/cones.</p> <p>The teacher or thrower stands in the middle with a ball.</p> | <p>Students stand on a spot/cone and face the teacher/thrower.</p> <p>The teacher/thrower starts by throwing an underarm throw to students in a random order.</p> <p>Students must clap one time before they catch the ball. If they forget to clap or they drop the ball, they sit down.</p> <p>Students can save their peers by clapping twice before catching the ball. They are allowed to select one peer to save.</p> <p>Students can save all of the 'out' students by clapping three times.</p> | <p>Differentiation</p> <p>Easier:</p> <ul style="list-style-type: none">- Teacher/thrower stands closer to the catcher- Use larger balls <p>Variations</p> <ul style="list-style-type: none">- Allow a student to become the thrower- Add fake/dummy throws into the game and if the student claps, but the ball hasn't been thrown, they are out. |

Clap Catch



Aim:
To clap before you catch and be the last player left!

Rules:

- The teacher/thrower throws the ball to the student and they must clap before they catch it.
- If a student forgets to clap or drops the ball they sit down.
- A peer can save a caught student by clapping twice before a catch.
- A peer can save all of the students who are out by clapping three times before a catch.

Personal Challenges & Competition

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

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

Circle Hoop

Instructions:

1. A group of children should stand in circle holding hands. (After their hands and equipment have been sanitised).
2. Have one pair of children unclasp their hands and place a hoop onto one child's arm.
3. They should all hold hands again.
4. The aim is to move the hula hoop around the entire circle and not break the chain of hands.
5. In order to move the hoop across the circle children can lift their arms up, lift their one or both legs up and step into the hoop.
6. Lift the hoop up over their head and pass it to the next child.



This a great activity to encourage balance practice and motor planning.

Hoop Colour Co-ordination

7 different levels

Aim: To develop gross motor skill coordination.

Howto setup: Set up the hoops as shown in level 1 (see page overleaf). Set up as many level 1 stations as required based on the size of the group. Divide students into groups of 3-5. Assign groups to a track of hoops.

Howto do the activity: Write a key for students to see (right). Students all start on level 1. Students go at their own speed and return back to the start of the line once completed and repeat continuously. The next student should go once the student in front gets to the 3rd hoop. Students move onto the next level once the teacher or students feel they have mastered the level.

Furtherdevelopmentideas: 1. Add more hoops, 2. Change the motor skills, 3. Students create their own levels / track.

What you'll need

Hoops (5 colours)

HOOP KEY

BLUE = 2 FOOTED JUMP

GREEN = 2 FOOTED JUMP & CLAP

ORANGE = BACKWARDS JUMP

RED = 1 FOOTED HOP

YELLOW = FROG JUMP



The PE Shed

The activity can be found on
the next page

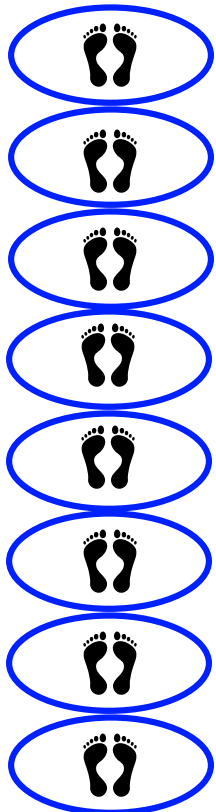
Personal Challenges & Competition

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

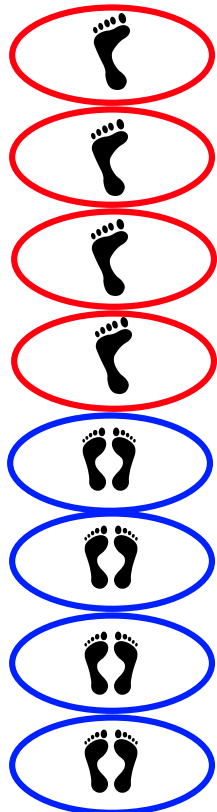
For further video challenges [click here](#).

Hoop Colour Co-ordination continued....

