



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, in 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.

Year 3 and 4 – England and Wales

P4 and P5 – Scotland

If you have up to 30 minutes, complete activities 1 and 2.

If you have up to 45 minutes, complete activities 1, 3 and 5.

If you have up to 60 minutes, complete activities 1 to 5.

If you have 2 hours, complete activities 1 to 5 and then the PE activities.

Classroom activities

Learning objectives

To understand the importance of respecting people’s differences

To retrieve and record information from a fact file

Activity	Duration	Details	Resources
1. Sports people	15 min	<p>Show students different sportspeople on the board.</p> <p>Ask: What have these people got in common? Think. Pair. Share.</p> <p>Discuss that they are all sports people (brief info about each person’s sport). Sports people are often given a lot of respect for being good at sports.</p> <p>Ask: What else might these people have in common? Think. Pair. Share.</p> <p>Share the additional information about each person and discuss that they are all LGBTQ+. Explain that these people face prejudice because of being LGBTQ+ – for example, people saying mean things about them or laws in some countries</p>	<p>PowerPoint:</p> <ul style="list-style-type: none"> Rainbow Laces 2022 PowerPoint (Year 3 Year 4 P4 P5) <p>Paper resources:</p> <ul style="list-style-type: none"> Stonewall star outlines Stonewall sports people fact files primary

		<p>saying that it's ok to discriminate against people.</p> <p>Discuss that in some countries Stacey Frances-Bayman wouldn't have been allowed to get married to her wife. In some countries Pat Manuel wouldn't be allowed to change his birth certificate. In some countries Jake could be put in prison for having a boyfriend. But even in this country, people call other people names or want to hurt them because they're LGBTQ+.</p> <p>Ask: How might that make them feel? Think. Pair. Share.</p> <p>Discuss that being LGBTQ+ is just part of who all these people are, that there is nothing wrong with being LGBT and that we should respect everyone.</p> <p>Ask: How does it feel to be respected? Think. Pair. Share.</p>	
2. Sports star	10 min	In groups of 3, children choose a sports person to focus on. They should write the person's name in the middle of a star outline, then use the fact file to add information about that person to their star.	
3. School stars	15 min	<p>Give each child their own a star outline.</p> <p>On the star they should write or draw things about themselves. They could include:</p> <ul style="list-style-type: none"> • What their interests are • What they are good at 	

		<ul style="list-style-type: none"> • What might make them different to other people 	
4. All stars	10 min	<p>Children move around the class to find someone with the same interest written on their star. They should look at what else is on each others' star – can they find things that are different about each other?</p> <p>Next children should find someone that is good at different things to them and look at what else is on each others' star – can they find things that are similar? Have they got anything in common that isn't written down?</p>	
5. Sharing	10 min	<p>Ask children to feed back about their similarities and differences. Explain that they can still choose to respect people even if they have a lot of differences.</p> <p>Link the conversation back to the conversation on LGBTQ+ sports people – all people are worthy of respect and it is wrong to disrespect people because of being LGBTQ+.</p> <p>Note: The stars would make a fantastic display to show that you celebrate diversity in your class.</p>	

PE activities

Learning objectives

To use a range of skills in combination

Activity	Duration	Details	Resources
Warm up	10 min	<p>Set up a large square with 4 cones labelled as 'L', 'G', 'B' and 'T'.</p> <p>Children should run around inside the square. If you shout 'red' they should stop, 'green' they should go. If you shout 'L', 'G', 'B', or 'T' they should run to the relevant cone.</p> <p>Adaptation: If any children are not able to access this activity, you could adapt it so that all children instead complete an energetic exercise on the spot and then make the shape of the letter with their body when you call out the letter names.</p>	<p>Paper resources:</p> <ul style="list-style-type: none"> L, G, B and T labels <p>PE equipment:</p> <ul style="list-style-type: none"> Skipping ropes Basketballs Netballs Footballs Rugby balls Cones <p><i>Adapted resources if required:</i></p> <ul style="list-style-type: none"> Large bell ball Small bell ball
Stonewall Sports Challenge	30 min	<p>Split the class into teams of 5. Each team should stand behind a row of 5 evenly spaced cones.</p> <p>They should take part in a series of relay races practicing the skills needed by the people they had learned about in the classroom based lesson.</p> <p>Round 1: Duttee Chand – shuttle runs Children run to the each cone and back in turn until they have visited all 5 cones.</p> <p>Round 2: Pat Manuel – skipping Place a skipping rope at the last cone. Children run to the end, jump the</p>	

