



Rainbow Laces 2022 – Primary School lesson pack

Today, there are more LGBTQ+ athletes than ever before competing openly as their true selves. 2022 saw the first openly gay player to come out in professional UK men's football in over 30 years. The Lionesses became Euros Champions with 7 openly LGBTQ+ players on the squad. Over 40 openly LGBTQ+ athletes competed at this year's Commonwealth Games. But for every success story, there are countless more untold stories of LGBTQ+ people who are forced to abandon their love of sports and fitness. Because in PE lessons, the gym and in the stands, people bully, belittle and exclude LGBTQ+ people, making them feel out of place. Sport is for all, and everyone should be welcome.

We've designed these lesson plans for you to use in Rainbow Laces week and beyond, because LGBTQ+ inclusion has no off season. Choose the activities to best suit the needs of your class and to fit the amount of time you have available. We have also developed lesson plans on this theme for children and young people with SEND/ASN/ALN – these can be found on our website. Each lesson has a template PowerPoint that you can adapt and use to support your whole class teaching. Other suggested resources are noted in each lesson plan.

Who are Stonewall?

This resource is produced by Stonewall, a UK-based charity that stands for the freedom, equity and potential of all lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people. At Stonewall, we imagine a world where LGBTQ+ people everywhere can live our lives to the full. Founded in London in 1989, we now work in each nation of the UK and have established partnerships across the globe. Over the last three decades, we have created transformative change in the lives of LGBTQ+ people in the UK, helping win equal rights around marriage, having children and inclusive education.

Our campaigns drive positive change for our communities, and our sustained change and empowerment programmes ensure that LGBTQ+ people can thrive throughout our lives. We make sure that the world hears and learns from our communities, and our work is grounded in evidence and expertise.

Stonewall is proud to provide information, support and guidance on LGBTQ+ inclusion; working towards a world where we're all free to be. This does not constitute legal advice, and is not intended to be a substitute for legal counsel on any subject matter. To find out more about our work, visit us at www.stonewall.org.uk.

Reception and Key Stage 1 – England and Wales

P1 to P3 – Scotland

Learning objectives

EYFS: To be able to control a football AND To be able to take turns with others

KS1: To show improvement in controlling a football AND To take turns in asking relevant questions

Activity	Duration	Details	Resources
Introducing Sam and Kristie	20 min	<p>Show children a photo of Sam Kerr and Kristie Mewis. Tell children that not only are they a couple, they do the same job as each other.</p> <p>Play ‘20 questions’ with the children. They should ask questions that help them work out what job Sam Kerr and Kristie Mewis do.</p> <p>Discuss that Sam plays football for Australia and Kristie plays football for the USA.</p> <p>Explain that today we’re going to be like Sam and Kristie and practice our football skills.</p> <p>Children get changed for PE.</p> <p>Whilst children are getting changed, you could play this montage video from the 2022 European Championships.</p> <p><i>Accessibility note: If children in your class are unable to access football</i></p>	<p>PowerPoint:</p> <ul style="list-style-type: none"> Rainbow laces 2022 PowerPoint <p>PE equipment:</p> <ul style="list-style-type: none"> Footballs Cones <p><i>Adapted resources if required: Audible footballs</i></p>

		<p><i>activities, you could instead consider some basketball skills based activities, with your lesson focussing on Candice Dupree and DeWanna Bonner who are a married couple who have both played basketball professionally. See the PE planning in our Rainbow Laces – SEND activities plan for basketball activities and a fact sheet on Candice Dupree and DeWanna Bonner.</i></p>
Warm up	10 min	<p>Children run around the hall or a specified part of the playground, listening for the following instructions.</p> <p>Kick off: Run around Penalty: Stand still Goal: Do a dance Wall: Get in groups of 3</p>
Stay in control	10 min	<p>Use the cones to set up six 5m x 5m squares. Split the children into 6 teams, allocating them each to a square.</p> <p>Staying in their square, they should practice moving around the space with ball. Start off at a walking pace and increase to jogging and running if they are ready to. Children should be careful not to bump into each other!</p>
Team work	10 min	<p>Each team should stand in a circle. Children should pass the ball to a teammate across the circle. Encourage them to take a touch to control the ball and then use their standing foot to help them control the direction of the ball when they kick it.</p>

Teamwork challenge	5 min	Challenge children to see how many times they can pass the ball amongst their team without losing control of it. Remind them that everybody has to be included and have a chance to pass the ball. What is the highest score they can achieve?
Cool down	5 min	<p>Lead the children through a series of stretches to cool down. As they are stretching, ask them to reflect on the skills they have used.</p> <p>Ask some children to share their thoughts.</p>