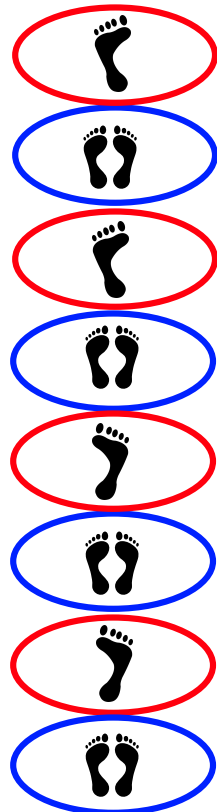
Instructions are on the previous page



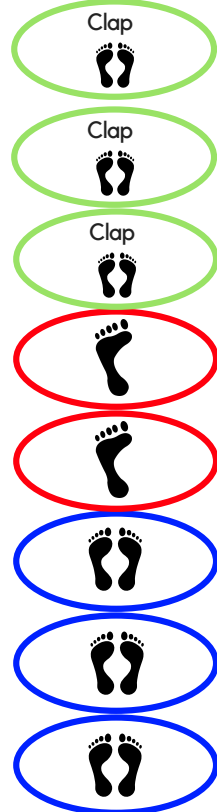
Level 1



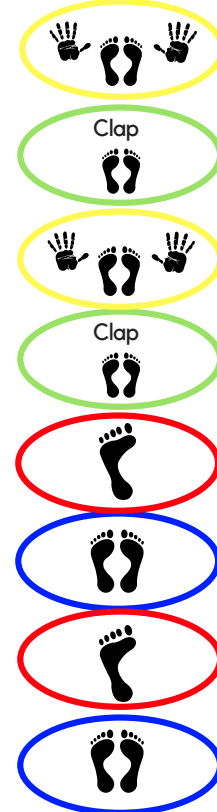
Level 2



Level 3



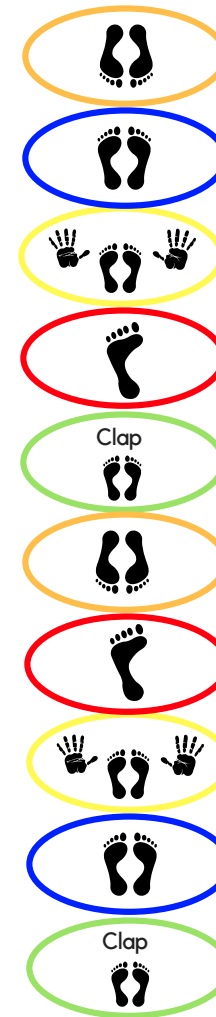
Level 4



Level 5



Level 6



Level 7

Personal Challenges & Competition

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

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

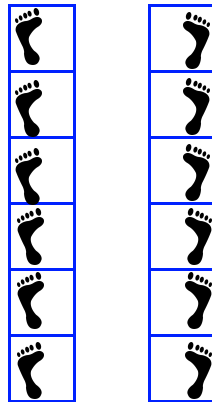


Ladder PE Tasks - 10 Ladder Activities

- What you'll need:
- Athletics ladder or chalk to draw it
 - Foot Spots (if appropriate)



1. Jump on 2 feet in each square.



2. Hop on 1 foot in each square.



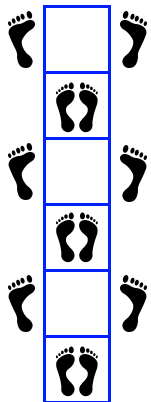
3. Step with both feet in each square.



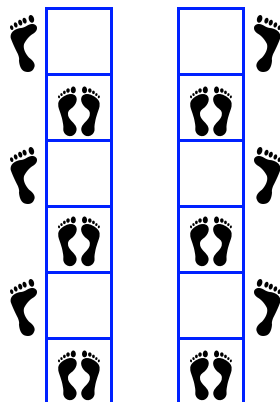
4. Side jumps with 2 feet in each square. Left to right first and right to left second.



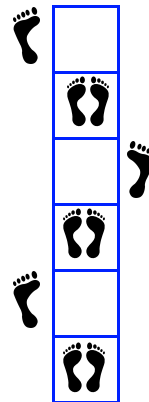
5. Side steps with both feet stepping in each square.



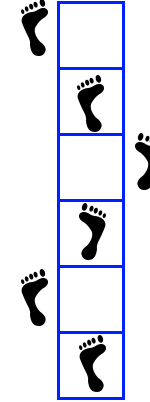
6. Jump on 2 feet in the square then 2 feet out of the square. Repeat.