		<p>skipping rope 10 times and then run back.</p> <p>Round 3: Stacey Frances-Bayman – jump high Place a netball at the last cone. Children should run to the last cone, squat down to pick the ball up, bring it to their chest, straighten their legs, raise the ball in the air and then jump as high as they can. They should repeat the action 5 times and then run back.</p> <p>Round 4: Layshia Clarendon – basketball slalom Children take turns to dribble a basketball ball between the cones. to dribble the football between the cones. When they get to the end they should pass the ball back to the start of their line and run back.</p> <p>Round 5: Jake Daniels – football slalom Children take turns to dribble the football between the cones. When they get to the end they should pass the ball back to the start of their line and run back.</p> <p>Round 6: Ruby Tui – pass the ball The first child runs to the end cone and picks up the rugby ball. They throw it to the next person in their line, who should either throw it back to them. The first child places the ball back on the end cone and then returns to the line.</p> <p><i>Adaptation: If children are not able to access the relay format, you could change the activities to remove the</i></p>	
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		<p><i>running aspect. For example, by having 3 children from each team lined up facing each other and then asking them to pass the ball 3 times to each other before it is the next pair's turn. Amend other activities to suit children's needs.</i></p>	
Cool down	10 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 and how they relate to the sports that the different LGBTQ+ sports people play. Ask some children to share their thoughts.</p>	

Year 5 and 6 – England and Wales

P6 and P7 – Scotland

If you have up to 30 minutes, complete activities 1 and 2.

If you have up to 45 minutes, complete activities 1, 3 and 5.

If you have up to 60 minutes, complete activities 1 to 5.

If you have 2 hours, complete activities 1 to 5 and then the PE activities.

Classroom activities

Learning objectives

To explain the importance of respecting other people's differences

To summarise information using bullet points

Activity	Duration	Details	Resources
1. Sports people	15 min	<p>Show students different sportspeople on the board.</p> <p>Discuss that they are all sports people (brief info about each person's sport). Sports people are often given a lot of respect for being good at sports. Ask: What else might these people have in common? Think. Pair. Share.</p> <p>Share the additional information about each person and discuss that they are all LGBTQ+. Explain that these people face prejudice because of being LGBTQ+ – for example, people saying mean things about them or laws in some countries saying that it's ok to discriminate against people.</p>	<p>PowerPoint:</p> <ul style="list-style-type: none"> Rainbow Laces 2022 PowerPoint (Year 5 Year 6 P6 P7) <p>Paper resources:</p> <ul style="list-style-type: none"> Stonewall fact file template Stonewall sports people fact files - primary

		<p>Discuss that in some countries Stacey Frances-Bayman wouldn't have been allowed to marry her wife. In some countries Pat Manuel wouldn't be allowed to change his birth certificate. In some countries Jake Daniels could be put in prison for having a boyfriend. But even in this country, people call other people names or want to hurt them because they're LGBTQ+.</p> <p>Ask: How might that make them feel? Think. Pair. Share.</p> <p>Discuss that being LGBTQ+ is just part of who all these people are, that there is nothing wrong with being LGBTQ+ and that we should respect everyone.</p> <p>Ask: How does it feel to be respected? Think. Pair. Share.</p>
2. Fact Sheet	15 min	Working in pairs, children should use the fact sheet to make their own bullet point fact file about one of the sports people that had been featured at the start of the lesson.
3. My fact file	15 min	<p>Each child should make their own fact file about themselves.</p> <p>They could include:</p> <ul style="list-style-type: none"> • what their interests are • what they are good at • what might make them different to other people
4. What about you?	10 min	Children find someone with the same interest written on their fact file. Once they find them, they should look at what else is on each others' fact file. Can they

		<p>find things that are different about each other?</p> <p>Next children find someone that is good at different things to them. Once they find them, they should look at what else is on each others' fact file – can they find things that are similar? Have they got anything in common that isn't written down?</p>	
5. Sharing	5 min	<p>Ask children to feed back about their similarities and differences and that they can still choose to respect people even if they have a lot of differences.</p> <p>Link the conversation back to the conversation on LGBTQ+ sports people – all people are worthy of respect and it is wrong to disrespect people because of being LGBTQ+.</p> <p><i>Note: The fact sheets could be compiled to make a class book.</i></p>	

PE activities

Learning objectives

To use a range of skills in combination.

