

Rainbow of Success

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What is the Rainbow of Success?

The Rainbow of Success is a color-coded reinforcement system that provides immediate feedback for every student. The colors can be applied to almost every aspect of a physical education setting.

Why use colors to provide feedback?

It is important to provide immediate feedback to students regarding their performance on skills, etc. But even when feedback is provided, many students don't understand what the score means. Young children participating in the mile run have no idea if 14 minutes is a good score or not. Attach a color to it and they can immediately internalize their performance level.

What colors are used? What levels do they represent?

Purple =	Please Practice Purple	(below standard)
Blue =	Better Blue	(below standard)
Green =	Good Green	(healthy score, met standard)
Yellow =	Yippee Yellow	(exceeds standard)
Orange =	Awesome Orange	(exceeds standard)
Red =	Red Hot	(exceeds standard)

Students are taught to aim for meeting standard (good green). Anything below green means that they have found something that they need to practice, and anything above green means that they have found something that they do well.

What are some examples?

1) Fitness Testing: PACER

Colors are assigned to the number of beeps a child completes. A flip chart can be used to identify the colors as they change. This is the rubric that we use:

Purple = 22 or fewer beeps (flip the color on beep #23)

Blue = 23 - 31 beeps (flip the color on beep #32)

Green = 32 - 40 beeps (flip the color on beep #41)

Yellow = 41 - 50 beeps (flip the color on beep #51)

Orange = 51 - 60 beeps (flip the color on beep # 61)

Red = 61 or more beeps

2) Activity Scoring: Bowling

Team and individual scoring can be documented using the same colors. My kindies and 1st grade students color their bowling scores using this rubric:

Strike Red
Spare Orange
8 – 9 Yellow
6 – 7 Green
4 – 5 Blue
0 – 3 Purple

3) Skill Assessment: Jump Rope

Skills with increasing levels of difficulty can be posted for students to try as a class or individually. These work well for stations. Students begin with the green skill. If they are able to perform that skill successfully then they move up the poster to the yellow skill, etc. This helps to individualize practice sessions. Here is a sample jump rope skill chart:

Red	360 turn
Orange	180 turn
Yellow	Basic single jump- backwards (20 x without stopping)
Green	Basic single jump- forwards (20 x without stopping)

4) Levels of Responsibility (Don Hellison)

Students can set goals and monitor their progress using the same Rainbow of Success system. Each color coordinates with a level of responsibility based on Don Hellison's levels. I have the colors posted at the gym doors. Students touch their "goal" behavior color as they enter the gym and touch their "reality" behavior color as they exit. These levels have now carried over into the classrooms. Some teachers have their students write journal entries based on their behavior color at recess that day, etc.

Red Outside the gym (I will use these skills/behaviors outside of PE time)
Orange Coach (I helped others)
Yellow Captain (I was a good example for others in class, I cheered others on)
Green Team member (I did my best and participated at all times)
Blue Benchwarmer (I participated sometimes)
Purple Cut from the team (I had to sit out)

Other uses for the colors that comprise the Rainbow of Success system:

Sportime, Inc. provides equipment that is color-coded. This equipment can help with classroom management, team formation, equipment distribution, etc.

www.sportime.com