



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 a little tricky at the moment, we will not be able to bring you our usual Kent School Games events, but don't worry! You can still earn Kent School Games medals 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' project 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, as well as individual and home learning challenges.

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 and submit the challenges by the end of August to earn rewards... 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!

We are really pleased to have had support and guidance from Kent Children's University in putting this challenge together. KCU is passionate about improving outcomes for young people through innovation and creativity.

The **Children's University** believes that children learn anywhere, doing all sorts of activities, and that children learn best when they decide what they want to learn, when and where, and most importantly, have FUN whilst learning. We hope that this challenge provides an opportunity for children to do just that!



KentSchoolGames
KentChildrensUniversity



@KentSchoolGames
@K_C_U

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

Take photos as you complete the activity, then colour in a section of your picture.

4

After seven activities, your first rainbow challenge will be complete.

5

Fill in and return the checklist to claim rewards!

Start again, choosing different activities to get your next rewards!

One rainbow challenge:



KSG Pen

Two rainbow challenges:



KSG Bronze Medal

Three rainbow challenges:



KSG Silver Medal

Four rainbow challenges:



KSG Gold Medal

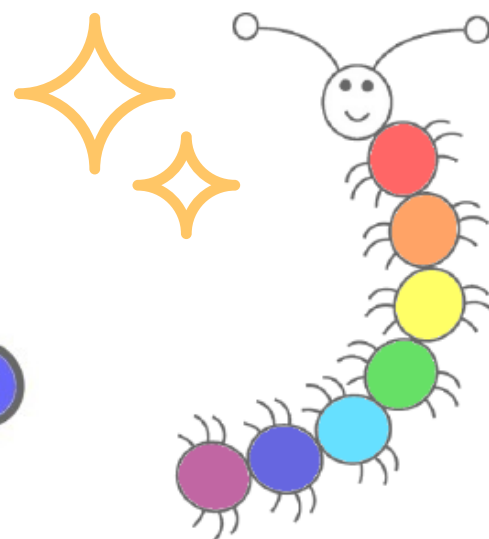
Kent School Games medals will be awarded for completing each set of seven activities, and returning the Active Rainbow checklist found on pages 22–23.

If you are a member of Kent Children's University, you can also earn 3 learning credits for every rainbow challenge completed!



MY ACTIVE RAINBOW CHALLENGE

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



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

Find a set of stairs. How many times can you walk up and down without stopping?

*Always walk
carefully on stairs.*

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 the Body Coach's 'PE with Joe' sessions live at 9am via YouTube.

Complete an activity

Take photos & record it 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 one minute?

*See page 21 for
useful links.*

Activity 9

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

Complete an activity

Take photos & record it on the checklist

Colour part of your picture RED

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

Ask an adult to create an obstacle
course for you to complete, like a
Ninja Warrior!

Now you can set one for them!



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

Scavenger Hunt. Create a list of different objects for your family to find.

Activity 5

Ask an adult to give you some items you can use to build a den. How will you use them?

Be as creative as you can!

Complete an activity

Take photos & record it 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 potato.

Activity 10

Mirror Mirror – stand face to face with a person in your home and perform moves that they must copy.

Switch roles so you can both have a go.

*Send us the rules,
so that we can
play too!*

Complete an activity

Take photos & record it 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

Create a time capsule and hide or bury it in your garden. What memorable items will you include?

Activity 3

Use chalk to create an activity trail outside for your family to follow.

Activity 4

Find a pebble from outside and colour it with a rainbow, love heart or cloud.

Activity 5

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

Complete an activity

Take photos & record it on the checklist

Colour part of your picture YELLOW

Maybe you could leave it somewhere safe for someone else to find.

Search #ChalkTheWalk for more ideas or find links on page 21.

OUT IN THE OPEN

Activities to do in the garden or out walking

Activity 6

Make your own perfume out of petals. Collect your petals, and soak them in water overnight.

Don't pick flowers! Use petals that have already fallen.

Activity 7

Have fun with shadows. Make shapes, draw round them, or try to jump on someone else's!

Activity 9

Hot day? Set up a water sponge relay in the garden.

Activity 8

Create your own bird feeder using an empty yoghurt pot or bottle.

*Find instructions from the RSPB.
See page 21 for useful links.*

Activity 10

Plant some seeds and create your own vegetable patch, grasshead or window box.

Complete an activity

Take photos & record it on the checklist

Colour part of your picture YELLOW

HEALTHY HOUSE

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

Try making your own playdough food using food colouring. Which colours can you make?

This one's not for eating!

Complete an activity

Take photos & record it on the checklist

Colour part of your picture GREEN

HEALTHY HOUSE

Activities to promote healthy eating

Activity 6

How Sugar smart are you?
Check out the Change4Life calculator to see how much hidden sugar is lurking in our food.

Activity 7

Dinner time chat. Would you rather be an eagle or a lion? Drive a race car or record an album? Live at the beach or on a mountain?

