

Rainbow Hour Tracker

Silver Award



The Goal

Now you've completed 10 hours, can you complete a total of 25 hours of activity for each of the 7 colours?

Instructions

Put a tick in the box on your tracker every time you do 3 hours of activity for any of the colours. When you reach the sun and achieve 25 hours for every colour, your tracker is complete and you will get a Silver badge!

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

School Name:

Child's Name:

Class Number:

Teacher Sign Off:

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

Hours Complete

13

16

19

22

25















#BlackCountryRainbowHour