



Rainbow Laces 2022 – SEND/ALN/ASN 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 this lesson pack 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 mainstream primary, secondary and post-16 versions of this pack – these can be found on our website. This lesson pack has two template PowerPoints that you can adapt and use to support your teaching. Version 1 is more complex, Version 2 is simpler and supported with Widget symbols. 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.

Classroom activities

If you have up to 20 minutes, complete activity 1.

If you have up to 40 minutes, complete activities 1 and 2.

If you have up to 60 minutes, complete activities 1 to 4.

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

Learning objectives

To match key symbols AND To take turns in a group activity with support

OR

To identify key symbols AND To take turns in a group activity

OR

To write key words AND To follow the rules of a game

OR

To write short sentences AND To follow the rules of a game

Activity	Duration	Details	Resources
1. Sports people	20 min	<p>Show students different sportspeople on the board.</p> <p>Ask: What do these people do for a job?</p> <p>Discuss that they are all sports people.</p> <p>Match the sports person to their sport. For each sport, students should:</p> <ul style="list-style-type: none"> Match or identify the symbol for the sport 	<p>PowerPoint:</p> <ul style="list-style-type: none"> Rainbow Laces 2022 PowerPoint SEND ASN ALN V1 or V2 <p>Paper resources:</p> <ul style="list-style-type: none"> LGBTQ+ sports people dominoes LGBTQ+ sports people

		<ul style="list-style-type: none"> • OR Sign or say the name of the sport • OR Write the name of the sport <p>Tell the students that these sports people have something else in common. All of these people are LGBTQ+.</p> <p>Look through the additional information about each person. Use the PowerPoint to help students' understanding of the words lesbian, gay, bi and trans.</p> <p>For each person, students should:</p> <ul style="list-style-type: none"> • Match or identify the symbol for lesbian, gay, bi or trans • OR Sign or say the word lesbian, gay, bi or trans • OR Write lesbian, gay, bi or trans 	<p>fact files – SEND/ASN or Primary</p> <ul style="list-style-type: none"> • Alphabet mat • LGBTQ+ sports people worksheet • Photos of the sports people • Stonewall It's OK Posters
<p>2. LGBTQ+ sports people dominoes</p>	<p>20 min</p>	<p>As a group or in pairs, students should play LGBTQ+ sports people dominoes.</p> <p>Choose an adaptation of the activity from the following:</p> <ul style="list-style-type: none"> • Students match or identify the symbol for each different sport mentioned • Students identify the initial phoneme in the name of each sport – verbally or using an alphabet mat. 	

		Students identify a fact about the LGBTQ+ role model from the fact sheet.	
3. It's ok	10 min	<p>Students to create posters about one of the sports people, with the message that it's ok to be LGBTQ+.</p> <p>Choose an activity from the following:</p> <ul style="list-style-type: none"> • Students match the key symbols one (or more) of the LGBTQ+ sports people worksheets • Students complete the sentence on one (or more) of the LGBTQ+ sports people worksheets (using a symbol or by writing the word) <p>Students choose a photo of the sports person to stick on the poster and then some sentences such as: Beth is a rugby player. Beth is gay. It's ok. Use the Stonewall 'It's OK' posters to support.</p>	
4. Sharing	10 min	Students share their posters, revisit the key words from the lesson. Give student the opportunity to communicate about what they like about each other's posters.	

PE activities

Learning objectives

To throw a ball with support

OR

To throw and catch a ball

OR

Throw and catch a ball with accuracy

Activity	Duration	Details	Resources
1. Intro	10 min	Show students the page of the LGBTQ+ Sports People PowerPoint which features Layshia Clarendon. Remind them that Layshia plays basketball and explain that you'll be practicing your basketball skills today.	PowerPoint: <ul style="list-style-type: none"> Rainbow Laces 2022 PowerPoint SEND ASN ALN V1 or V2
2. Warm up	10 min	Choose the most appropriate of the following activities: <ul style="list-style-type: none"> Students sit on the spot. They should follow the instructions to row, reach up to the sky and do knee raises. They should repeat each exercise until you give them a new instruction. Students jog on the spot. They should follow the instructions to jump, touch the floor, run or stop - use symbols to support where needed. Students move around the hall. They should follow the instructions to jump, touch the floor, run or stop - use symbols to support where needed. 	PE equipment: <ul style="list-style-type: none"> Basketballs Hoop or large tub Basketball hoop Symbols on A4: <ul style="list-style-type: none"> Stop Walk Run Floor Jump Row Reach Knees