Now come up with your own ideas!

Find useful links on page 21.

Activity 9

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

Activity 8

Create your own food superhero. What powers do they have? Who are their arch enemies? What is their super weapon?

Activity 10

Water Challenge – can you drink your recommended amount of 6–8 glasses of water a day?

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

Complete an activity

Take photos & record it on the checklist

Colour part of your picture GREEN



NHS 4 LIFE

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

Activity 1

Go for a run or walk.
Can you spell out NHS with
your steps?

Activity 2

Make a thank you card
for the NHS.

*Don't forget to send us
your photos and checklists
to get rewards!*

Activity 4

Show your appreciation for
the NHS by clapping for
them on a Thursday.

Activity 3

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

Activity 5

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

Complete an activity

Take photos & record it on the checklist

Colour part of your picture BLUE

NHS 4 LIFE

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

Activity 6

Just like the Do What You Can challenge, take part by walking, running, cycling, whatever you can!

Activity 7

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

Activity 9

Create a rainbow poster to put up in your window, to show your appreciation for the NHS.

Activity 8

Can you think of a great fundraising idea for the NHS? Does it involve being active?

Activity 10

Write a 20 second song to encourage washing your hands as recommended by the NHS.

*Share a video and we will
sing along!*

Complete an activity

Take photos & record it 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.

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

Bury small toys in a large tub
filled with dry rice, then get
your family digging to reveal
the treasures.

Activity 4

Fill a jar or bottle with water and
dish soap. Close it and then
shake it to make a tornado!

Activity 5

Design your own miniature golf
course using cardboard tubes
for the holes and the putter.

We would love to see your designs!

Complete an activity

Take photos & record it on the checklist

Colour part of your picture PURPLE

INDOORS, NOT BORED

*Activities you can
do in your house*

Activity 6

Snowball fight! Write down an exercise, crumple it up and throw it. If you get hit, do the exercise to stay in the game.

Don't forget to send us your photos or videos, drawings, notes, scrapbooks or presentations.

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

Play Rock, Paper, Scissors using your body instead of your hands. How can you make the shapes?

Activity 10

Laser beam challenge. Set up an obstacle course using tissue paper. Can you get through it without the paper breaking?

Complete an activity

Take photos & record it on the checklist

Colour part of your picture PURPLE

FEELING FAB

*Activities for mindfulness
and relaxation*

Activity 1

Choose a country from the CBeebies 'Where in the world' map. Find out what is special about the place and its people.

Activity 2

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

Activity 3

Go on a safari walk. How many birds, bugs and animals can you spot? Use all your senses to find things that walk, crawl, swim or fly.

Activity 4

Fill a clear jar or bottle with water, glue and glitter. Close it and shake it to see the glitter swirl and float.

Activity 5

Take a deep breath in through your nose. Stick out your tongue and breathe out through your mouth like a dragon!

Use dragon breaths to release tension.

*Does it give you a
calming feeling?*

Complete an activity

Take photos & record it on the checklist

Colour part of your picture PINK

FEELING FAB

*Activities for mindfulness
and relaxation*

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?

*Does your body
feel light or heavy
today?*

Activity 9

Take slow steps and pay attention to how it feels – the floor under your feet, each part of your foot, and your whole body.

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 8

Follow a guided meditation from New Horizon on YouTube.

Activity 10

Make bubble mix with washing up liquid and water, grab (or make) a wand, and watch bubbles float up into the sky.

Complete an activity

Take photos & record it 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.

Once completed, please help your child to complete the checklist on pages 22–23 (print it or recreate it in any way you wish), then return it to us by email, along with any evidence of the challenges completed, to Jade.Dibley@kent.gov.uk.

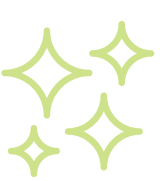
Evidence could be photographs, videos, drawings, diaries, scrap books, Powerpoint presentations, etc. Keep an eye out for more examples of evidence on the Kent School Games Facebook page.



