

# *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.*



Black Country  
**Rainbow  
Hour**

## Rainbow Hour Week 5

What a strange 4 weeks it's been! Welcome to week 5 of Rainbow Hour! As always, we've got some fab activities this week. Again, I have put together an advised timetable for this weeks 'Rainbow Hour' activities. In addition to this you can access the weekly activities on the 'Rainbow Hour' section of the school website.

You can also use the 'Rainbow Hour' section of the school website to access previous weeks sessions This works well if you missed any or would want to repeat your favourite activities from the previous 4 weeks.

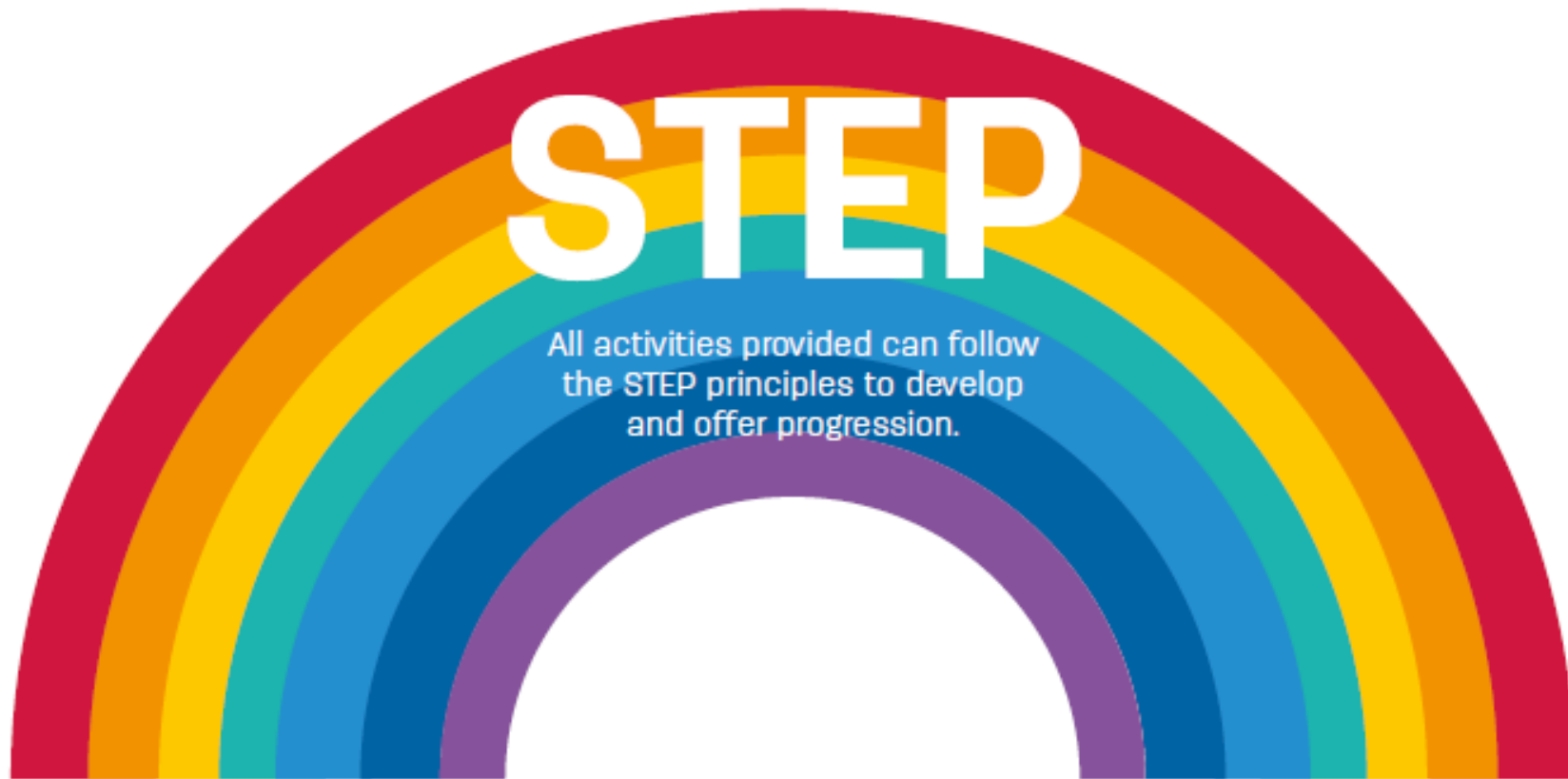
Finally, on the next page, I have kept in the information regarding the STEP principle. This will enable you to change the difficulty of the activity to suit your children.

Don't forget to email your classes with photos of you completing these Rainbow challenges. Please can you **ONLY** send photographs if you are agreeing for these photographs of your child to be put onto our social media pages.

