

The Rainbow Book

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

Summer Edition 3



Black Country
**Rainbow
Hour**

What is the Rainbow Booklet?

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

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

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

Red	Fielding and Striking Activities
Orange	Cycling Activities
Yellow	Move More Activities
Green	Outdoor Activities
Blue	Mental Wellbeing and Mindfulness activities
Indigo	Personal Challenges/Multi Skills Activity
Violet	Themed Celebration and Creative Activities

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

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

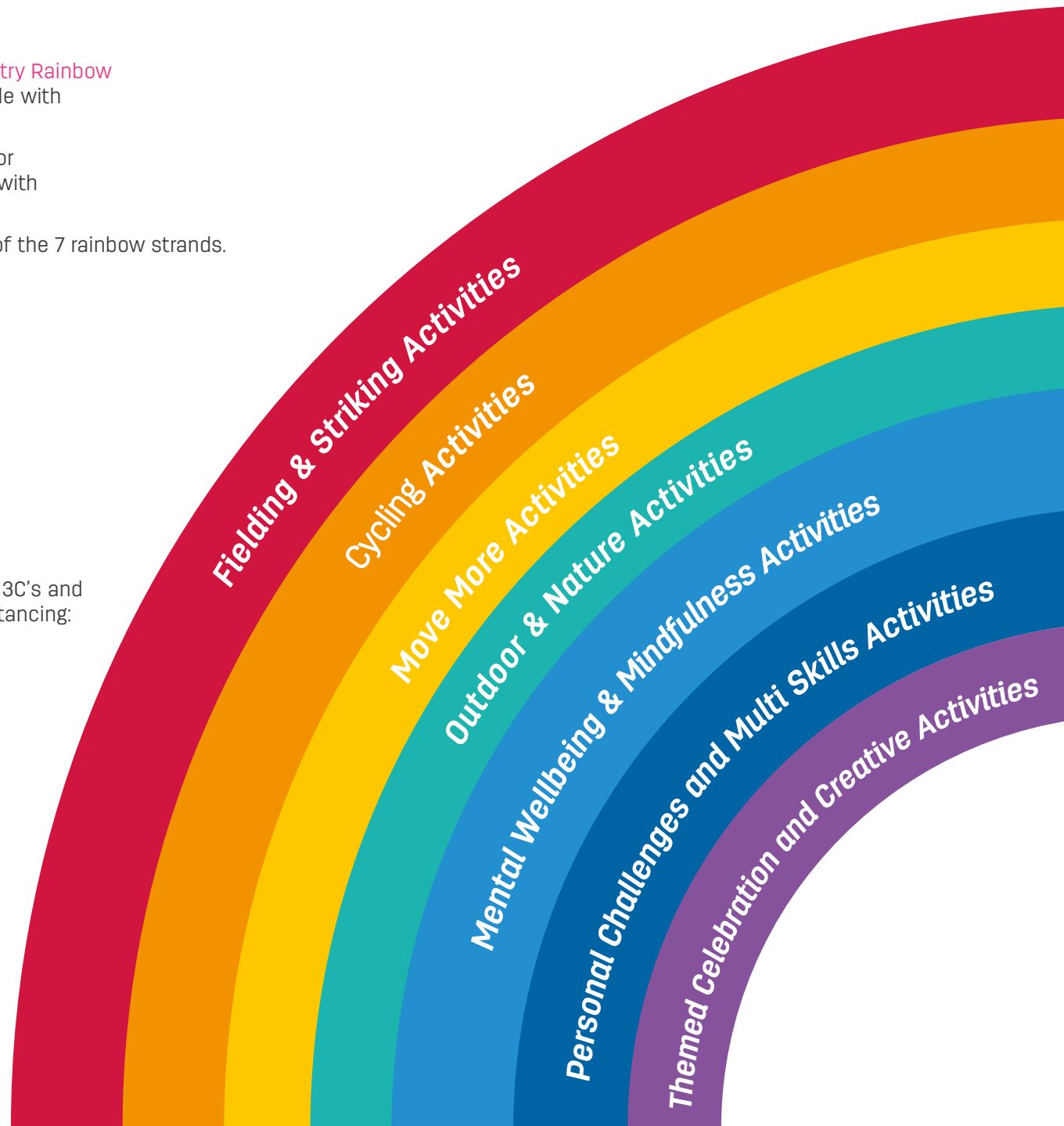
Who is the Rainbow Booklet for?

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

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

Where can Rainbow Hour activities be done?

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





STEP

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

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

Space

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

Task

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

Equipment

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

People

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

Fielding/Striking Activities

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

Floor Tennis



Learning Objective

- To read the ball and react by turning to forehand and backhand sides
- Control the racket face and contact the ball out in front
- Develop a cooperative rally

Organisation

- Equipment: balls, rackets, cones
- Define the playing area
- Position pupils at the side of the area and demonstrate
- Highlight safe use of rackets

Discover

- How quickly can you tell which direction the ball is moving?
- How do you move to stop the ball?
- Where is the best contact point?

Activity

Do activities in order:

1. In pairs Pupil 1 rolls the ball along the floor to one side of Pupil 2 who is in the ready position with a racket. Pupil 2 stops the ball on the appropriate forehand or backhand side with the racket face behind the ball; then pushes it back. Pupil 1 catches the ball and rolls it again. After 3 pushes pupils change roles. Encourage using 2 hands on the backhand side.
2. As above but pupil 2 pushes the ball back without stopping it first.
3. Floor Tennis Rally - both pupils with rackets push the ball along the floor to each other between 2 cones (2m apart).

Easier

- Use hands to stop the ball then push it back
- Roll the ball to each other

Harder

- In a rally both pupils push alternate forehands and backhands
- Stop the ball with a foot then push it with a racket
- Set the cones wider for more movement
- Set the cones narrower for accuracy

Competition

In pairs rally through cones:

1. Count how many pushes in one rally and remember your best score. Compete against other pairs.
2. For every rally of 6 shots in a row win a cone. Collect cones for 2 minutes.
3. Race to do a rally of 10 in a row.

The poster is titled 'MAIN THEME' and 'FLOOR TENNIS'. It features several illustrations of children playing floor tennis. The top section shows a child in a ready position, labeled 'Start in the ready position'. Below that, a child is shown stopping the ball, labeled 'Stop the ball before pushing it back'. Another illustration shows a child rolling the ball to the side, labeled 'Roll ball to either side'. The bottom section shows a child pushing the ball back, labeled '...then try pushing it back without stopping it'. On the right side, there is a 'QUALITY POINTS' section with a list of instructions: 'Put the favourite hand at the bottom of the grip', 'Get ready between pushes', 'Bend at the knees and waist to get low', 'Contact the ball out in front', and 'Push the ball, don't swing at it'. The bottom section is titled 'COMPETITION' and shows a diagram of a playing area with cones and children playing.