7. Jump on 2 feet in the square then 1 foot hops out of the square. Try left foot hops first and then do it again with right foot hops.



8. Jump on 2 feet in the square, hop out on the left foot, jump on 2 feet in the square and then hop out on the right foot. Repeat.



9. Hop on 1 foot using the following pattern



10. Jump on 2 feet using the following pattern.

Celebration and Creative Activities

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

Make a Back Flipping Monkey



You will need:

- Monkey template on card
 - If you have a printer and A4 card, simply print the template on the next page
 - Alternatively, print on paper and stick onto a cereal packet or other scrap card
 - If you don't have a printer you can draw your own monkey (or any other animal!) onto card. Just make sure the arms are wide and strong enough to hold the body securely.
- A lollipop stick or a strip of cardboard
- A length of string approximately 80cm long, tied into a loop.
- Colours, scissors, sticky tape

CITY OF
WOLVERHAMPTON
COUNCIL

**WOLVERHAMPTON
ARTS & CULTURE**

1. Stretch the loop of string out on a table and put the lollipop stick in the middle.



2. Tape the top of the string along the top edge of the lollipop stick and the other side along the bottom edge, leaving equal loops of string either side.



3. Colour in and cut out your monkey, then stick its hands onto the lollipop stick.



4. To make your monkey move, hold the ends of the loops on your finger tips and flip it around so the string twists up, then pull the ends outwards and watch it spin!