Enjoy!

Mr Fleet.





**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

Week 5

Day 1



# Fielding/Striking Activities

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

## *Super Striker: The Space Race - This is an individual activity*

### *Learning Outcomes:*

- Develop an effective and consistent striking action for hitting the ball.
- Develop accuracy and placement for hitting.

### *Equipment:*

- A bat (or if you don't have one, try a broom or a frying pan, be creative).
- Tennis ball or rubber ball (of any size).
- Cones to make the planets (or any objects you have around your house).

### *Space Race Challenge:*

- Mark out the planets by placing sets of cones on the floor.
- Visit as many planets as you can by dribbling the ball with the bat (you can visit the planets in any order).
- See how many planets you can visit in one minute.

### *Stretch Activity:*

- Bounce the ball on your bat as you visit the planets.

### *Coaching Points:*

- Watch the ball really closely.
- Watch where you are going.

Take a look at this video for a demonstration

<https://www.youtube.com/watch?v=AfYM6RZUERg&feature=youtu.be>



**CHANCE TO SHINE**  
Spreading the power of cricket



Week 5

Day 2



# Ball Skills Activities

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

**Health & Safety:** Make sure there is sufficient space to ensure social distancing. All participants should have their own ball and not pick up or touch anyone else's ball. If you are at school, be careful when collecting a ball from the container. All equipment should be cleaned after every lesson or session. If you're at home make sure there are no breakable objects or sharp edges around and use a soft ball (follow the principles on the back page).

## *Ferocious Fielder: Cone Raiders- This is an individual activity*

### *Equipment:*

- Something to throw with which can be used safely indoors like a soft ball or rolled up socks.
- 5 targets of various sizes.

### *Learning Outcomes*

- To apply running, throwing and stopping skills into a competitive situation.

### *Cone Raiders Challenge:*

- Mark out the 5 targets in different areas of your space (make some easier, some more challenging).
- See how many goes it takes to hit all 5 targets, starting with the easiest and moving up.
- Experiment with underarm and overarm throws.
- If you beat your previous score, move back a step to increase the challenge.

### *Stretch Activity:*

- Try throwing with your other arm.

### *Coaching Points:*

- Use your non-throwing arm to aim towards the targets. Create a strong and stable side on position towards your target.

Take a look at this video for a demonstration

<https://www.youtube.com/watch?v=J9EGTYdl7Es>



Week 5

Day 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.

**DANCE  
FORCE**  
WOLVES

## Early Years Magic Movement - Air Drawing

### The Challenge:

Can you copy the teacher?

- Draw shapes and lines- circle, square, triangle, hexagon, zig zag, lazy 8's, swirls etc.
- Count and repeat each of the actions.
- Encourage the children to develop their own action/movement and link them together.



### STEP

- S - Allocate each child a space. Mark this out for them to work in, or a spot to stand on or a hoop to stand in and work around.
- T - Add music including nursery rhymes and stories to encourage the different movement.
- E - Use different finger puppets, ribbons sticks and scarves. Add music to the session and use different music and encourage moving to a range of styles of music.
- P - Allow them to choose their prop. Encourage them to suggest different movements. Allow them to select a song to use.



Week 5

Day 4



# Outdoor & Nature Activities

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



## Identifying Nature in your Area



Wild Tribe Outdoor Learning

### Butterflies

Create a template and log what you find when you go searching around your school, House or local park! Can you find any of the below?



Week 5

Day 5



# Personal Challenges & Multi Skills Activities

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

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

## Standing Long Jump Challenge

**Age:** Reception to Year 6

**Space Required:** Ensure you have enough area to complete the Jump Challenge.

**Equipment:** Use any safe items or markings that allows you to jump over the challenge safely eg Cones or Jumpers.

**Aims / Targets:** Power, determination, challenge, self-belief. Do you have the self-belief to challenge yourself? Can you jump over different obstacles?

- Agree on the challenge to complete.
- Try to jump over or between markers on the pavement.
- Create a target on a wall that you can use your feet to push off from.
- Use bags or coats to create a distance for you to jump over, increasing the distance each time.
- Make sure the area is clear and safe to use, log your score and see if you can beat it. Share your score with others and challenge each other.



## Rebound Catch

**Age:** Primary and KS3

**Space Required:** Wall and 1 metre line.

**Equipment:** One ball and a wall or solid object.

**Aims / Targets:** To improve throwing ability, reaction time and co-ordination.

- Pupils throw a ball onto a wall/rebound area and attempt to catch it. Each pupil has 30 seconds to complete as many throws against the wall as possible.
- For Health and Safety make sure you use the same ball.
- Other students need to be at least 2 metres away in a safe zone.
- Can you roll a ball off another ball and back to your hands?