MAIN THEME

FLOOR TENNIS

QUALITY POINTS

- Put the favourite hand at the bottom of the grip
- Get ready between pushes
- Bend at the knees and waist to get low
- Contact the ball out in front
- Push the ball, don't swing at it

COMPETITION

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.

Tap up Tennis

TENNIS FOUNDATION TF

BRITISH TENNIS LTA



Learning Objectives

- Make contact with the ball with a controlled racket face
- Develop a cooperative rally
- Get ready between hits

Organisation

- Equipment: rackets, balls, throw-down lines
- Define the playing area
- Position pupils at the side of the area and demonstrate
- Highlight safe use of rackets and balls
- Organise pupils into spaces

Activity

Do activities in order:

1. Solo tap ups - in a defined area tap the ball up in the air each time to head height; let it bounce and tap it up again. Keep repeating 1 bounce, 1 tap up. If the ball goes out of the area, stop and start again.
2. In pairs hits alternative tap ups into the same small area, moving out of each other's way.
3. Micro Tennis - rally with a partner gently tapping the ball to each other over a line and into a small court.

Easier

- Throw the ball up, let it bounce and trap the ball with a hand on the strings
- Roll the ball around on the racket
- Balance the ball on the racket and walk or run

Harder

- Allow different numbers of bounces in sequences 1-2-3
- Use alternate sides of the racket
- Make the ball land on a small target such as a line or spot
- Do low tap ups and high tap ups

Competition

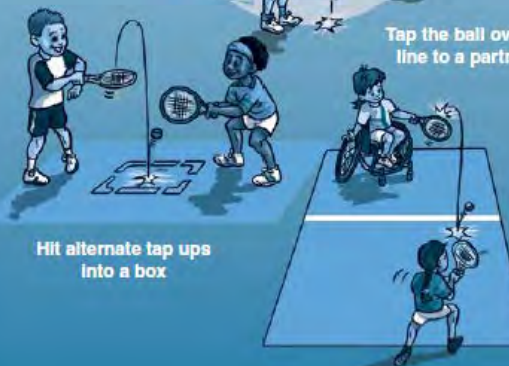
1. In pairs Pupil 1 does tap ups into a defined area and Pupil 2 counts. After 1 minute change roles and continue counting. Compete against other pairs.
2. In pairs in a defined area, count alternative tap ups in a row and record best score. Compete against other pairs.
3. In pairs play Micro Tennis and count hits in a row. Win a cone for 6 in a row. Compete against other pairs

MAIN THEME

Tap the ball in the air and let it bounce



Tap the ball over a line to a partner



Hit alternate tap ups into a box

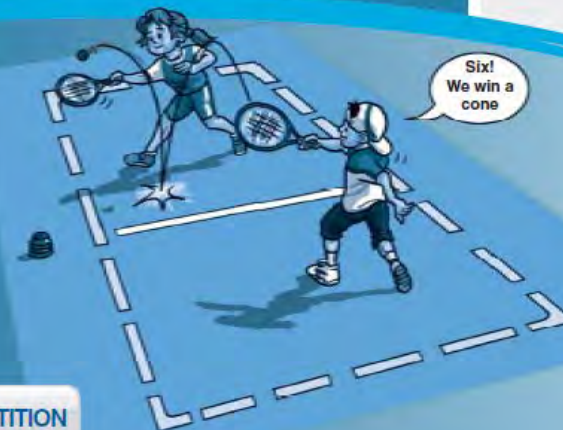
MAIN THEME

TAP UP TENNIS

QUALITY POINTS

- Get ready to move with feet apart and eyes watching the ball
- Control the racket, keep it flat and move it smoothly
- Contact the ball at a relaxed distance from the body
- Tap the ball up to head height
- Bend the knees as the ball falls

COMPETITION



Six!
We win a cone

Cycling Activities

A range of activities and challenges to try with suggestions of locations across the Black Country for you to go to.

Cycling - Ready, Set, Ride Activities

Take a look over the pages for some suggestions on where you could do the following activities in your Local Authority. For more cycling activities visit: www.readysetride.co.uk

Before getting started make sure you're set up and ready to go

Ask these questions

- ✓ Are they taking great big long strides while scooting on a balance bike, putting their feet up and gliding easily?
- ✓ Are they turning and cornering easily, at speed and with confidence on their balance bike?
- ✓ Can you access a pedal bike small enough to let them have a go?
- ✓ Remember, no stabilisers - they will undo all the great balance work.
- ✓ Do they want to try?

Don't rush the pedal stage. It can take time to learn to pedal, become stable and be confident. Even once they are pedalling it is still great fun to go back to the balance bike again. If they are not quite ready, have a go at some of the [Skills 2 Ride - Balance games and challenges](#)

My journey

Create memories with the my journey tool. Simply take photos when you're out and about playing the Ready Set Ride games and upload them to create your own, personalised video.

Start to play



Setting up your bike

Setting the seat and handlebar height is important to get your child in the best position for riding. On most bikes you can adjust the height of the seat and handlebars. You may need some tools for this - either an allen key or spanner.

The handlebars should be set at a height that allows your child to be in full control: just above belly button height when sitting on the saddle is a good guide. If the handlebars are too high or too close to the body then it makes turning and balancing much harder to master.

When your child is learning to pedal, they may need the seat a little higher. They should only be able to place the balls of their feet on the ground, not the whole foot.

If the seat is too low there won't be enough room for your child's legs to spin round and it is then really difficult to push hard on the pedals.

Cycling Activities

A range of activities and challenges to try with suggestions of locations across the Black Country for you to go to.

Skills 2 Ride - Pedals- Ups and Downs

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school.

Let's Go

- In a space, ride while sitting in the saddle.
- Follow the instructions:
 - "Let's climb" – Pedal faster or stand up and pedal.
 - "Downhill" – Freewheel while standing up on the pedals.
 - "Back in the saddle" – Return to pedalling while seated.

Easier

- Cycle in a straight line on flat ground.
- Return to seat when unable to stand on pedals.
- Use slight downhill route to help with momentum.

Harder

- Use small slopes to provide a hill-like environment.
- Speed up the instruction giving.