			<p>Other symbols:</p> <ul style="list-style-type: none"> • Throw • Catch • Like • Dislike <p><i>Adapted resources if required: Large bell ball</i></p>
3. Throwing	10 min	<p>Choose the most appropriate of the following activities:</p> <ul style="list-style-type: none"> • Students practice throwing the ball up in the air and catching it. Where appropriate, challenge them to see how many times they can throw the ball up and catch it without dropping it. • Students throw the ball and try to get it to land in a hoop on the floor, in a bucket or in the basketball hoop. Where appropriate, challenge them to see how many points they can score. 	
4. Throwing and catching	10min	<p>Students work with a partner or with a member of staff. They should stand opposite and practice throwing and catching the ball.</p> <p>For students that are more confident at throwing and catching, encourage them to use different types of throwing technique (chest pass, bounce pass, shoulder pass) or to move further apart.</p>	
5. Work as a team	10 min	<p>Stand or sit in a circle. Students choose a person to throw the ball to. They should say or sign their name or point to them before throwing the ball.</p> <p>Set the group an appropriate challenge – for example, can we throw the ball 10 times before it rolls away? If students are confident at throwing and catching, encourage</p>	

		them to run to a new space in the circle once they have passed the ball to someone else.	
6. Cool down	10 min	Lead the students through a series of stretches to cool down. If they are able to, ask students to identify what they did well or to identify if they liked/disliked basketball.	



Lesson resources

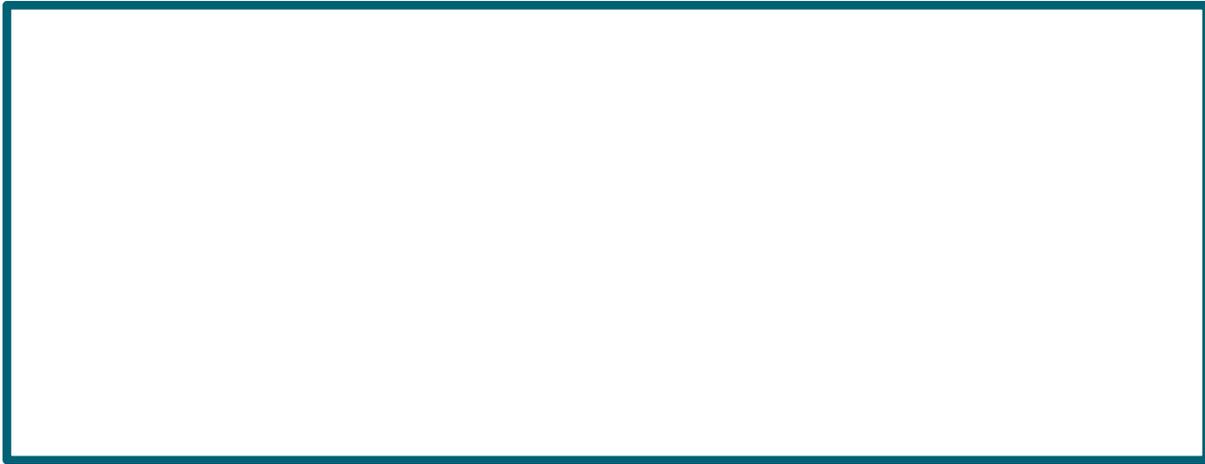


Name _____

Date _____

Sports person fact file

Stick the photo of the sports person in the red box.



Write some sentences about the sports person.