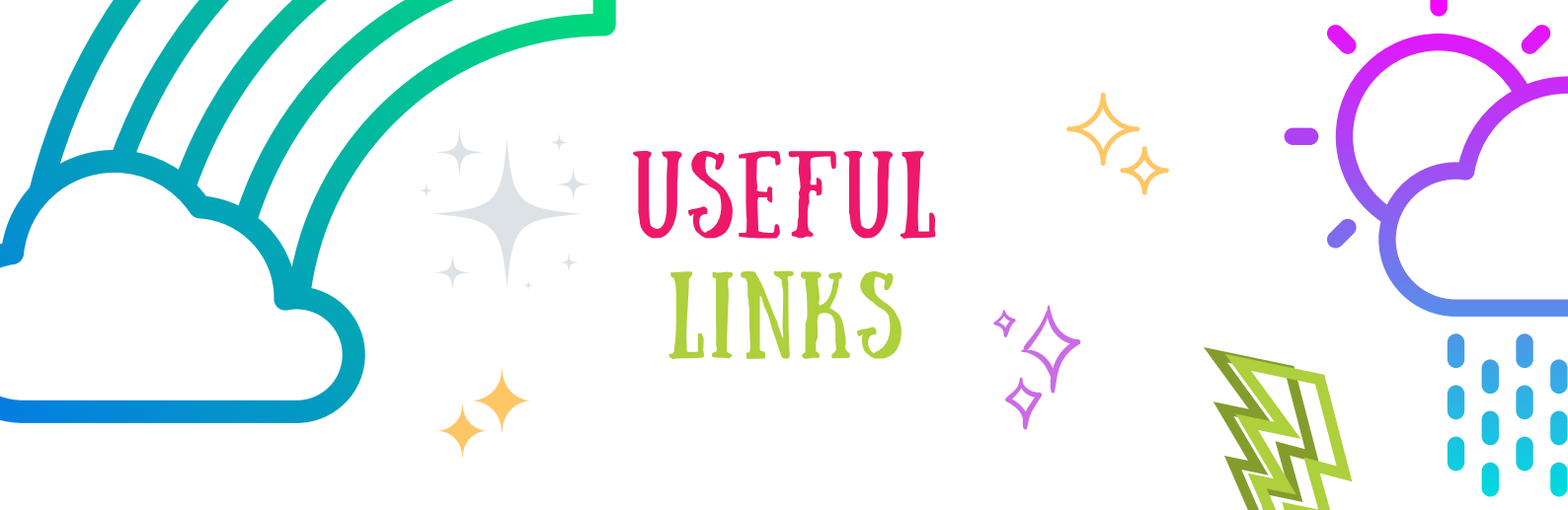
We would love to see what you have been up to, so do share this on Facebook, but please do not show your children in any identifiable way in the photographs. Check Facebook for new activity ideas as well!

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. If these feature your child, we will ask you to complete a consent form.

We will get your child's medals to them either by post or via their school, along with the Learning Credits to stick in your child's Passport to Learning (or codes for the digital passport) if you are a member of Kent Children's University.



Please note, you do not have to be a member of Kent Children's University to take part. However, if you are already, or you become a member, you will also earn KCU credits.



USEFUL LINKS

[http://www.kentchildrensuniversity.co.uk/cukent/home/kcu-challenges/home-learning-resources-\(covid-19\)/](http://www.kentchildrensuniversity.co.uk/cukent/home/kcu-challenges/home-learning-resources-(covid-19)/)

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

<https://www.gonoodle.com/>

<https://thedailymile.co.uk/>

<https://www.livingstreets.org.uk/news-and-blog/blog/chalk-the-walk>

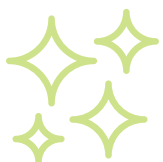
<https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/make-a-recycled-bird-feeder/>

<https://www.nhs.uk/change4life/food-facts/sugar/sugar-calculator>

<https://www.twinkl.co.uk/blog/say-thank-you-to-our-nhs-heroes-on-dress4nhs-day>

<https://www.bbc.co.uk/cbeebies/shows/where-in-the-world>

<https://www.youtube.com/user/CosmicKidsYoga>



MY ACTIVE RAINBOW CHECKLIST

Use this form to tell us which activities you completed, how they made you feel, and tick to confirm you are sending some evidence. This could be photographs, videos, drawings, diaries, scrap books, notes, Powerpoint presentations, or anything else you can think of!

Parents: Please return this form by 31 August 2020, along with the information requested on the next page, to Jade.Dibley@kent.gov.uk

Date

Activity completed

How did it make you feel?

Evidence?

Crazy
Cardio

☐

Cool &
Creative

☐

Out in
the Open

☐

Healthy
House

☐

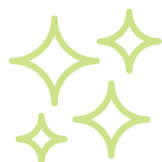
NHS 4
Life

☐

Indoors,
Not Bored

☐

Feeling
Fab

☐




MY ACTIVE RAINBOW CHECKLIST



The information you provide will help us better understand the participants of Kent School Games and improve our service through research. The information will not be used to identify participants for other services. For further details on how this information is used and stored please see our Kent School Games privacy notice available in the resources section of our website at www.kentschoolgames.com/resources.



Parents: Please return this form by 31 August 2020, along with the checklist on the preceding page, to Jade.Dibley@kent.gov.uk.

Child's Name

School Name

Or tick if EHE

☐

Date of Birth

School Year

☐

Gender identity

Ethnicity

Does your child have any special educational needs or disabilities?

Parent/carers name

Relationship to the child

Parent/carers email

Parent/carers telephone

MY ACTIVE RAINBOW CHALLENGE

Brought to you by:



in partnership with



The Canterbury Academy Trust
Sports Partnership



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



SPORTS DIRECTORY[®] UK





MY ACTIVE RAINBOW CHALLENGE



Supported by



ONE LIFE
LIVE *fit*



Aylesford School



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THE LENHAM
SCHOOL