Activity	Duration	Details	Resources
Warm up	10 min	<p>Set up a large square with 4 cones labelled as 'L', 'G', 'B' and 'T'.</p> <p>Children should run around inside the square. If you shout 'red' they should stop, 'green' they should go. If you shout 'L', 'G', 'B', or 'T' they should run to the relevant cone.</p> <p>Adaptation: If any children are not able to access this activity, you could adapt it so that all children instead complete an energetic exercise on the spot and then make the shape of the letter with their body when you call out the letter names.</p>	<p>Paper resources:</p> <ul style="list-style-type: none"> L, G, B and T labels <p>PE equipment:</p> <ul style="list-style-type: none"> Skipping ropes Basketballs Netballs Footballs Rugby balls Cones <p><i>Adapted resources if required:</i></p> <ul style="list-style-type: none"> Large bell ball Small bell ball
Stonewall Sports Challenge	30 min	<p>Split the class into teams of 5. Each team should stand behind a row of 5 evenly spaced cones.</p> <p>They should take part in a series of relay races practicing the skills needed by the people they had learned about in the classroom based lesson.</p> <p>Round 1: Duttee Chand – shuttle runs Children run to the each cone and back in turn until they have visited all 5 cones.</p>	

		<p>Round 2: Pat Manuel – skipping Place a skipping rope at the last cone. Children run to the end, jump the skipping rope 10 times and then run back.</p> <p>Round 3: Stacey Frances-Bayman – jump high Place a netball at the last cone. Children should run to the last cone, squat down to pick the ball up, bring it to their chest, straighten their legs, raise the ball in the air and then jump as high as they can. They should repeat the action 5 times and then run back.</p> <p>Round 4: Layshia Clarendon – basketball slalom Children take turns to dribble a basketball ball between the cones. to dribble the football between the cones. When they get to the end they should pass the ball back to the start of their line and run back.</p> <p>Round 5: Jake Daniels – football slalom Children take turns to dribble the football between the cones. When they get to the end they should pass the ball back to the start of their line and run back.</p> <p>Round 6: Ruby Tui – pass the ball The first child runs to the end cone and picks up the rugby ball. They throw it to the next person in their line, who should either throw it back to them. The first child places the ball back on the end cone and then returns to the line.</p>	
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Cool down	10 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 and how they relate to the sports that the different LGBTQ+ sports people play. Ask some children to share their thoughts.</p>	