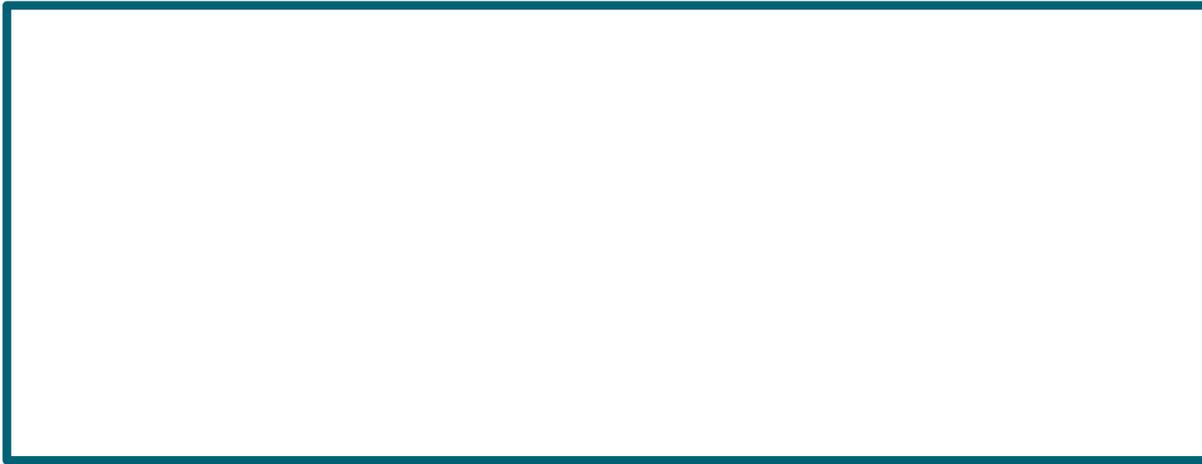


Name _____

Date _____

Sports person fact file

Stick the photo of the sports person in the red box.



Write some sentences about the sports person.

_____ is _____ years old .

_____ is a _____ .

_____ is _____ .



Name _____



Date _____



Sportsperson



fact file



Stick



the

photo

of the



sportsperson



in

the



red box



Finish

the



sentences



about

the



sportsperson.

=

_____ is _____ years old.

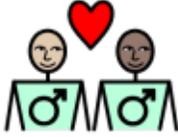
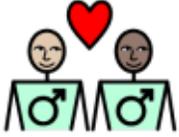
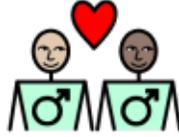
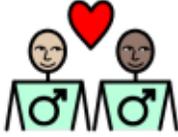


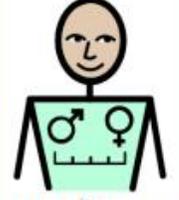
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_____ is a _____.

=

_____ is _____.

17	25	26	27	30
30	31	34	37	 a wheelchair user
 a wheelchair user	 American football player	 basketball player	 Beth	 bi
 bi	 boxer	 Dutee	 football player	 football player
 gay	 gay	 gay	 gay	 gay

 <p>Jake</p>	 <p>Layshia</p>	 <p>lesbian</p>	 <p>lesbian</p>	 <p>lesbian</p>
 <p>lesbian</p>	 <p>Lizzie</p>	 <p>married</p>	 <p>netball player</p>	 <p>non-binary</p>
 <p>non-binary</p>	 <p>Pat</p>	 <p>Robyn</p>	 <p>Ruby</p>	 <p>Rugby player</p>
 <p>runner</p>	 <p>Ryan</p>	 <p>Stacey</p>	 <p>trans</p>	 <p>trans</p>
 <p>trans</p>	 <p>wheelchair racer</p>	 <p>wheelchair racer</p>		

LGBTQ+ sports people 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 runner 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.

LGBTQ+ sports people fact files

Pat Manuel



- Pat Manuel is 37 years old.
- He is a boxer.
- Pat is from California.
- He the first trans person in the USA to become a professional boxer.
- His first professional fight was against Hugo Aguilar.
- Pat lives with his girlfriend Amita
- Pat has a dog called Gingko.

Stacey Frances-Bayman



- Stacey Frances-Bayman is 34 years old.
- She is a netball player.
- Stacey is from Birmingham.
- She played netball for England between 2010 and 2022.
- Stacey got married to her wife in 2020.

Ruby Tui



- Ruby Tui is 30 years old.
- She is a rugby player.
- Ruby plays rugby for New Zealand.
- She has won Olympic medals.
- Ruby's partner is called Dani.

Robyn Lambird



- Robyn Lambird is 25 years old.
- They are non-binary.
- Robyn is from Australia.
- They are a wheelchair racer.
- Robyn won bronze at the 2021 Paralympics.

