



SPRING
edition



MY



ACTIVE

RAINBOW

CHALLENGE



Complete fun activities, earn Kent School Games
rewards, and celebrate by creating rainbow pictures
to display in your window!





MY ACTIVE RAINBOW CHALLENGE




A note from Kent School Games

Because life is still a little tricky right now, we will not be able to bring you our usual events during the Spring Term, but don't worry! You can still help your school win rewards by completing our My Active Rainbow Challenge.

In 2019, the 'Active Rainbow' was launched to support your school to help you achieve the **recommended 60 minutes of physical activity** a day. It focuses on seven key areas, and includes tools and activities that encourage movement in the classroom, even when doing other subjects like literacy and numeracy! Did you know that being active is also really good for helping you to learn and remember things, and for showing that you can always improve.

The Kent School Games 'My Active Rainbow Challenge' follows the same idea. It will help you to stay fit and healthy at home, even if you can't go to school or other activities, with fun, easy and creative ways to keep your bodies and minds active, through challenges you can do by yourself and at home.

Best of all, the My Active Rainbow Challenge is **FREE for all schools and families** with school-aged children in Kent and Medway. Use it just to give you ideas, or complete a whole set of challenges and colour in your very own certificate, it's up to you! In this pack you will find lots of activities, but we will also be sharing extra ideas on our Social Media Channels so do keep an eye out!



Thanks to our sponsors Arriva and Sport Directory UK, there are five £500 and five £250 sporting goods vouchers, plus ten trophies, to be won by the schools with the highest percentage engagement.

Best of luck, and most importantly – have fun!



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SPORTS DIRECTORY[®] UK

Kent
School Games



arriva

MY ACTIVE RAINBOW CHALLENGE

Complete fun activities, earn Kent School Games rewards, and celebrate by creating rainbow pictures to display in your window!

1

Choose a rainbow picture to draw and colour – there are some examples on the next pages, or design your own.

2

Each day, select a different colour, and complete an activity from the chosen set of clouds.

3

Colour in a section of your picture. After seven activities, your challenge is complete!

4

If your school is taking part, let them know you have completed a Rainbow*

5

Colour and display your certificate with pride.

A £500 Sport Directory UK voucher and a Winner's trophy will be awarded to the top five Kent schools with the highest percentage of pupil engagement!

A £250 Sport Directory UK voucher and Runners Up trophy will be awarded to the next five Kent schools with the highest percentage of engagement.

**Schools/Teachers - for competition details and how you can submit your monitoring information, see www.kentschoolgames.com/my-active-rainbow-life/my-active-rainbow*

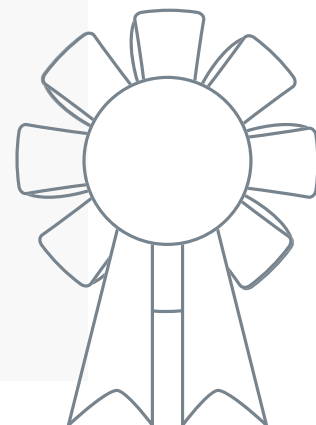


MY ACTIVE RAINBOW CHALLENGE

A certificate for you to copy (or trace) and colour,
as you complete the activities.



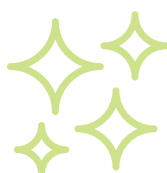
I COMPLETED
THE KSG
MY ACTIVE
RAINBOW
CHALLENGE



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MY ACTIVE RAINBOW CHALLENGE

Some rainbow pictures for you to copy (or trace),
and colour, as you complete the activities.



CRAZY CARDIO

*Activities to get
your heart pumping*

Activity 1

Run on the spot for 30 seconds in every room in your house! GO!

Activity 2

Place two towels on the floor, with a space in between. How many times can you jump from one to the other?

Activity 3

Make up a dance routine and perform it for your family.

*Search 'Disney Dance Along' for ideas.
Or see useful links on page 21.*

Activity 4

Create a fitness circuit with five different moves for you and your family to do.

Activity 5

Take part in one of Youth Sport Trust's After School Clubs on a Tuesday/Thursday.

Complete an activity

Record your feelings on the checklist

Colour part of your picture RED

CRAZY CARDIO

*Activities to get
your heart pumping*

Activity 6

How many Jumping Jacks can
you do in a minute?