Out and About

This is a great game to play in a park with a windy twisty path.

www.readysetride.co.uk



Thinking Me

How does pedalling out of the saddle help you ride uphill?



Social Me

Why is it important to listen carefully when playing this game?



Healthy Me

Which muscles do you use most when cycling out of your seat?



Physical Me

What leg action will help you to stand up on your pedals?



Creative Me

How can you make this game more challenging?

Cycling Activities

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Skills 2 Ride - Pedals - Figure it Out

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school!

Let's Go

- Create a figure of 8 shape on the ground, or use objects to be cycled around.
- Cycle in a figure of 8 shape.

Things you may need

- Chalk for drawing arrows. Use two safe objects for riders to ride in a figure of 8

Easier

- Make the figure of 8 bigger or wider.
- Place feet on the ground for support when needed.

Harder

- Reduce the size of the figure of 8.
- Complete more than one figure of 8 at a time

Safety

- Look out for other riders.
- Be prepared to stop for other riders

Out and About

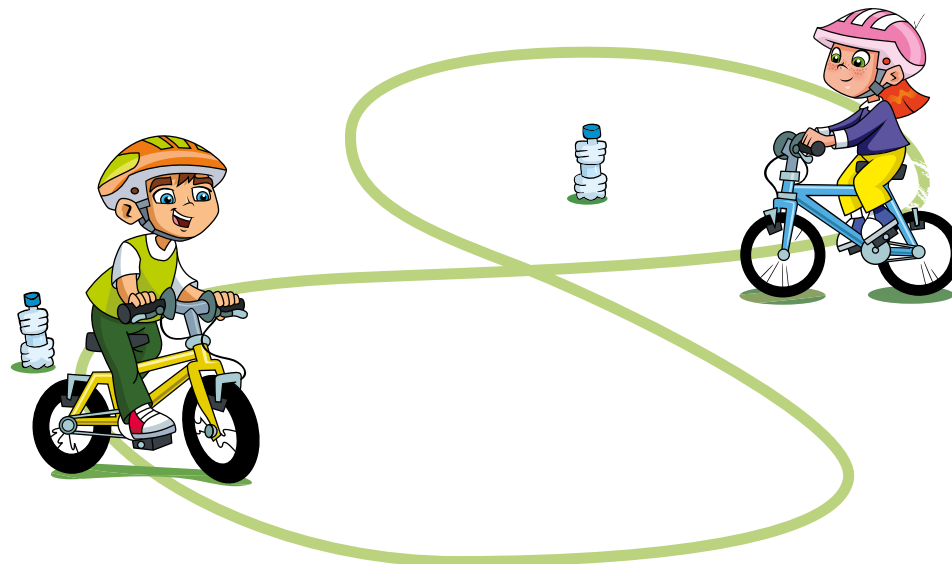
What can you find that you can use to create a figure of 8?

If playing with a group

- Create a larger figure of 8 and include more riders.
- Create more figures of 8 for individual use.
- Play in pairs as a 'follow the leader'.

Create a challenge:

Who shows the most determination when it doesn't go as planned?



Thinking Me

Why might starting at different points on the figure of 8 make the game easier or harder?



Social Me

How can following someone help you to achieve a figure of 8 shape?



Healthy Me

How do you feel when you improve at this game?



Physical Me

What can you do with your body to keep your balance when riding around a figure of 8?



Creative Me

What other shapes could you cycle round?

Cycling Activities

A range of activities and challenges to try with suggestions of locations across the Black Country for you to go to.

Stourbridge Arm Cycle Route - Kingswinford to Stourbridge

Cycle Routes

All recommended cycle routes will be signed, these may use dedicated cycle routes or quieter roads. The routes will be signed as shown below and will show a major destination.



Shared Use

In certain places cycle paths are provided where cyclists and pedestrians can mix safely. Most will be segregated by a continuous white line. Cyclists should keep to their lane at all times. There will also be short distances where there is no segregation, cyclists are reminded to give way to pedestrians at all times on these sections.



[Download the full leaflet here](#)



Introduction

Dudley MBC is committed to promoting cycling, not just for leisure, but also as an alternative, healthier form of transport.

This commitment includes:

- Identifying key strategic and local cycle routes, serving residential areas, industrial estates, schools and shopping centres.
- Provision of cycle parking
- Infrastructure to assist cyclists where appropriate and practicable (for example toucan crossing, advanced stop lines)
- Signing of cycle routes
- Delivering cycle training for all ages

Hints and Tips for an enjoyable journey

- Plan your route carefully. Use this map and others in the same series, to find the safest route.
- Ensure your bike is safe for you to ride
- Carry lights and use them when it is dark and when visibility is poor in the daytime.
- Make sure your tyres are inflated to the correct pressure. This makes cycling easier, and reduces the risk of punctures.
- Wear light, bright clothing (fluorescent is ideal) and add reflective clothing for after dark.
- Carry tools and a puncture repair kit
- Never cycle on the pavement unless signs clearly show it is allowed.
- Follow the Highway Code – it has a special section for cyclists.
- Wear a cycle helmet to minimise the risk of head injuries.
- On marked shared routes, keep to the side marked with a cycle symbol.
- Be considerate. Always slow down to pass pedestrians and other cyclists. Don't try to squeeze past.
- Be especially cautious at blind spots such as junctions, bends, and entrances.
- Fit a bell to warn pedestrians or call out a friendly "hello" – but don't forget that some people have impaired hearing or sight.

Cycling Activities

A range of activities and challenges to try with suggestions of locations across the Black Country for you to go to.

Cycling at Sandwell Valley

If you're looking for somewhere to go for a family bike ride, **Sandwell Valley Country Park** is a great place to visit. As well as a range of surfaced and unsurfaced tracks, there is a fantastic mountain bike trail and also a pump track.

Part of the **Sustrans** National Cycle Network (Route No.5) runs through Sandwell Valley Country Park - providing an ideal route for families with young children to ride on surfaced tracks through pleasant surroundings.