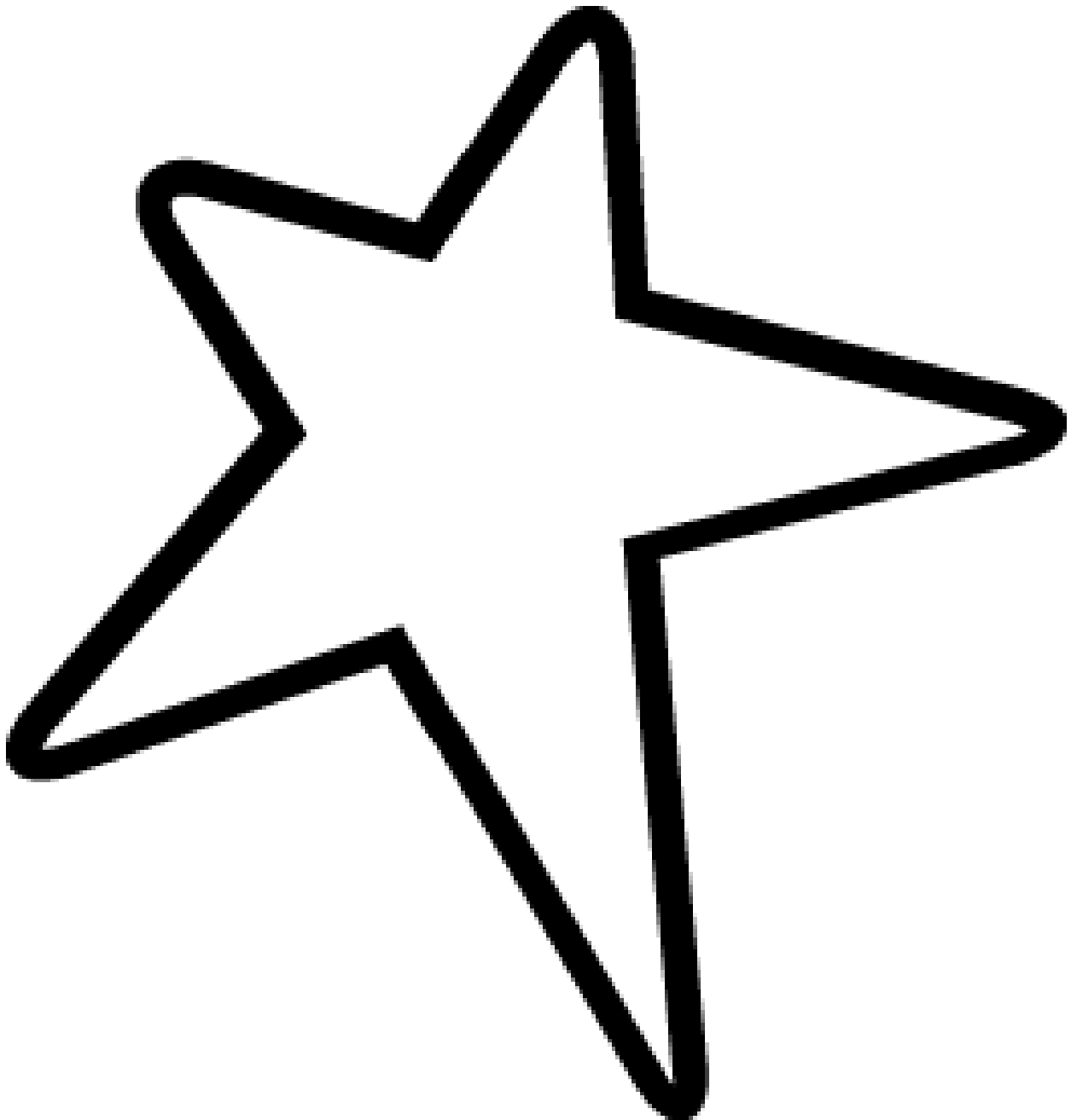


LO: To understand the importance of respecting people's differences

LO: To retrieve and record information from a fact file

Name _____

Date _____





Sports person fact file

Name _____

Date _____





LGBTQ+ Sports Person Fact Files

Pat Manuel



Pat Manuel is a 37 year old boxer from California. In 2018, he became the first trans person in the USA to become a professional boxer. His first professional fight was against Hugo Aguilar. Before coming out as trans, Pat had been the five-time national amateur boxing champion in the USA.

Pat lives with his girlfriend Amita and their dog Gingko.

Stacey Frances-Bayman



Stacey Frances-Bayman is a 34 year old netball player from Birmingham. She played netball for England between 2010 and 2022. When playing for England, Stacey won medals at the Commonwealth Games and the Netball World Cup. She spent most of her playing career representing Bath, but Stacey has also played netball for two Australian teams.

Stacey got married to her wife in 2020. They met through playing netball.

Ruby Tui



Ruby Tui is a 30 year old rugby player. From New Zealand, she played for New Zealand's Black Ferns Sevens team and now plays for the 15-a-side team. Ruby won Silver and Gold Olympic medals whilst playing for the Black Ferns Sevens team.

Ruby's partner, Dani, is a radio presenter.

Robyn Lambird



Robyn Lambird, aged 25, is a wheelchair racer from Australia. They used to play wheelchair rugby, but now they compete in the T34 wheelchair racing category. Robyn won bronze at the 2021 Paralympics. This made Robyn the first openly non-binary person to win a Paralympic medal.

Jake Daniels



Jake Daniels is 17 and was born on the outskirts of Blackpool. He's played football for Blackpool since he was 7 and now plays for them professionally. 2022 was a big year for Jake. He made his debut appearance for the Blackpool first team and he told everyone that he's gay. Jake's family, club and teammates have all been very supportive of him.

Beth Mead



Beth Mead is a 27 year old football player from Yorkshire. She is known for scoring lots of goals. In her first season playing for Sunderland she scored 23 goals in her first 23 games. Beth has played for Arsenal since 2017 and made her debut in the England senior team in 2018. As the top goal scorer during the 2022 European Championships, Beth was named player of the tournament.

Beth is gay and has spoken about the importance of LGBTQ+ visibility in sports.

Ryan Russell



Ryan Russell is a 30 year old American Football player from Texas. Ryan has played for Dallas Cowboys and Tampa Bay Buccaneers. Whilst playing for Tampa Bay Buccaneers, he injured his shoulder and could not play for most of the season.

Ryan made international news when he came out as bi. In his spare time, Ryan enjoys writing and spending time with his boyfriend Corey.

Layshia Clarendon



Layshia Clarendon is a 31 year old basketball player. Born in California in the USA, they were the first openly non-binary Women's National Basketball Association (WNBA) player.

They started their WMBA career by playing for Indiana Fever. Layshia has since played for a number of WNBA teams, the most recent being Minnesota Lynx.

Layshia and their partner Jessica became parents in 2020.

Dutee Chand



Dutee Chand is a 26 year old sprinter from India. She is the Indian 100m women's champion. Dutee is the third Indian women to have ever qualified for the 100m women's Olympic event. She won silver medals at 100m and 200m at the 2018 Asian Games.

Dutee grew up in a village and was inspired by seeing her older sister run at the state championships. In 2019, Dutee felt able to talk about her girlfriend.

Lizzie Williams



Lizzie Williams is a wheelchair racer. She competes internationally for Britain.

Originally Lizzie had been training as a swimmer, but she broke her back. She has osteogenesis imperfecta, which means that her bones break easily. Lizzie had to spend three and a half months in hospital after having back surgery. When she recovered, Lizzie tried wheelchair racing and was soon winning races.