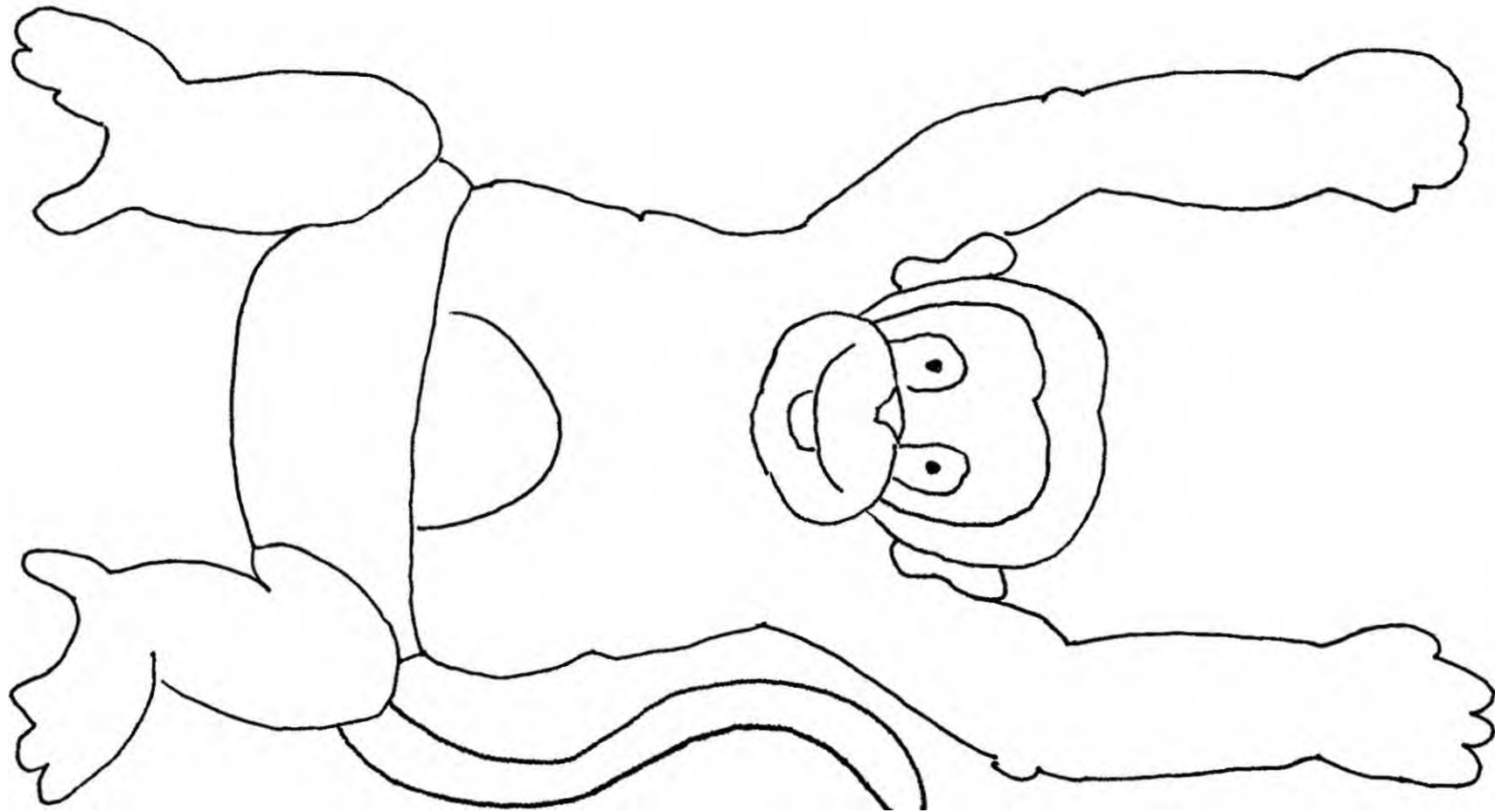


Template on next page...

Celebration and Creative Activities

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

Make a Back Flipping Monkey continued.....



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.

Hanging Monkeys



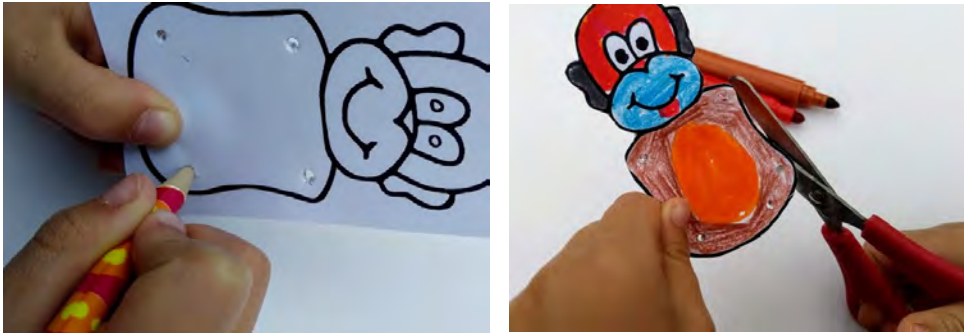
CITY OF
WOLVERHAMPTON
COUNCIL

**WOLVERHAMPTON
ARTS & CULTURE**

You will need:

- Monkey templates on card
 - If you have a printer and A4 card you can print the templates below
 - Alternatively, print on paper and stick onto a cereal packet or other scrap card
 - If you don't have a printer you can draw your own monkeys (or any other animal!) onto card
- Colours, scissors, pipe cleaners

1. Poke out the holes with a sharp pencil, then colour in and cut out monkey.



2. Insert a pipe cleaner through the front of one arm hole, across the back of the body and out through the other arm hole.



3. Do the same with the legs (first and second holes from left), and use the third hole (right) to insert the tail (hook the end over to secure the pipe cleaner).