Bike hire and shop

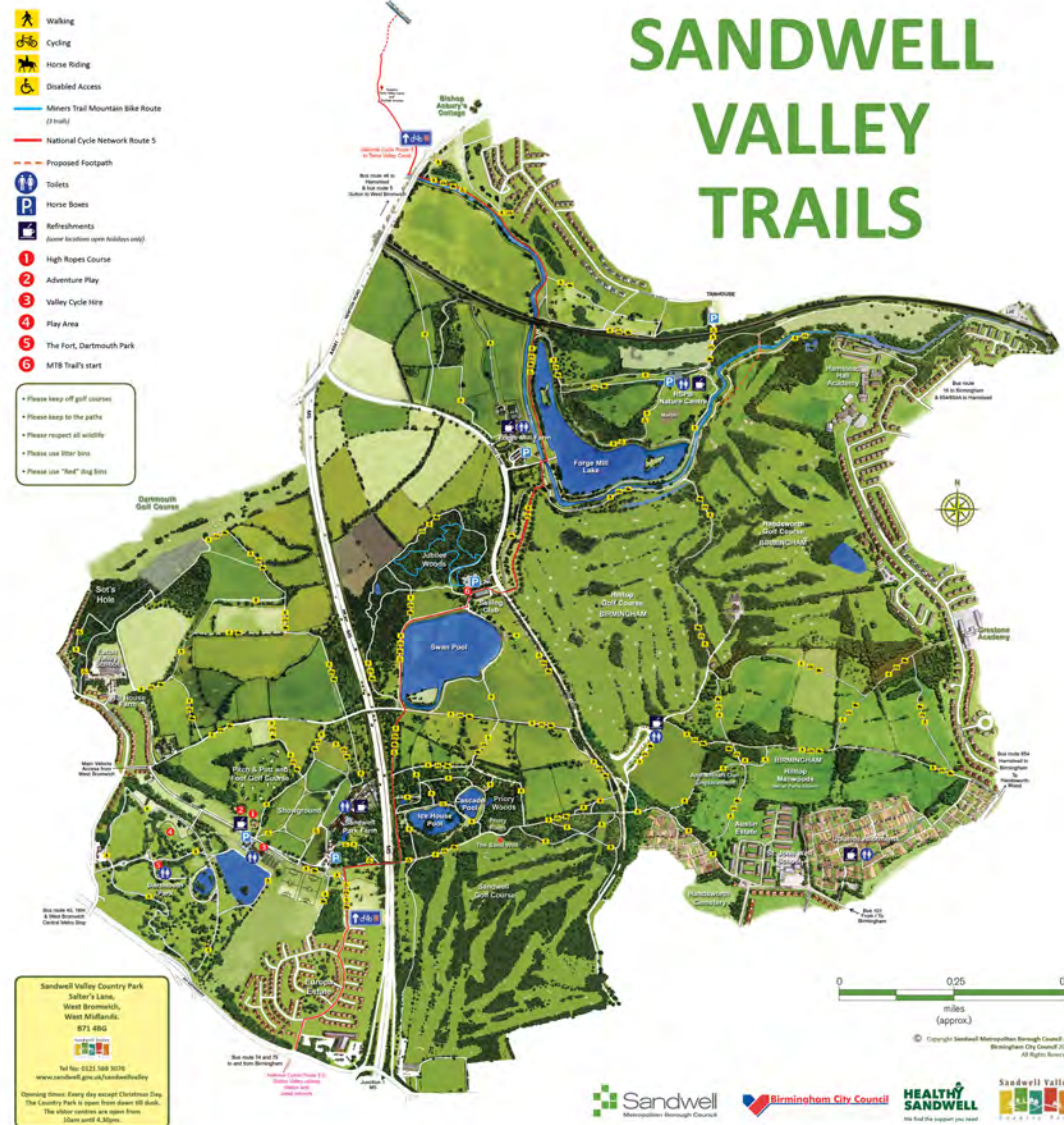
If you'd like to cycle around Sandwell Valley but don't have a bike, you can hire one from **Valley Cycles** which you can find opposite our High Ropes Course. If you decide to bring your own bike and you need some help fixing it, Valley Cycles also do repairs.

The Miner's Trail

The Miner's Trail is a dedicated mountain bike trail which includes three kilometres of trails for all abilities, with some exciting and challenging technical features. It's located in Jubilee Woods next to Swan Pool car park just off Park Lane (B71 3SX).

The trail is free to use. For visitors with roof-mounted bikes, we recommend parking either at Sandwell Park Farm or at Forge Mill Farm.

Take a look at this video of someone riding the Miner's Trail at Sandwell Valley



Cycling Activities

A range of activities and challenges to try with suggestions of locations across the Black Country for you to go to.

Cycling Activities in Walsall

Wheel We Make It - Saturday Family Cycling Group - easy cycling; good company; all welcome (new starters, or those returning to cycling, grandparents, parents, children, single males and females); friendly and social. Mostly "off road" and traffic free, safe cycling. Short 12 mile rides. We also run camping weekends. Cycle rides at various venues on Saturdays at 9.30am, and social evenings at local pubs on the second Thursday of the month at 7.30pm. Also on the third Sunday of the month, a short family ride for all in the Walsall Arboretum, 10am. Visit: www.chasecycling.co.uk for more details.

Walsall Area Cycling is affiliated to Cycling UK the cyclists champion, which offers a range of easy to middle paced leisure bike rides, starting from Aldridge, Pelsall and Bloxwich. Rides head out into rural Staffordshire, Shropshire, South Derbyshire, Leicestershire and Warwickshire with the occasional unusual ride using towpaths and easy off-road routes. Visit: www.walsall-cycling.co.uk for more details.

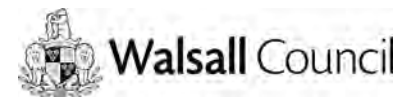
Pelsall Social Cycling Club (PSCC), offer Saturday and Sunday mornings rides starting at 9am. Visit: www.pelsallsocialcyclingclub.uk

Parks cycling opportunities at various sites across the borough. (Reedswood Park, Leighswood Park, Walsall Arboretum, Leamore Park, King George Vth Memorial Park, Rushall playing fields, Holland Park, Doe Bank Park, Oak Park open space, Willenhall Memorial Park, George Rose Park).

National Cycle Network 5 - takes users from Brownhills down to Pelsall, through Walsall Town Centre and then out towards the Broadway West and the University of Wolverhampton Walsall Campus.



Existing Walsall cycling routes, cycle parking, groups and useful information can be seen on the [Walsall Cycling Map \(download\)](#)



Cycling Activities

A range of activities and challenges to try with suggestions of locations across the Black Country for you to go to.

Cycling in Wolverhampton

Wolverhampton City Council recognises the important role cycling and walking can play in providing people with attractive alternatives to the car for some of their journeys.

Wolverhampton is a great city for cyclists; nowhere is too far; steep hills are rare and there are few fast roads to bar your way.

There are many interesting and attractive places within a 10 mile radius of the city that can be reached easily by bike.