Jake Daniels



- Jake Daniels is 17 years old.
- He is a football player.
- Jake plays football for Blackpool.
- He is gay.

Beth Mead



- Beth Mead is 27 years old.
- She is a football player.
- Beth is from Yorkshire.
- Beth plays football for England and Arsenal.
- Beth is gay.

Ryan Russell



- Ryan Russell is 30 years old.
- He is an American Football player.
- Ryan has played for Dallas Cowboys and Tampa Bay Buccaneers.
- He is bi and has a boyfriend called Corey.
- Ryan enjoys writing.

Layshia Clarendon



- Layshia Clarendon is 31 years old.
- They are non-binary.
- They are from the USA.
- Layshia is a basketball player.
- Their partner is called Jessica.
- Layshia and Jessica have one child.

Dutee Chand



- Dutee Chand is 23 years old.
- She is a runner from India.
- She is the Indian 100m women's champion.
- Dutee is the third Indian woman to have ever qualified for the 100m women's Olympic event.
- In 2019 Dutee told people that she has a girlfriend.

Lizzie Williams



- Lizzie Williams is a wheelchair racer.
- She races for Britain.
- Lizzie used to be a swimmer but she broke her back.
- She tried wheelchair racing and was very good at it.



LGBTQ+



sports people



fact files.



Pat Manuel



• Pat Manuel

is

37

years

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• He

is a



boxer.



• He

is



trans.



• Pat



lives

with his



girlfriend.



Stacey Frances-Bayman



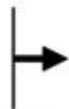
34



• Stacey Frances-Bayman is 34 years old.



• She is a netball player.



• Stacey is from Birmingham.



2020

• Stacey got married to her wife in 2020.



Ruby Tui

 is **30**  years old.

 is a  player.

 plays  for  New Zealand.

 has  won  Olympic  medals.

 partner is  called  Dani.



Robyn Lambird

 is **25**  years old.

 are  non-binary.

 is from  Australia.

 are a  wheelchair  racer.

 won   bronze at the 2021  Paralympics.



Jake Daniels



17



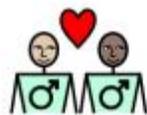
• Jake Daniels is 17 years old.



• He is a football player.



• Jake plays football for Blackpool.



• He is gay.



Beth Mead

 is **27**  years old.

 is a  football player.

 is from  Yorkshire.

 plays football for  England and  Arsenal.

 is  gay.



Ryan Russell



• Ryan Russell is 30 years old.

30



• He is an American Football player.



• He is bi and has a boyfriend called Corey.



• Ryan enjoys writing.





Layshia Clarendon



31



•Layshia Clarendon 31 years old.



•They are non-binary.



•They are from the USA.



• Layshia is a basketball player.



•Layshia's partner is called Jessica.



Dutee Chand



23



• Dutee Chand is 23 years old.



• She is a runner from India.



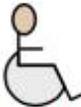
• She is the Indian 100m women's champion.



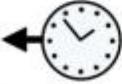
• Dutee has a girlfriend.

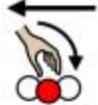


Lizzie Williams

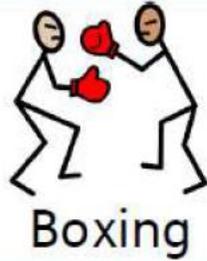

 •Lizzie Williams is a  wheelchair  racer.


 •She  races for  Britain.


 • Lizzie  used to be a  swimmer.

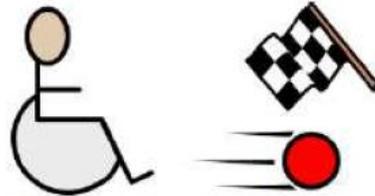

 •She  tried  wheelchair  racing  and was  very good at it.