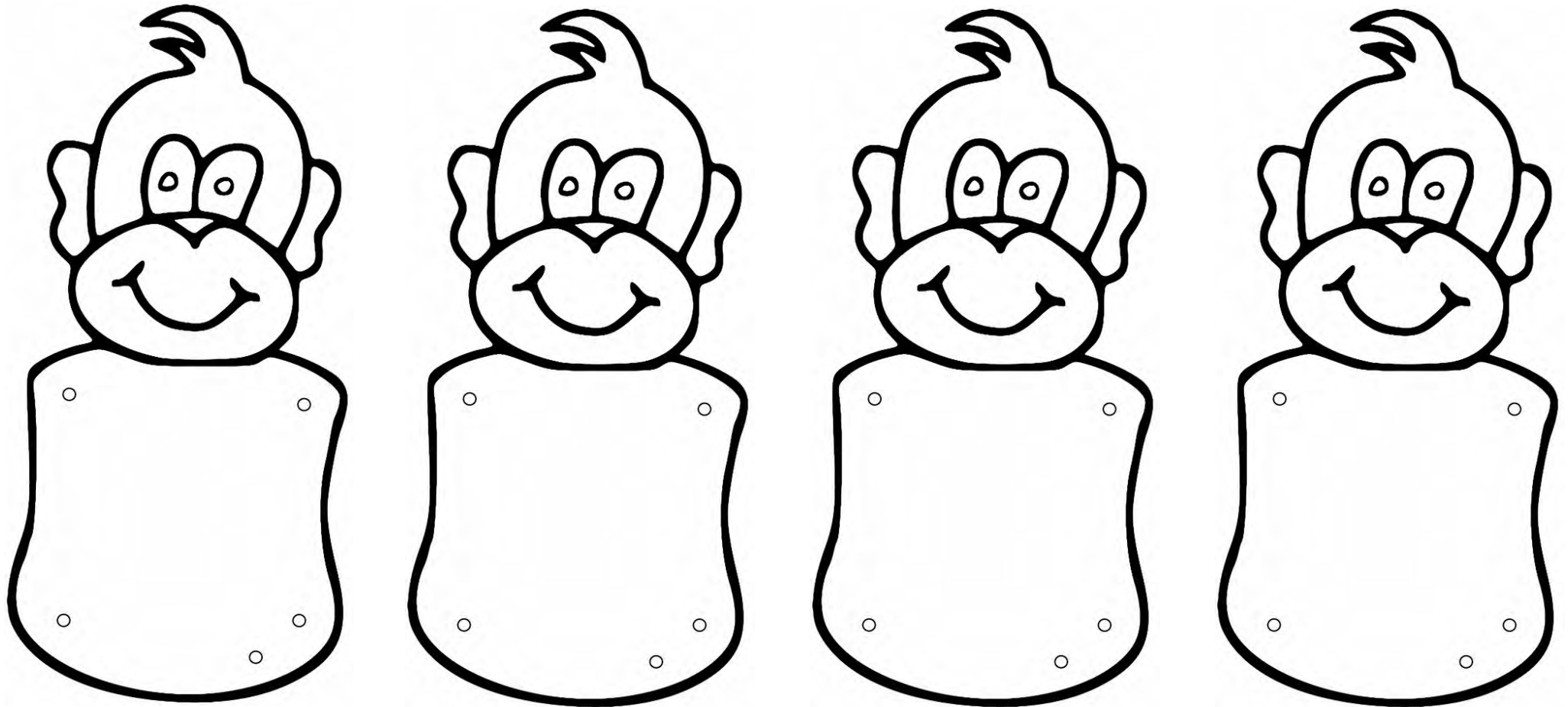


See the next page for some template little monkeys!

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.

Hanging Monkeys continued.....



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.

Drawing the View from my Window



Materials needed: Paper, pencil or pen



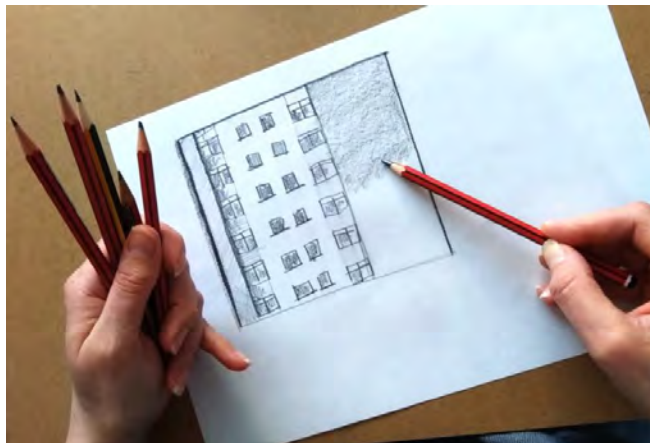
Let's get drawing!

Get your paper, pencil or pen and find an interesting view from a window in your house!

Stand or sit around 2 metres away from the window, get comfy and start to draw the window frame.

You can imagine it is a fancy frame in an Art Gallery! See the frame ideas on the next page. You could draw in those too!

If you're using pencil try shading areas, if you're using pen use cross hatching. Remember to look at what you are drawing!



1. Start to draw horizontal lines to show roads, buildings, these might be diagonal like in picture 1 above.
2. What do you see in the background and foreground? I can see buildings in the background and trees in the foreground. Start to draw these in with shapes and lines. Shade in the larger things in the foreground – this will show it is different to the background.
3. Now add in pattern and texture by using dots, stripes and shading like in picture 3.