Wolverhampton Bike Shed takes donated bikes of all ages and tries to return them to serviceable condition. The bikes are then offered to the public for a donation to Bike Shed funds. Donations of both bikes and funds are essential to keeping the project in a position to purchase consumable parts, like tyres, brake pads and cables which are then used to bring bikes back to life.

Every other Saturday morning you can drop in to the Wolverhampton Bike Shed for their bike repair service at Bradmore recreation ground on Church Road.

If someone wants to watch and learn while the repair is carried out, then the Wolverhampton Bike Shed volunteers are more than happy to show how it is done. All of our volunteers work under the guidance of trained bike mechanics.

[Click here to download the full leaflet](#)

[Click here for the latest Doctor Bike Sessions in Wolverhampton](#)



A few contacts below but more can be found on the leaflet:

Wildside Activity Centre

An opportunity to learn how to repair and maintain your own bike - all ages welcome. Also recycles old bikes free of charge.

www.wildsideac.co.uk

Wolverhampton Wheelers Cycling Club

The club exists to promote all forms of racing and social cycling in the local area. Meet at Aldersley Stadium

www.wolverhamptonwheelers.co.uk

CITY OF
WOLVERHAMPTON
COUNCIL

Move More Activities

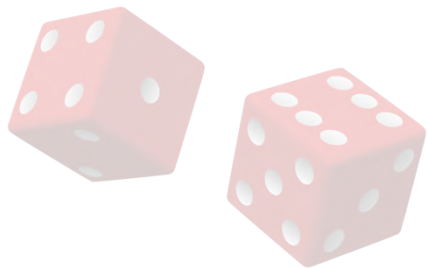
Supporting the development and use of a range of movement patterns helping all children and young people to be physically active for sustained periods of time.

Social Distancing Games

Credit: Lydia Power

Action Dice

Create two big dice – one with numbers and one with actions. Children will roll both dice, represent the action and repeat this accordingly to match the number on the dice e.g. 6 star jumps, 5 claps, 8 hops. You could make this trickier by using two number dice and adding them together!



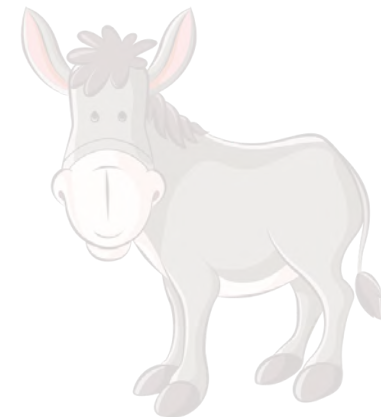
Mirror image

One child is the leader and the other child copies. The leader will do a movement or action and the other child will copy e.g. a wave, a clap, patting of the knees. Children will do this naturally like a mirror – it introduces them to reflection and symmetry but also encourages good concentration and teamwork.



Wonky Donkey

Sit in a circle. Pick one person to stand in the middle of the circle. They are the 'wonky donkey' and put their hands over their eyes. Then silently pick someone to say 'wonky donkey' in a funny voice. The wonky donkey will then wake up and have 3 guesses at who it was that said 'wonky donkey'. Where did the sound come from?



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.

Water Safety

In the garden:

- Never leave your child unattended around water. Babies can drown in as little as 2cm of water.
- Watch kids when they are in or around water, without being distracted.
- Keep young children within arm's reach of an adult.
- Securely cover all water storage tanks and drains.
- Empty paddling pools, containers, buckets and watering cans, as soon as they have been used.
- Always turn paddling pools and containers upside down once empty, so they do not collect water.
- Securely cover all hot tubs and home spas as soon as possible after use.
- Make sure older children are accompanied every time when they swim or use hot tubs.
- Always install self-closing and self-latching gates, fences of at least four feet tall surrounding all sides of any pool, and locks to prevent children from gaining access to home pools or pools of water.
- Install secure fencing around garden ponds (at least four feet high) to act as a barrier or add mesh or a grill on top of the pond (strong enough to support a child's weight without dropping below the surface of the pond water).
- Always turn hosepipes off at the tap, so children cannot fill vessels themselves.

Indoors:

- Always supervise bath time (never leave children unattended).
- Empty the bath as soon as possible after use.
- Close toilet lids and use toilet seat locks to prevent drowning.
- Keep doors to bathrooms and utility rooms closed.
- Vulnerable adults and people who suffer from sudden seizures should consider using showers rather than baths.



Dangers of Open Water Swimming

Do not risk swimming in open water! However tempted you are during hot weather to swim in open water, local lakes or reservoirs – do not put yourself at risk. On average 40-50 children and young people drown every year in the UK because they do not understand the dangers of swimming in open water.

You may think you swim well in a warm indoor pool, but that does not mean that you will be able to swim in open cold water. It may look safe to you and your friends, but open water is deceptive and can be very dangerous.

What you won't see from the surface :

- It is very cold
- There may be hidden currents
- You can't judge the depth
- It can be difficult to get out (steep slimy banks)
- All the hidden rubbish, e.g. broken glass, or dumped metals.
- It may be polluted and make you ill.

Please think of these dangers and stop yourself!



ROYAL
LIFE SAVING
SOCIETY UK

The Drowning Prevention Charity



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.

Paddling Pool Games

Target Splash

Step back from the paddling pool and try to land an object in it. Have three attempts and if you can do it take another step back and have another three goes. How far can you go back? opponent. Race again but this time take off one item at a time until you have finished.

Clear / Fill the Pool

Fill the pool with a range of floating items (ball pool balls would be perfect). How quickly can you clear them out of the pool. Play it the opposite way round or clear them into a target area.



Blow Ball

Kneel outside the paddling pool and try to blow a lightweight object across the pool. Challenge an opponent to a race!

Obstacle Course

Create an obstacle course that involves the paddling pool and challenge your friends and family to complete it successfully

Olympics Challenge

Choose an appropriate toy that floats and challenge an opponent to a 50m / 100m race across the paddling pool. Each 'length' of the pool could be 25m / 50m. You can splash the water to make your toy move but the only time you can touch it is to turn it round. Race it on its back or front!



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.

Marathon Step Challenge

www.pescholar.com/home-learning

The average steps to complete a marathon is 63000! Can you complete one in a week or quicker?

- Using a step counter app or watch
- You need to complete at least 9000 per day
- Each day record your steps
- How quickly can you get to 63000?
- What is your total steps for the week?



	Number of Steps
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Total Steps	



Build a Birds Nest



Who's the best architect in your household?

Outside birds are busy building nests ready to lay their eggs so why not challenge your kids to have a go too? Can they build a nest strong enough to hold a clutch of eggs and withstand the wind?

