

Rainbow Hour Tracker

Gold Award



Red: Games Activities

Orange: Health and RSE Activities

Yellow: Move More Activities

Green: Outdoor and Nature Activities

Blue: Mental Wellbeing and Mindfulness Activities

Indigo: Personal Challenge and Competition Activities

Violet: Themed Celebration and Creative Activities

The Goal

Now you've completed 25 hours, can you complete 50 hours of activity for each of the 7 colours?

Instructions

Put a tick in the box on your tracker every time you do 5 hours of activity for any of the colours. When you reach the sun and achieve 50 hours for every colour, your tracker is complete and you will get a Gold badge!








Submit your completed tracker at:
www.blackcountryrainbowhour.co.uk

School Name:

Child's Name:

Class Number:

Teacher Sign Off:

| Hours Complete | 30 | 35 | 40 | 45 | 50 |
|----------------|--------------------------|--------------------------|--------------------------|--------------------------|---|
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |  |
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#BlackCountryRainbowHour