CITY OF
WOLVERHAMPTON
COUNCIL

**WOLVERHAMPTON
ARTS & CULTURE**

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.

Drawing the View from my Window continued....

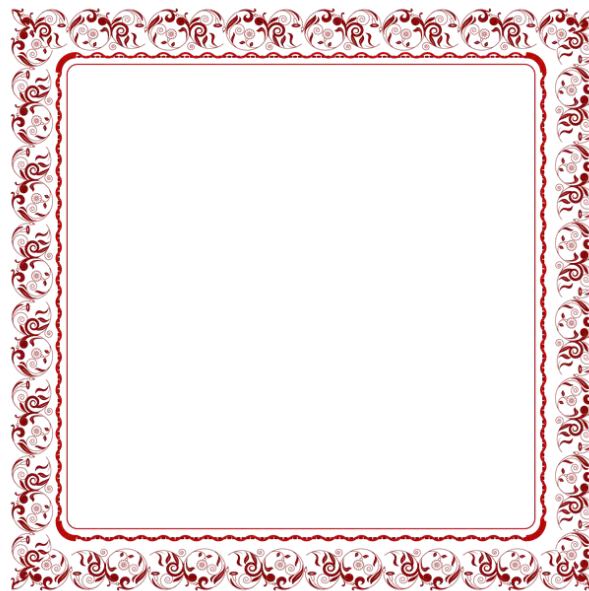
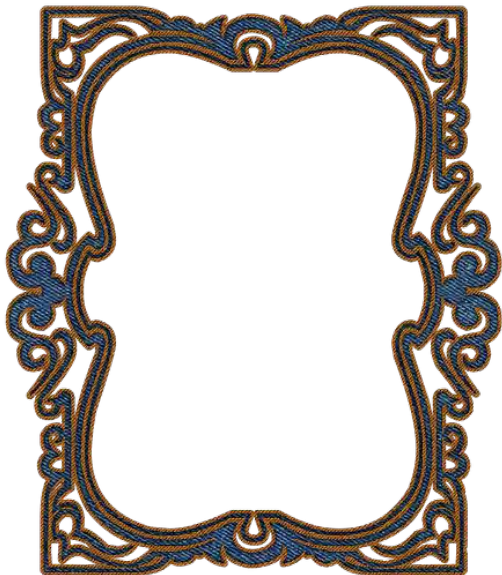
You're doing really well!

Don't worry if it's not perfect, mistakes make your picture more interesting and unique!

Enjoy looking at the view and drawing what you see....

Frame Ideas

You could draw the view from your window into one of these frames



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.

Spiral Snake



What you will need:

- Paper or paper plate
- Paint or pens to decorate your snake
- Scissors

Funded and Supported by



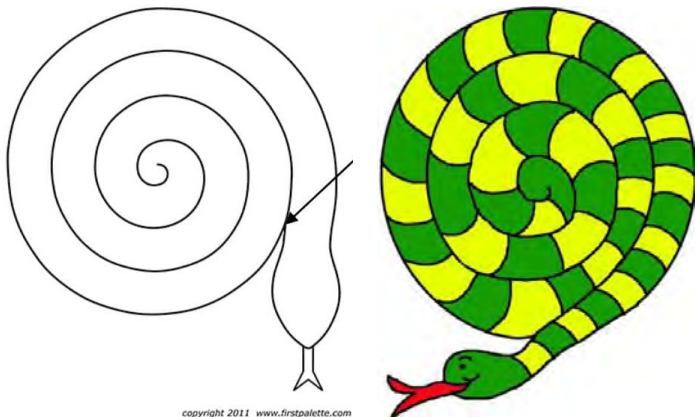
To start your own spiral snake you want to take a piece of paper or a paper plate and draw out your spiral snake (it should look like something like the image in the left corner).

Once you have drawn this it's time to decorate your snake. Use some colouring pens or paint to design your snake. Make it look however you like.

Now it's time to create the spiral, make sure to cut the inner part of the spiral only (start from here and follow the line around).

Now you have finished cutting out your snake, it is all ready for you to use and play with. Have fun!