*See page 21 for
useful links.*

Activity 9

Daily mile. Can you get your
exercise by running or walking
a mile?

Activity 7

Make up a 'Wake & Shake'
routine to get moving and get
your day off to a great start.

Search 'Wake & Shake' if you need ideas.

Activity 8

Animal Race! Each pick an animal
(bunny hops, frog jumps, duck waddle,
horse gallop etc.) and race/chase
each other.

Activity 10

Throw three balloons into the air.
How long can you keep them off
the ground? Now try four!

*Make sure you have a clear
space to play in.*

Complete an activity

Record your feelings on the checklist

Colour part of your picture RED



COOL & CREATIVE

*Activities to encourage
creative thinking*

Activity 1

Travel in a different way whenever you go to a new room, e.g. hop, slither, tip toe, crawl...

How many ways can you think of?

Activity 2

ABC Hunt. Collect items from around the house that start with each letter of the alphabet.

Activity 3

Make up an action song about being active, and teach it to your family.

Activity 4

Make up a cool handshake like these from CBBC's Dixi 2: Unchained!

See page 21 for links.

Activity 5

Try a fun hand clapping game and put your rhythm and coordination to the test.

Complete an activity

Record your feelings on the checklist

Colour part of your picture ORANGE



COOL & CREATIVE

*Activities to encourage
creative thinking*



Activity 6

Act out a scene from a book, show or film, and perform it for your family.

Activity 7

Do some junk modelling to make an instrument, then pretend you're in a rock band!



Activity 8

Play charades – animals, food, sports, things you do on holiday, or any fun categories you can think of.



Activity 9

Invent a game that involves a shoe.

Activity 10

Lie on your back and write your name in the air with one foot. Can you try other names, or the other foot?

Complete an activity

Record your feelings on the checklist

Colour part of your picture ORANGE



OUT IN THE OPEN

Activities to do in the garden or out walking

Activity 1

Collect items from your garden or daily walk, and create a picture.

Activity 2

Listen out for birds – can you identify them?

Activity 3

Be a nature detective with a Spring flower spotter sheet from Wildlife Watch.

Find links on page 21.

Activity 4

Notice the fascinating textures in nature. Get some crayons and paper and try bark rubbing.

Activity 5

Create a game of noughts and crosses outside, using sticks and stones.

Complete an activity

Record your feelings on the checklist

Colour part of your picture YELLOW

OUT IN THE OPEN

Activities to do in the garden or out walking

Activity 6

Everyone choose a letter or number to spot when out for a walk (e.g. on doors, cars, lampposts).

Activity 7

Join in with the Big Garden Birdwatch and spend an hour counting the birds you see in your garden.

Activity 8

Create your own butterfly puddle with a container, sand and soil.

Activity 9

Find a new local walking route to try as a family, using the Kent Connected app from Explore Kent .

See page 21 for useful links.

Activity 10

Don't let rain stop play! Get your wellies on, and splash in those puddles.

Don't splash other people, though!

Complete an activity

Record your feelings on the checklist

Colour part of your picture YELLOW

EATING 4 ENERGY

Activities to promote healthy eating

Activity 1

Eat the rainbow! Eat a fruit or vegetable of each different colour. Try new ones if you can.

Activity 2

Can you make your own pizza using as many colours of the rainbow as possible?

Always get an adult to help you in the kitchen.

Activity 3

Draw your own 'Eat them to defeat them' poster. Find out more from Change4Life.

Activity 4

Make a smoothie. Mix your favourite fruits with milk to strengthen your bones.

Start your day in the best possible way!

Activity 5

Cut out pictures from magazines and make a colourful food rainbow collage.

Complete an activity

Record your feelings on the checklist

Colour part of your picture GREEN

EATING 4 ENERGY

Activities to promote healthy eating

Activity 6

Five a day. Make a chart to keep track of the number of fruit and veg you eat each day. Which day wins?

Activity 7

Pack a healthy picnic. Think fruit kebabs, and rice cakes with cream cheese and healthy toppings.

*Not warm enough?
Have a carpet picnic!*

Activity 8

Grab a paper plate and draw your own Healthy Plate using the NHS Eatwell Guide for ideas.