You'll need some basic materials you should be able to find in the garden. First hunt about for plenty of slender twigs. You'll need to weave them together to make a nest so the bendier the better! Once you have a basic nest shape you can plug the gaps with tufts of dried grass and fallen leaves.

How does it look? Test it out by putting some small stones or tree cones inside.

Can your nest take the weight without falling apart?



Outdoor & Nature Activities

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Leaf ID



Be a super spotter!

How many trees can you identify?

See if you can find all these leaves in one of the parks or nature reserves on the next few pages.



Alder ✓



Beech ✓



Oak ✓



Sycamore ✓



Birch ✓



Holly ✓



Hawthorn ✓



Elder ✓



Field Maple ✓



Rowan ✓



Horse Chestnut ✓



Hazel ✓



Ash ✓

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Walking in your Area - Dudley

Saltwells Local Nature Reserve

Saltwells Nature Reserve is one of the largest urban nature reserves in the UK. It is home to ancient bluebell woods, dragonfly filled wetlands and orchid covered grasslands making it well worth exploring.

However at about 100ha (250 acres) and two and a half miles long where do you start?

We suggest you first try out one of the three self guided trails. These are marked out along their route with posts and signs. [This map shows you](#) these routes and has some of the other main paths, for when you want to strike off and explore the rest of the nature reserve.

The reserve has many meadows and woodland seating areas, ideal for picnicking.

Saltwells Local Nature Reserve is a superb scientific and educational geosite. It contains three geological Sites of Special Scientific Interest. [Click here to download the geosite information.](#)

Walks around the woods and along the Dudley No2 Canal (which runs through the site) reveal a wealth of geological and mining features.



Mary Stevens Park in Stourbridge is a well-loved community asset.

Facilities include:

- Outdoor gym
- Healthy Hub Activity Centre
- Large play area
- Toilets, and disabled access WC
- Café in the tea gardens
- Water play feature (seasonal)
- Tennis courts and multi-use games area (MUGA)
- Heath Pool (duck food available from activity centre and cafe)
- Crown Green bowls and croquet (charges apply)
- Stourbridge War Memorial
- Bandstand
- Free car parking subject to availability

Dudley Council recently completed a heritage lottery project which secured £3.1 million investment in improvements to the park including: restoration of the Grade II listed park gates, Bandstand, War Memorial, Heath Pool and the creation of a Café.



Outdoor & Nature Activities

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

Walking in your Area - Sandwell

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

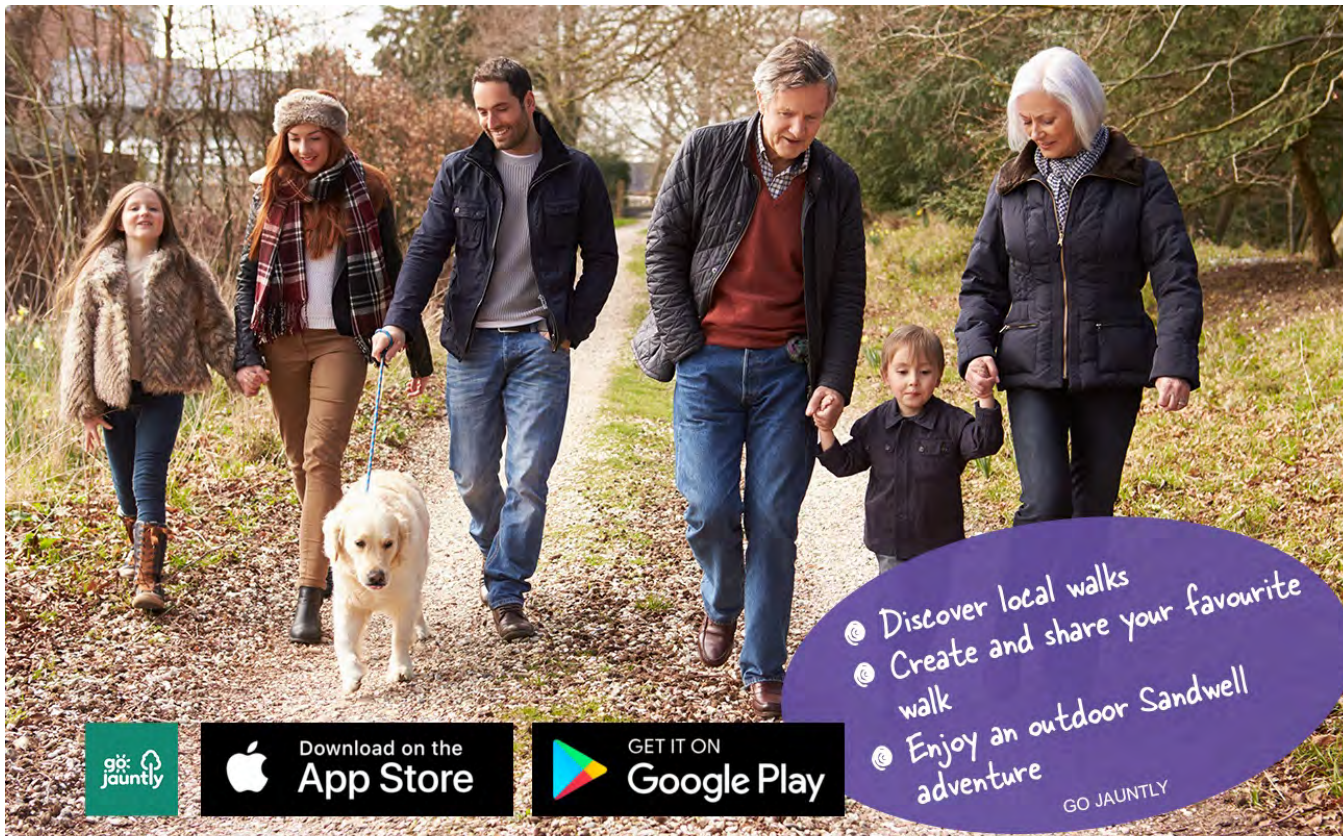
Or [click here for other walks](#) and more information on all Sandwell's parks and green spaces.

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

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

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

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



Discover local walks
Create and share your favourite walk
Enjoy an outdoor Sandwell adventure
GO JAUNTLY



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We find the support you need

How will you #MoveMore?