Spiral Snake



copyright 2011 www.firstpalette.com

Paper Chain Snake



Powered by



What you will need:

- Coloured paper or card
- Scissors
- Glue or sellotape
- Pens or crayons

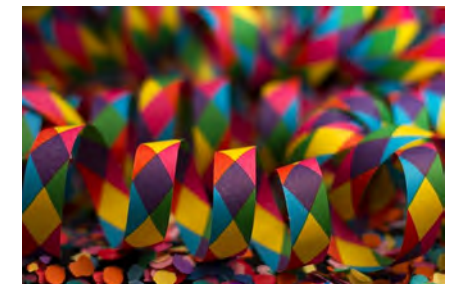
Instructions

Hold your paper landscape and cut strips from the bottom to the top. Create a loop with your strip and glue in place.

Keep inter-linking your loops until you have a long paper chain.



Once done, create a face from a piece of paper and stick in place.



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.

Create a Woolly Hatchling



Materials:

Newspaper, sticky tape, scissors, wool or paper strips, either pipecleaners, card or felt & either googly eyes, buttons or beads.

1. Take 2 pieces of newspaper & scrunch 1 into an egg shape. Wrap the second piece around the egg shape & secure with tape.
2. Make legs & beak by bending pipecleaners or drawing & cutting shapes from card or felt. Attach these to the body with tape.



3. Knot lengths of wool together and attach one end to the body with tape. Wrap the wool all around the body and tie the end in at the end.

4. You can use wool, fabric scraps or paper for the wrapping and add whatever bits & bobs you've got at home for eyes & beaks.

5. Then you can go & play, play, play! You could take them out with you on a walk or build a nest for them at home!



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.

Firework Fun!



Fireworks are beautiful to watch, but we must be safe when around them. Remember the firework code.

This time of year, there are many reasons for fireworks, including Bonfire Night, Diwali and New Year's celebrations. It is wonderful to observe in the sky, owwing and arghing!

Paint firework pictures

Have you tried using a toilet roll and cutting the end and dipping it in paint? It's great fun. When you have finished painting your picture you can turn the roll in to a rocket!

Natural materials - using fallen materials from your garden, on a walk or your local park, create a firework picture.

You can do this over and over again. In fact, you could create a whole display - Not just fireworks, what else can you create.

Fireworks in a jar

Find an old jar and clean it out. Work with an adult to do this and be careful with the glass.

Almost fill the jar with warm water. Then on a separate space using 3 or 4 tablespoons of oil, mix it with food colouring until you have tiny balls of colour. Carefully drop them into the water and see what happens. What does swirling the water do?

Investigate:

There are lots of different ways to develop this experiment. Can you think of any? Can you do some research and find out some fun ways to do this your way? Remember to be safe when doing this, internet and science safety are very important. Always ask your trusted adult for help and advice.



Remember stay safe and have fun.

Health and Safety

We want everyone who takes part in the **#BlackCountryRainbowHour** to be safe as well as enjoy it. afPE have produced the following guidance, and self review tool for risk assessment, to support the Physical Education, School Sport and Physical Activity education workforce which can be accessed below alongside other resources:

[afPE Curriculum and Extra Physical Education Covid-19 statement](#) | [AfPE's Reactivating learning poster](#) | [YST's Safe planning and framework tool](#) | [Primary PE suggested activities in response to Covid 19](#) | [Secondary PE Response suggested activities in response to Covid 19](#) | [SEN PE Response suggested activities in response to Covid 19](#)

Key considerations and principles for schools include:

- Clean frequently touched surfaces.
- Wash hands frequently as part of a clear hygiene regime.
- Minimise contact.
- Ensure good respiratory hygiene.

Please view the latest joint statement on what extra-curricular sport is permitted under government's new lockdown guidance.

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

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

We will ensure all elements of the Rainbow Hour campaign will continuously follow all national and local guidance to ensure compliance and be deliverable in accordance with current social distancing legislation.

For more information please refer to [DFE Guidance for schools](#).

For further details regarding the Rainbow Hour campaign please visit blackcountryrainbowhour.co.uk.

For further ideas on activities to have a go at, visit: activeblackcountry.co.uk/what-we-do/education/school-games.

#BlackCountryRainbowHour
blackcountryrainbowhour.co.uk

Co-ordinated, developed and supported by:



Walsall Council



CITY OF WOLVERHAMPTON COUNCIL