Activity 9

Top Trumps. Design your own set of fruit and vegetables Top Trumps – which is the best?

Activity 10

Use the Change4Life Food Facts to make a family quiz.

*Find useful links
on page 21.*

*Don't forget to share
them with us so that
we can play too.*

Complete an activity

Record your feelings on the checklist

Colour part of your picture GREEN



HEALTH HEROES

Activities to appreciate those who help us look after our health

Activity 1

Find out about the history of the National Health Service from CBBC Newsround.

Activity 2

Make a thank you card for someone who has helped you through the last year.

Activity 3

NHS Yoga. Can you use your body to spell out NHS? Which body parts will you use?

Activity 4

Show your appreciation for Covid heroes by clapping for them on a Thursday.

Activity 5

Just like the #Dress4NHS campaign, wear your best fancy dress!

Complete an activity

Record your feelings on the checklist

Colour part of your picture BLUE

HEALTH HEROES

*Activities to appreciate
those who help us look after
our health*

Activity 6

Learn about the many different jobs
in health from Step into the NHS –
more than nurses and doctors!

Activity 7

Be like an amazing NHS carer, and do
something kind and caring for
someone you love today.

Activity 9

Create a rainbow picture to put up
in your window, to show your
appreciation for everyday heroes.

Activity 8

Embrace your favourite Disney
hero and follow a change4life
10 minute Shake Up.

See page 21 for links.

Activity 10

Unleash your own super powers
with the Youth Sport Trust
Wonder Woman 1984 resources.

Complete an activity

Record your feelings on the checklist

Colour part of your picture BLUE

INDOORS, NOT BORED

*Activities you can
do in your house*

Activity 1

Plastic bottle bowling.
Use a small ball and some
empty plastic bottles to make
a bowling lane.

*Make sure you have plenty of
space away from breakables!*

Activity 2

Limbo!
Can you get under a pool noodle
or broom handle without touching
the floor with your hands?

How low can you go?

Activity 3

Put an empty water bottle on the
floor. Tap it with one foot, then the
other. How many times can you
tap it before it falls over?

Activity 4

Try juggling – if you don't have
any balls, use small soft toys or
rolled up socks.

Activity 5

Make a treasure hunt for someone
else to follow. Write or draw where
each clue can be found.

What will they find at the end?

Complete an activity

Record your feelings on the checklist

Colour part of your picture PURPLE

INDOORS, NOT BORED

*Activities you can
do in your house*

Activity 6

Rainbow dash! Find something red in this room. Go! Now go to another room and find something orange ... and so on.

Don't forget to share your ideas.

Activity 7

Balloon Badminton. Use paper plates and balloons to turn your room into a badminton court.

Activity 8

Dance party! Turn up the music, use lights or decorations for a party feel, and dance the day away.

Twist, macarena, floss or freestyle!

Activity 9

When having a chat, try to stamp, clap or move your body to every syllable you say!

Activity 10

Take a pen and flip it so in turns once in the air, and catch it. Got it? Try the other hand – or both together!

Complete an activity

Record your feelings on the checklist

Colour part of your picture PURPLE

FEELING FAB

Activities to encourage expression of thoughts and feelings

Activity 1

Celebrate Children's Mental Health week with Place2Be – Squiggle game. Turn your doodles into ideas.

See page 21 for links.

Activity 2

Take part in a Cosmic Yoga session via YouTube to build strength, balance and confidence.

The theme of this year's Children's Mental Health Week (1-7 Feb) is Express Yourself.

Activity 3

Think of a colour. How does it make you feel? Move your body in a way to match! If yellow makes you feel happy, do a happy dance!

Activity 4

Choose a country from the CBeebies 'Where in the world' map. What is special about the place and people?

Activity 5

Practice melting away that frozen feeling you get when you're scared, frustrated, or angry.

Search 'melting flow GoNoodle'

Complete an activity

Record your feelings on the checklist

Colour part of your picture PINK

FEELING FAB

Activities to encourage expression of thoughts and feelings

Activity 6

5-4-3-2-1.

What 5 things can you see, 4 things can you feel, 3 can you hear, 2 can you smell and 1 can you taste right now?

How do they make you feel?

Activity 7

Mindful colouring. Grab some pencils and a colouring book, download a picture or draw your own.