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

#MoveMoreSandwell

Twitter Facebook @HealthySandwell

Outdoor & Nature Activities

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

Walking in your Area - Walsall

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

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



[Walsall health walks](#) (due to restart in August 2020)

Several of Walsall parks have information boards with planned walking routes on (Willenhall, Palfrey, Reedswood, Kings Hill, Holland Park, Arboretum)

Several of Walsall Nature reserves have information boards with walk routes on (Shire Oak, Moorcroft wood, Fibbersley, Rough Wood Chase)

[Nordic walking](#) is also available in Walsall

The [Love Exploring App](#) puts the power of discovery in your hands this summer, by providing a range of active family games and guided tours that are fun to do and free to use.

Walsall walk on has a [map my walk page](#) with several short mapped walks. Why not sign up and search Walsall walk on for ideas?

For those looking to walk further a field you could join the Walsall group of the [ramblers](#).

Walking in your Area - Wolverhampton



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



[St Peter's Collegiate Church and Lich Gate War Memorial Gardens](#) occupies a site of great historical importance; the settlement of Wolverhampton became a centre of local religious, political and economic importance during the 10th Century, although the original church had its origins in the 7th Century.

Visitors to [Phoenix Park](#) can enjoy a variety of attractions:

- Sensory garden
- Children's play area
- Seated amphitheatre
- Two ball courts
- Shelters with integrated radio
- Network of paths
- Outdoor fitness equipment
- Playing fields
- Wildflower meadow areas
- Lavender maze
- BMX track through the woods
- Woodland area

Well worth a visit.

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.

What would you do?

Overview of the activity

Sometimes in our families, things don't always go the way we want them to and we can end up feeling frustrated, upset or angry. What can we do in these situations?

Ben and his friend Kamal's football team haven't played together since the season ended.

They've all arranged to meet up this Saturday for their first practice in several weeks.

- "Hi Ben. I've got a problem about meeting up for football. There's been a big row at home as my younger sister wants to see her friends on Saturday and Mum said no.
- She got angry and couldn't see why they won't let her go out by herself, because she is going to her new School in September and all her friends are meeting up.
- Dad said she was too young to go out to the park by herself. She answered back, said it wasn't fair as I could go out when I wanted. Dad got really angry and grounded both of us, he said we both have to stay in and help Mum.
- I'm really angry with them because, and I'm worried I'm going to lose all my friends because I haven't seen them for ages."



Before you turn to Ben's reply on the next page, Think about what you would do? This might help you make a decision.

1. Talk about Kamal's problem with the adults in your family. How do they feel about the age that children should be allowed out unsupervised? What things could Kamal's Parents put in place to make sure that his sister is safe?
2. Talk to a younger sibling/cousin or friend. What do they feel about going out to meet their friends without adults being around? What are they allowed to do? What things about being independent do enjoy and what bits they worry about?
3. Has anything like this ever happened to you? How would you feel if you had been grounded for something you haven't done? **What would you do and how would you discuss it with your parents?**

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.

What would you do? continued

"Hi Kamal. That's not fair, it's not your fault, can't you explain to your Dad it's important for us to meet up? Especially as we've had such a long break.

I know how you feel; I'm really worried about going back in September. I don't know what we are all going to say to each other.

My mum's been pretty good, she says everyone will feel the same and the best thing is to think of something we can do together to support each other, like our football.

Your sister must feel a bit scared as well so perhaps you should talk to her and find out how she feels?

Shall I see if the team can meet next week as well, so you can be there?

Don't worry at least you've got me as a good friend; we can meet up any time you want.

You never know, your dad might change his mind if you tell him how you feel?"



What do you think happened, did Kamal's Dad let him go to Football?

It's important to talk your problems and feelings through. This could be with your family or friends. If you don't, how can they know how you feel? It's not always easy though, sometimes it can feel like adults aren't listening to us fairly.

1. Have you had a problem like this where you have had to put your anger and disappointment on one side and think the problem through calmly and logically? What happened? How did it work out for you?
2. When something happens to you and you're maybe feeling down or lacking confidence, what do you do?
3. Try not to focus on all the negative things, think of something you're good at, or something that makes you feel positive, write it down, or talk to a friend you trust.
4. How do you support your friends? Are you a good listener when others need you to be?

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](#).

Climb Snowdon Challenge

www.pescholar.com/home-learning

Can you complete 4613 steps to conquer Snowdonia?

- Use the stairs in your house (approx. 14 steps)
- You need to complete at least 660 steps per day
- That's 47 times up your stairs each day
- Each day record your steps
- How quickly can you get to 4614 steps?
- What is your total steps for the week?

	Number of Steps
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Total Steps	



Human Knot

Instructions

1. Stand in a circle shoulder to shoulder.
2. Everyone needs to put their hand up in the air.
3. Using your left hand join with the person standing opposite you.
4. Using your right hand join with someone else in the circle who isn't standing next to you.
5. You are now in one big knot and you need to untangle yourselves and finish in one big circle
6. You are not allowed to let go of each others hands.

- How long will it take you?
- What did you discover about your team?
- What did you find was effective?



Key words: Team work, communication, problem solving.



Personal Challenges & Multi Skills Activities

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

Keep your Tails

www.yourschoolgames.com

Achieve the Challenge

The aim is to protect your tail and see how many times you can get your partner's.

How to play

1. Get into pairs.
2. Mark out a small area to play inside.
3. Attach three tails to yourself (bibs or a tag rugby belt), one on each side and one at the back.
4. Face your partner with your toes facing forwards, knees slightly bent, straight back and hands on your hips.
5. Bow to your partner and begin trying to catch their tails.
6. If all three tails are caught, replace them, and the play starts again.

Equipment

Essential

- Bibs or rugby tags.

Optional

- Cones/markers to mark out an area.

Safety

- Make sure the area is safe.
- Watch out for hitting into other players when

Link it up

This game will help you with agility and quick feet which are useful skills in sports such as boxing, fencing and judo.

Think tactics

- What do you need to do to make it difficult for your opponent to catch your tails?



Spirit of The Games



Respect:

Why is it important to bow to your opponent?



Teamwork:

Do you help your opponent when replacing your tails?



Passion:

Are you excited about playing this game?



SCHOOL GAMES

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](#).

Keep your Tails

www.yourschoolgames.com



STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- S** Decrease the area size.
- T** One foot must stay in the same place, so can lunge but not move.
- E** Create longer tails.
- P** Only one person with tags and take turns.

HARDER

- S** Increase the area size.
- T** Players decide which tag, left, right or back they must go for.
- E** Add more tags.
- P** One person with tags, two people stealing.

Roles for leaders and officials

- Make sure all the equipment is ready.
- Mark out the playing area.
- Time the games.
- Check the scores for each pair.
- Make a judgement about whether you need to increase the time.