LGBTQ+ sports people dominoes





Boxing



Wheelchair racing



Basketball



Boxing





Rugby



Rugby



Football

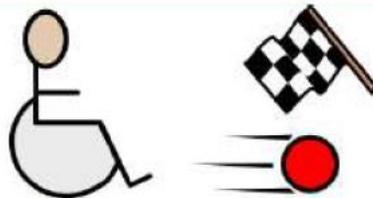


Rugby





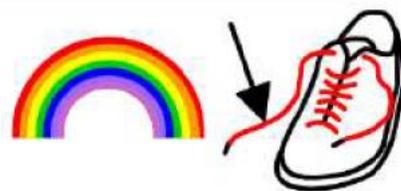
Rugby



Wheelchair racing



Basketball



Rainbow laces



American football



American football



Netball



American football





American football



Basketball



American football



Football





Football



Athletics



Football



Basketball



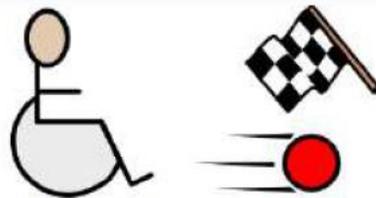
Football



Netball



Netball



Wheelchair racing



Athletics



Athletics



Basketball

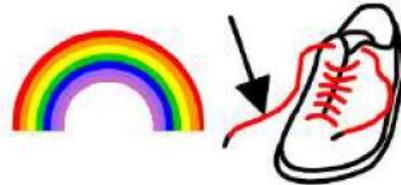


Netball

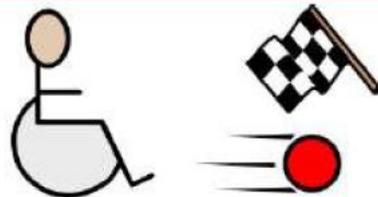




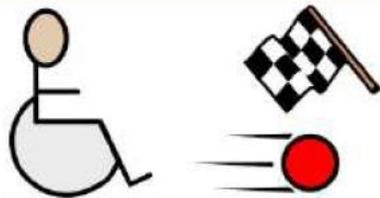
Basketball



Rainbow laces

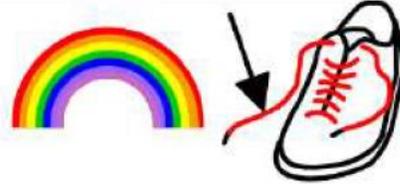


Wheelchair racing



Wheelchair racing

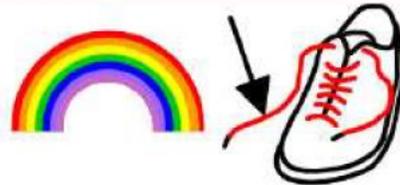




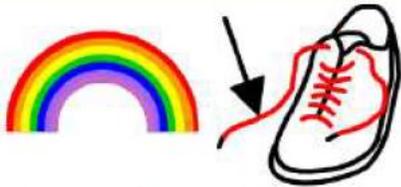
Rainbow laces



Basketball



Rainbow laces



Rainbow laces



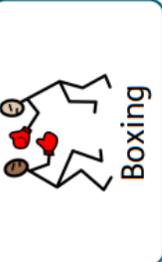
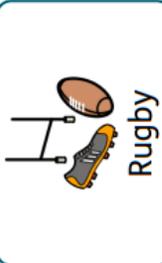
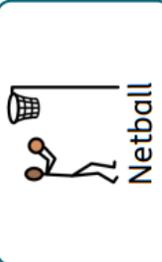
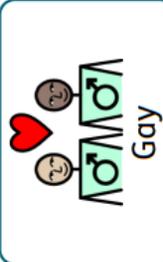
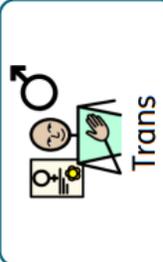
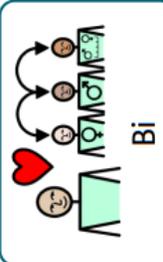
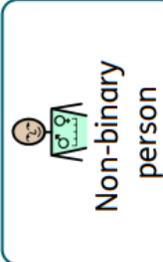
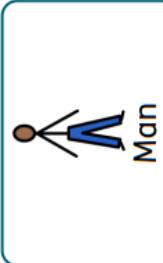
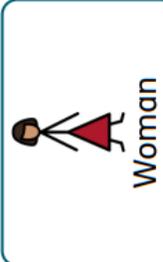


Boxing



Rugby

Rainbow Laces 2022 Communication Mat

 Sports	 Football	 Boxing	 Wheelchair racing	 American football
 Running	 Rugby	 Basketball	 Netball	 Rainbow laces
 Gay	 Lesbian	 Trans	 Bi	 LGBTQ+
 Non-binary person	 Man	 Woman		

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