Great for when you want to switch your brain off!

Activity 9

Take turns acting out different emotions. Walk across the room as if you are feeling angry, scared, sad, or other feelings you can think of.

Activity 8

Try a sensory scavenger hunt to find things around the house that you can smell, feel, taste or hear.

Activity 10

Place small, textured objects into a bag. Ask someone to reach in and describe what they can feel.

Complete an activity

Record your feelings on the checklist

Colour part of your picture PINK




NOTE TO PARENTS & CARERS

Some of the activities in this challenge require adult help or supervision. We encourage you to give support and guidance as needed, or adapt the activities to suit your child's abilities, so they retain a sense of achievement and learning.

Please use the links on the next page to give you more ideas and to help engage your child in the activities. The checklist on page 22 can help to keep track of the activities completed, and which ones your child enjoyed the most.

Prizes will be awarded to the top ten Kent and Medway schools with the highest percentage of pupil engagement, so please let your school know if your child is taking part, and has completed a full set of rainbow activities.



The competition for schools will close on 23 April 2021, so you have until the end of the Easter holidays to complete and submit your activities to your school.

The activities are designed to be enjoyed at home as a family, even if you are not linked to an eligible school. Your child may wish to colour the certificate on page 4 as they complete the activities, so they have a reward at the end.

We would love to see what you have been up to, so do share this on Facebook, but please do not show your children in any identifiable way in the photographs. Check Facebook for new activity ideas as well!

We may also wish to use anything you send us to promote Kent School Games and partners, or the My Active Rainbow Challenge, on our website or in printed materials. We will seek your consent if these feature your child.



USEFUL LINKS

[Children's Mental Health Week – childrensmentalhealthweek.org.uk](https://childrensmentalhealthweek.org.uk)

[Disney Workouts – thisgirlcan.co.uk](https://thisgirlcan.co.uk)

[Daily Mile – thedailymile.co.uk](https://thedailymile.co.uk)

[Change 4 Life 10 minute shake ups – nhs.uk](https://nhs.uk)

[Youth Sport Trust - After School Sport Club](#)

[Cool handshakes on Dixi 2: Unchained – CBBC](#)

[Fun hand clapping games – icebreakerideas.com](https://icebreakerideas.com)

[RSPB Big Garden Birdwatch – rspb.org.uk](https://rspb.org.uk)

[Butterfly puddle – kidsgardening.org](https://kidsgardening.org)

[Spring flower spotter sheet – wildlifewatch.org.uk](https://wildlifewatch.org.uk)

[Kent Connected – kentconnected.org/our-app](https://kentconnected.org/our-app)

[CBeebies Where in the World – bbc.co.uk/cbeebies](https://bbc.co.uk/cbeebies)

[What is the NHS? Newsround – bbc.co.uk](https://bbc.co.uk)

[CosmicKidsYoga – YouTube.com](https://www.youtube.com)

[Melting Flow – gonoodle.com](https://gonoodle.com)

[NHS Eat Well Guide – nhs.uk](https://nhs.uk)

[Change4Life Food Facts – nhs.uk](https://nhs.uk)

[Careers in health – stepintothenhs.nhs.uk](https://stepintothenhs.nhs.uk)

[Youth Sport Trust – Wonder Woman 84 – youthsporttrust.org](https://youthsporttrust.org)



MY ACTIVE RAINBOW CHECKLIST

Use this form to track which activities you completed, and how they made you feel. You might wish to share this with your school to let them know you have completed a Rainbow challenge!



Remember to let schools know by the end of the Easter holidays – prizes are available for the top ten schools in Kent! For more details, see www.kentschoolgames.com.

Date

Activity completed

How did it make you feel?

Crazy
Cardio

Cool &
Creative

Out in
the Open

Eating 4
Energy

Health
Heroes

Indoors,
Not Bored

Feeling
Fab

MY ACTIVE RAINBOW CHALLENGE

Brought to you by:



The Canterbury Academy Trust
Sports Partnership



The Herne Bay & East Kent Coastal
Sports Partnership
at Herne Bay High School





MY ACTIVE RAINBOW CHALLENGE

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ONE LIFE
LIVE FIT



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The Howard School
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THE LENHAM
SCHOOL