Change it up

- Add more players per team and play 2v2 or 3v3.
- Play for one minute and see who has caught the most tails in that time.
- Can you find a safe way of adding tags to different parts of the body?
- Use mats as a way of creating an area to play.
- There are lots of ways that this game could be played. Be creative and come up with your own versions!

SMILES DETECTIVE

It's important to make sure you can answer **YES** to the following questions.



SMILES checklist:

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you can't answer **YES** to these questions, make sure you **STEP in**.

Including Everyone

- If someone can't see very well, give them a partner with a bell.
- The partner shakes the bell in different areas and the other player has to tag it.

Celebration and Creative Activities

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

Theme: Fun Family Activities

Make a Pop Up Card

www.creativeactivelives.org.uk



1. Start with an A4 piece of card.



2. Fold over to create a square and cut off the rectangle that will be extra or if using the template simply cut along the dotted line.



3. Fold your square so that you have lines like the ones shown above.



4. Have your square so it looks like a diamond like in picture 3. And take the right hand point of the diamond and push inward.



5. Do the same with the left hand point.



6. You should now have a shape like this.



7. Take your second piece of A4 paper and fold it in half as shown or if using the template, fold along the line.



8. Put glue on one side of your folded shape



9. Position and stick it down to your other piece of paper so that the top point sits exactly on the line. Make sure that the opening to the shape is at the bottom.



10. Put glue on the other section of your diamond shape.



11. Fold the A4 sheet down so that it forms the card and sticks the shape to the other side.



12. When opened, the inside should pop up like this!! And now it is time to decorate it.



Celebration and Creative Activities

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Theme: Fun Family Activities

Make Bubble Foamers

www.creativeactivelives.org.uk

You can use these to make bubble snakes and bubble sculptures, and huge piles of sensory, squishy, and even scented bubble foam.

Step 1

Take an empty, small plastic bottle and cut off the bottom of the bottle about half way down. You will need sharp scissors, so let a grown up do this bit! Once you have cut off the bottom of the bottle, you can recycle the bottom part – we are just going to use the top section. Check around the edge for any sticking out bits that may be sharp, and cut these off.

Step 2

Take an old sock, or a square of material from an cloth or old T-shirt for example big enough to be able to easily cover the wide end of the bottle and hang down the sides for a few centimetres. Place this over the end of the bottle and secure in place using an elastic band.

Step 3

Dip the fabric covered end into your bubble mixture, then put the narrow end in your mouth and BLOW! You can use any bubble mixture you have, washing up liquid mixed with water and even shampoo! Baby shampoo is ideal so that if foam goes flying while you play, it won't sting if it gets in your eyes.

Bubble Foam Play Ideas

You can have so much fun with bubble foam! You can use the different sized foamers to make bubble foam sculptures, make bubble mountains that you can squish with your hands, or by using some spare cloth to flatten down for soft, sensory fun.



Watch the Youtube video on how to make your bubble foamers

The Best Giant Bubble Liquid Recipe



Ingredients:

Makes 1 litre.

1/4 teaspoon of Guar Gum powder

1-2 tablespoons Vegetable Glycerin

1 litre of warm water

50ml washing up liquid (Fairy Green or Blue is the best for the biggest bubbles)

(Optional) You can add 1 tsp baking powder to balance the pH of the water, but this isn't essential

How to Make The Giant Bubble Liquid

1. Mix the Guar gum and the Glycerin together stirring well, until the mixture is free of lumps, and not too thick
2. Add this to the warm water in a mixing bowl, at a slow trickle, stirring well and continue to stir.
3. Measure out 50ml of Fairy Liquid, and slowly pour this into the mixture in the mixing bowl, gently stirring. Try not to make a lot of foam, as if it's foamy, your won't get lovely big bubbles.
4. Gently stir to combine. If you have Baking Powder, you can add that – it fizzes as it comes into contact with the water! Stir well but gently.
5. If you can bear to wait until the next day to use it, giant bubble liquid is better the next day. But don't worry! You can use it now if you want to.

Watch the Youtube video on how to make giant bubbles with your hands!



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Theme: Fun Family Activities

Wolverhampton Community Garden Design Competition

Do you want a chance to win a 1 year WV Active Leisure centre pass?

Help us to create a community garden at **Park Village Education Centre, Wolverhampton. WV10 0RA**

Try to make our garden a safe place to be.

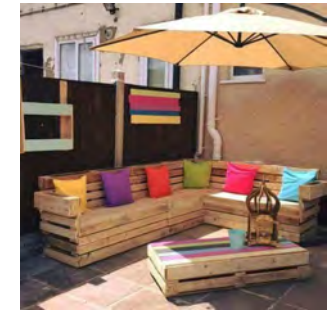
Your design should include:

- Hedgerows to the right and front (see site plan) and Vegetables, fruits and flowers
- A place to play and exercise, relax and pray

Materials may include:

Pallets (that can be used to create garden furniture, raised beds and plant pots), a vegetable patch, willows and recycled materials

Garden designs can be on A4 paper or computer generated

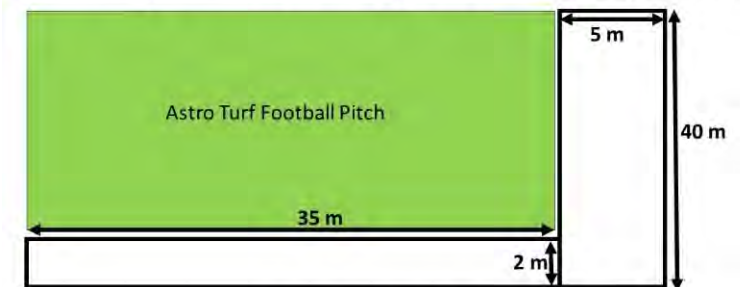


Entries should be submitted to either:
bethune_smith@blackcountryconsortium.co.uk
or achieve@aladdinseducation.com

Closing date : Friday 21st August 2020



Site map of Park Village Community Garden



Cannock Rd, WV10 0RA

Health and Safety

We want everyone who takes part in the **#BlackCountryRainbowHour** to be safe as well as enjoy it. afPE have produced the following guidance, and self review tool for risk assessment, to support the Physical Education, School Sport and Physical Activity education workforce during this period which can be accessed **here**. Key considerations and principles for schools include:

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

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

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

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

For more information please refer to **DFE Guidance for schools**.

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

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

#BlackCountryRainbowHour
blackcountryrainbowhour.co.uk

Co-ordinated, developed and supported by:

