

REGGIE GOES TO THE MOON

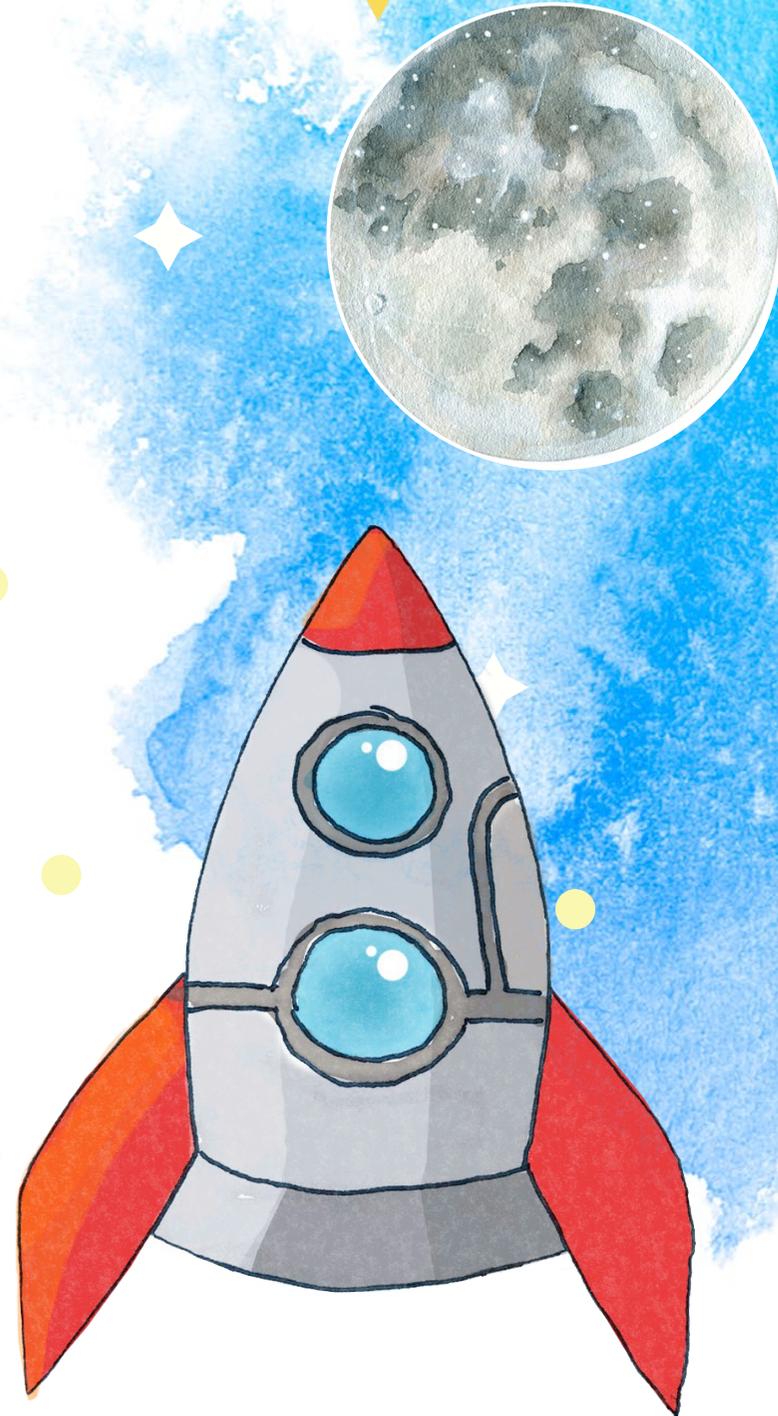
Blind/Visually Impaired

Level:

As they develop
As they progress

Equipment:

Space rocks — any type of ball, rolled up socks, balloons, objects that make sounds e.g. bell ball
Objects to push — any type of ball, door, chairs, boxes etc



Reggie goes to the Moon is a book for families to use together, the aim is for your child to follow the story and place a sticker next to the actions they complete.

Once your child has completed all of the actions, they can design their own personal medal.

Enjoy and help Reggie get to the Moon

REGGIE GOES TO THE MOON



Blind/Visually Impaired

Level:

As they develop As they progress

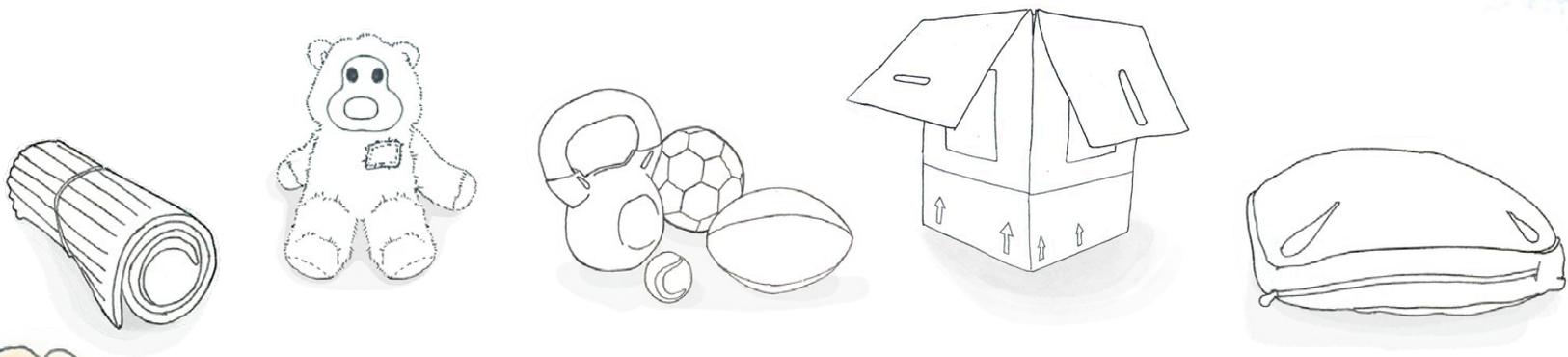
Equipment:

Space rocks — any type of ball, rolled up socks, balloons, objects that make sounds e.g. bell ball

Objects to push:

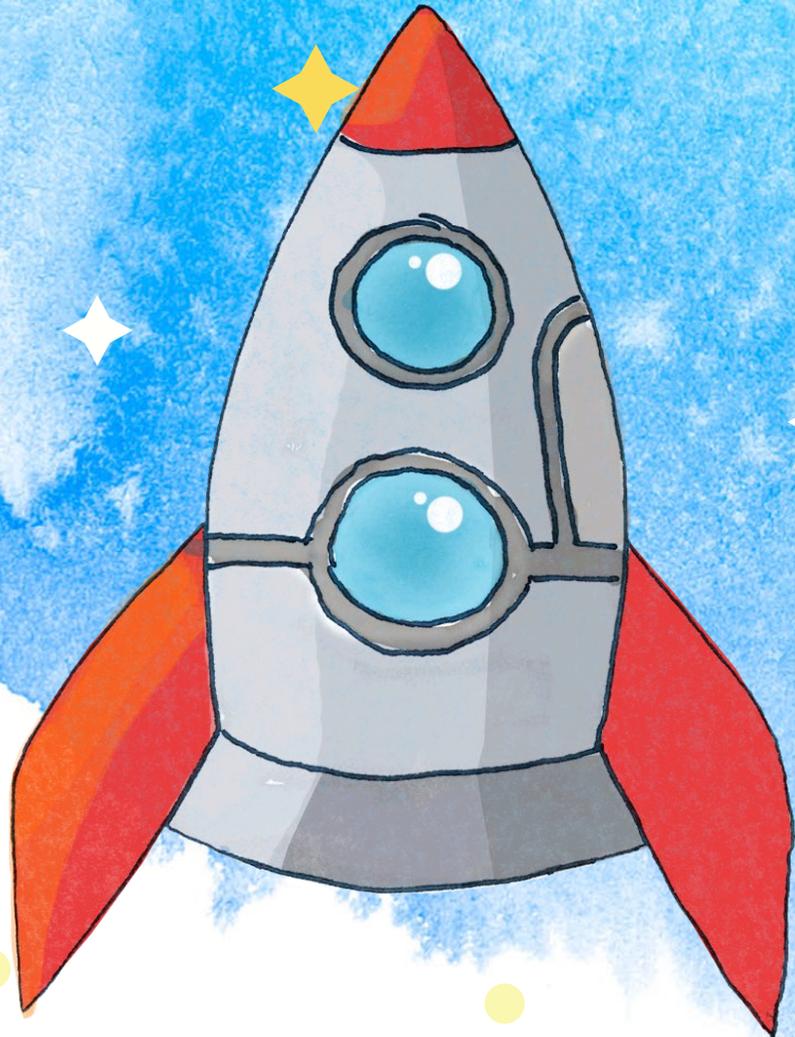
any type of ball, door, chairs, boxes etc

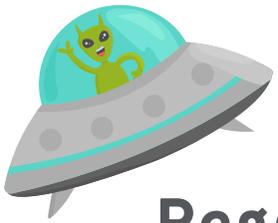
Reggie is going on an adventure into space, he needs someone to go with him to help him and help fly the space rocket.



Can you help him get all his equipment ready for take off





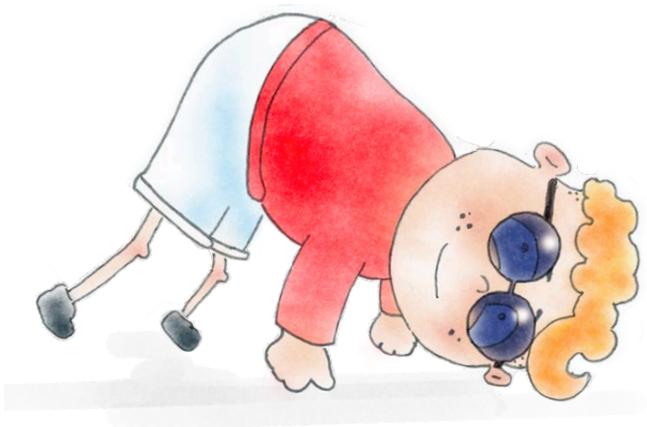


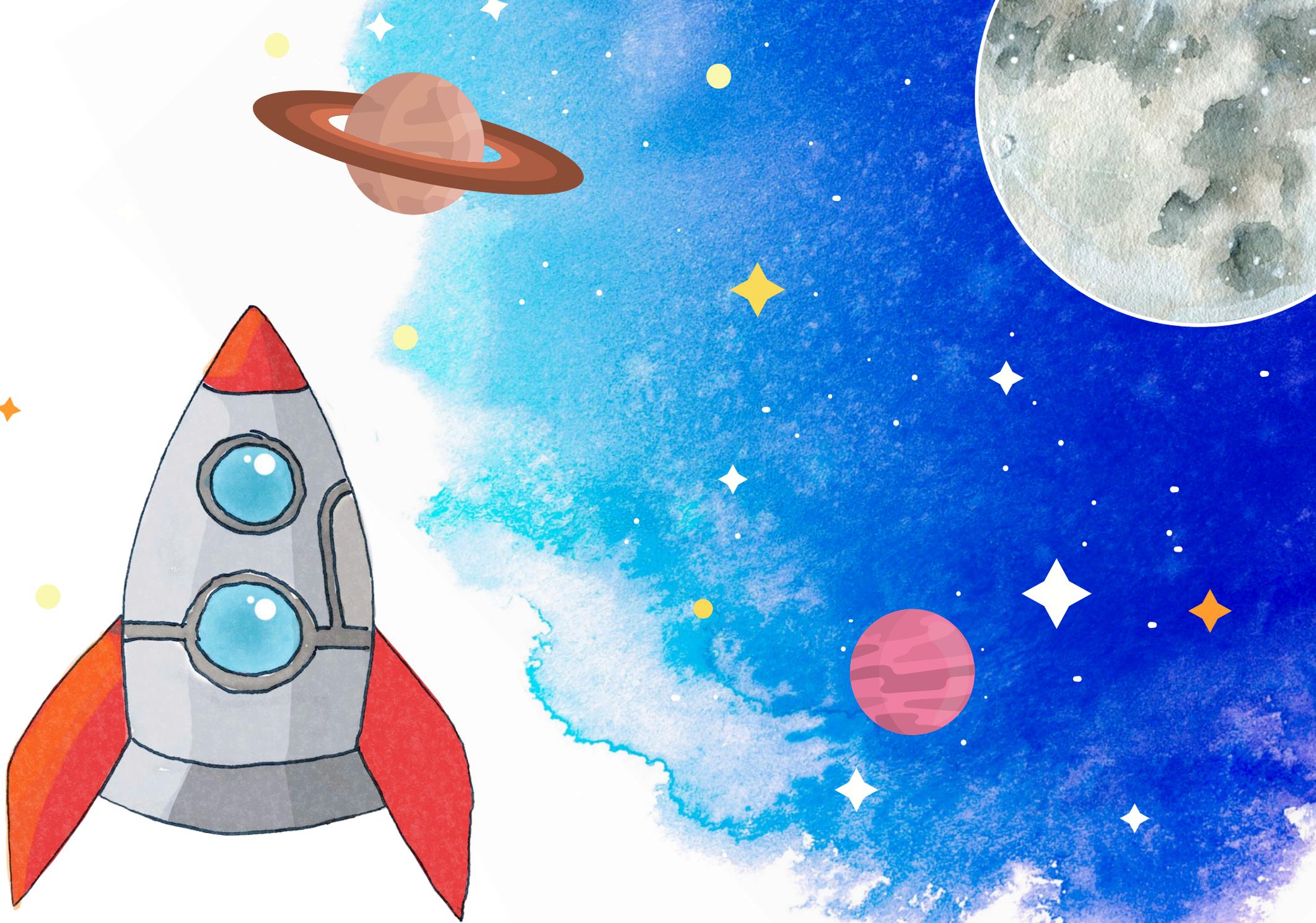
Reggie is going to travel to the moon on a space rocket.

Reggie makes his way to the space rocket and gets ready for take off

How many different ways can you move towards your space rocket?

- Crawling
- Walking on all 4's
- Walk (with or without a guide)
- Jog (with or without a guide)



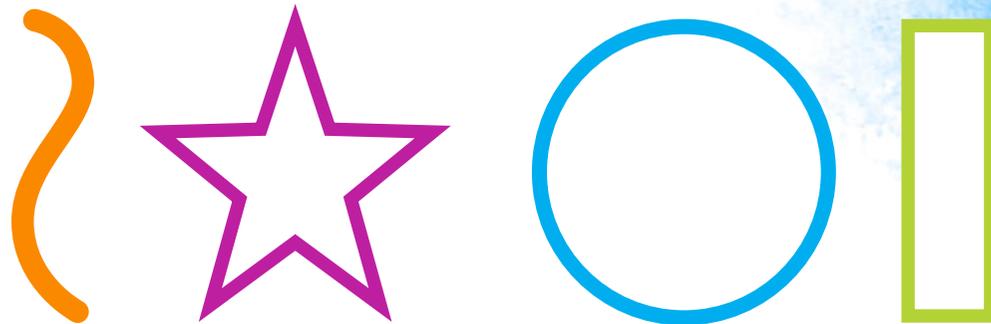


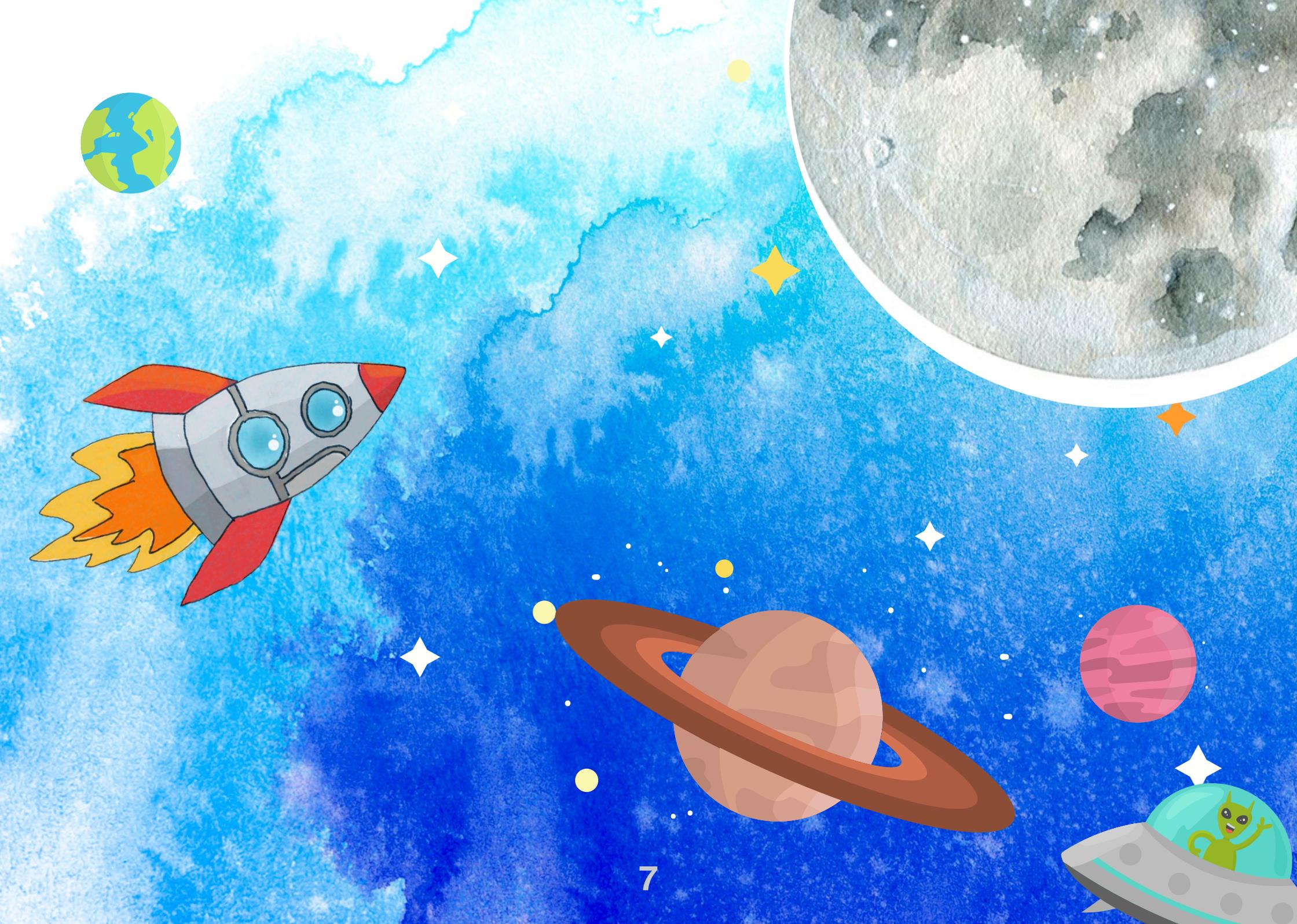
The rocket blasts off into Space, whizzing towards the moon and stars



Can you create shapes using your body that are like rockets, moons and stars?

- Straight Shape
- Star Shape
- Balancing on one foot
- Round Shapes
- Curved Shapes







Whilst flying to the moon, Reggie has to get his space suit on ready for landing.

The space suit is at the other end of the rocket, so Reggie has to crawl along the ship to get to it.



What types of different movements can you do without being on your feet?

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> Crawl | <input type="checkbox"/> Log Roll |
| <input type="checkbox"/> Army Crawl | <input type="checkbox"/> Bear Crawl |
| <input type="checkbox"/> Hands and Knees crawling | <input type="checkbox"/> Foxes |



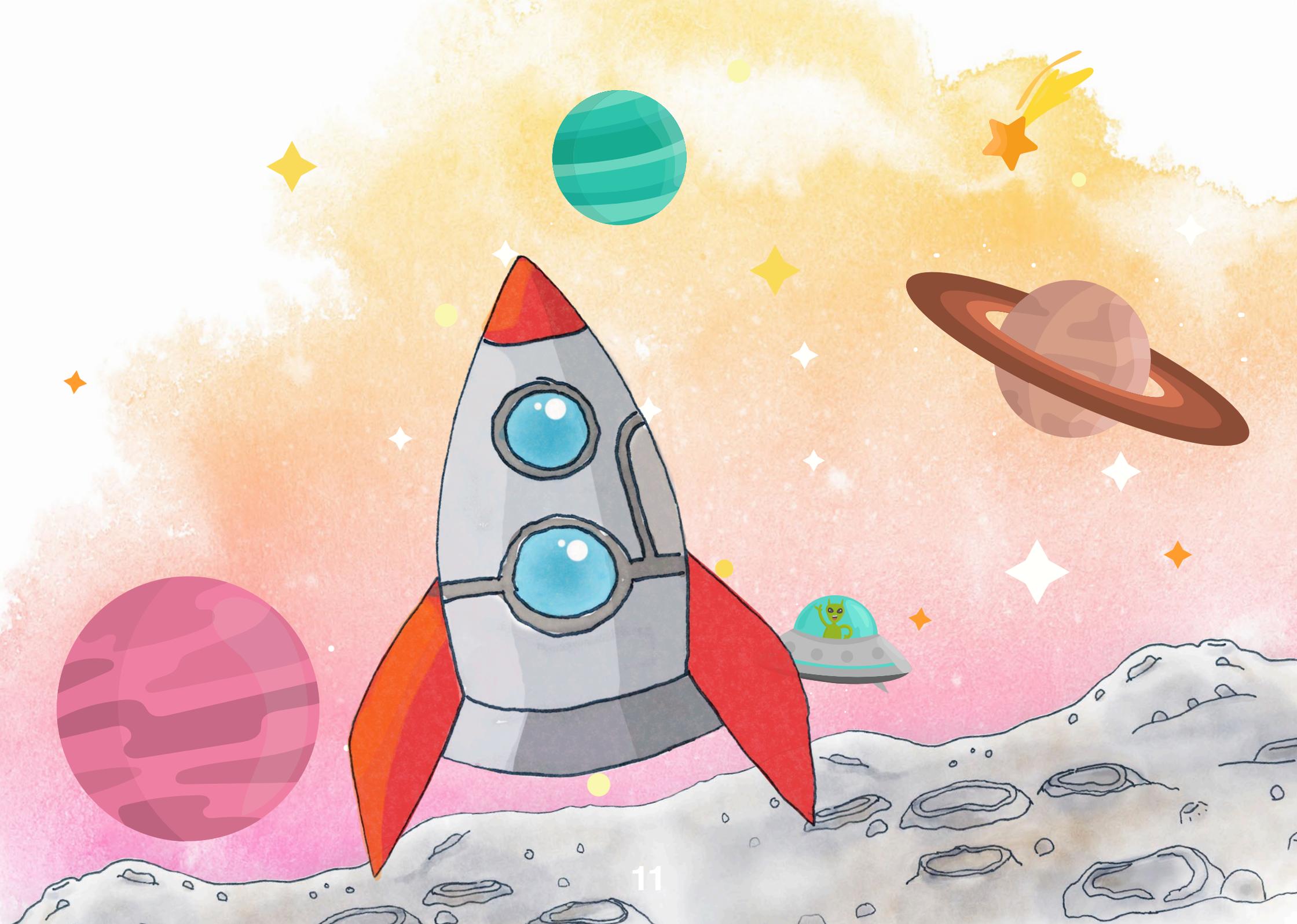


The rocket has landed on the moon and Reggie is ready to go and explore.

Reggie tries to open the door but it's jammed, he has to push as hard as he can and it pops open.

What types of objects can you push and move?

- Round Objects
- Doors
- Chairs
- Boxes



Reggie jumps through the door and on to the surface of the moon.



How many different types of jumps can you do whilst landing safely?

- One footed jumps (landing on one foot or two)
- Two footed jumps (landing on one foot or two)
- Frog Jump
- Bunny Hop
- Jumping as high as you can



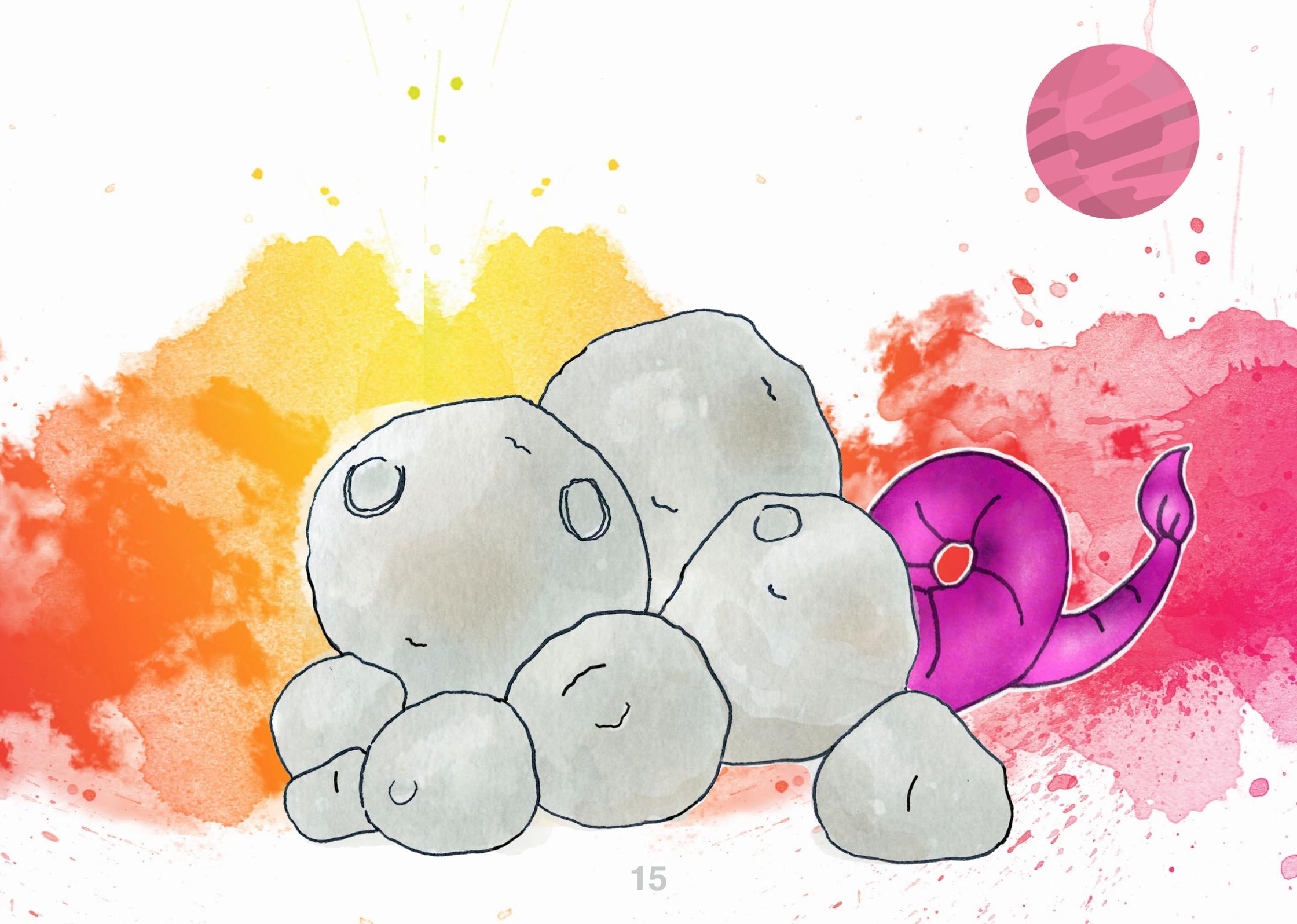
Reggie can see an Alien's tail poking out under a huge pile of space rocks; Reggie has to get over there as quickly as possible to help free the alien.



What types of ways can you move if you were in space?

- Hopping on the spot
- Hopping (with or without a guide)
- Run (with or without a guide)
- Jumping (distance)



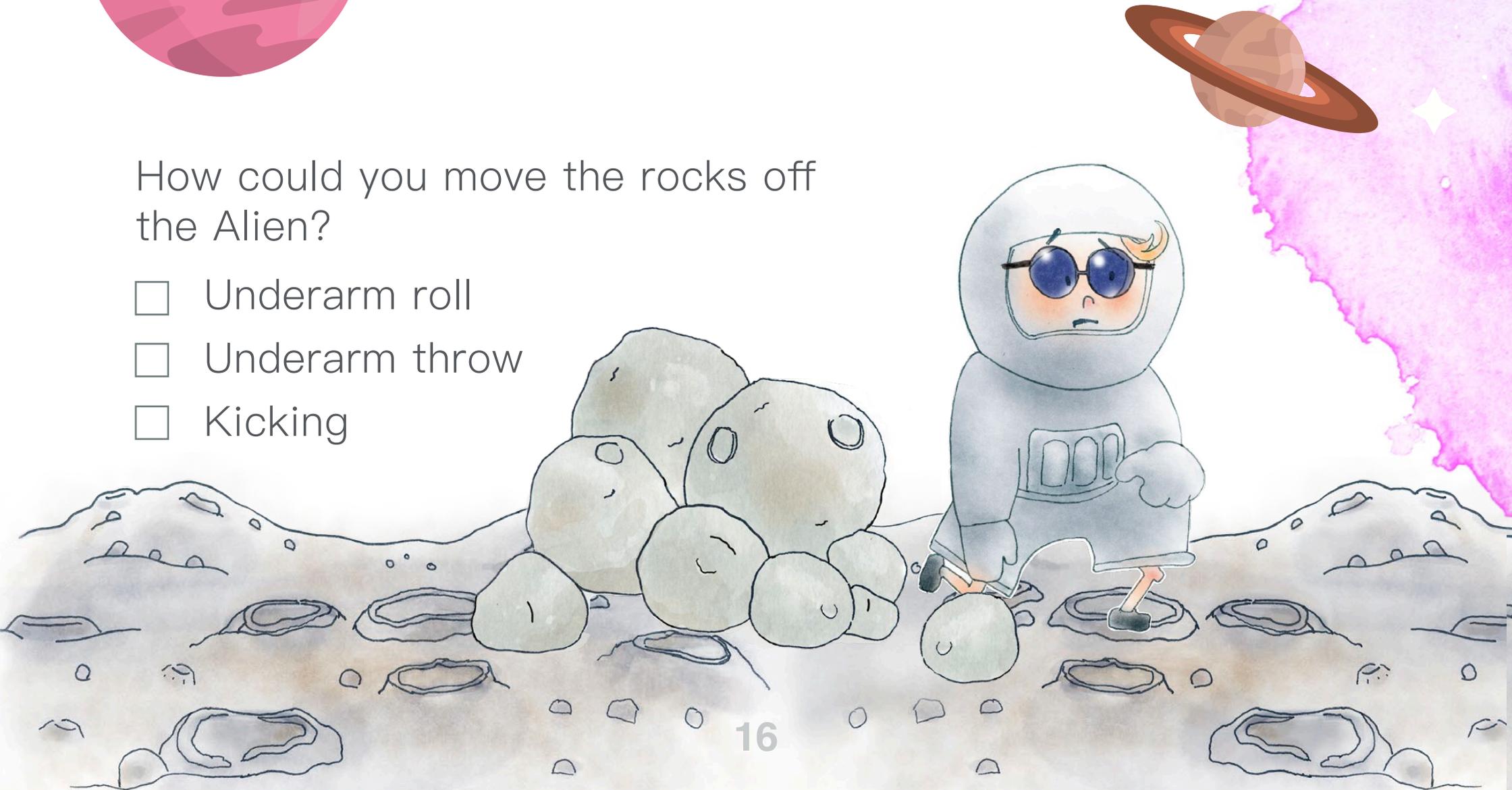




Reggie has to get rid of all the rocks on top of the alien.

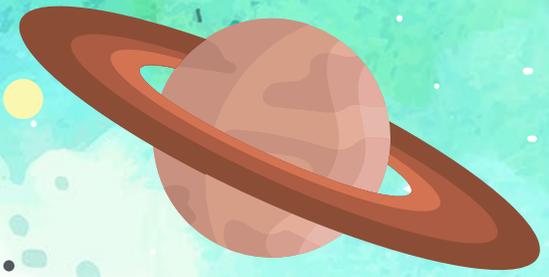
How could you move the rocks off the Alien?

- Underarm roll
- Underarm throw
- Kicking





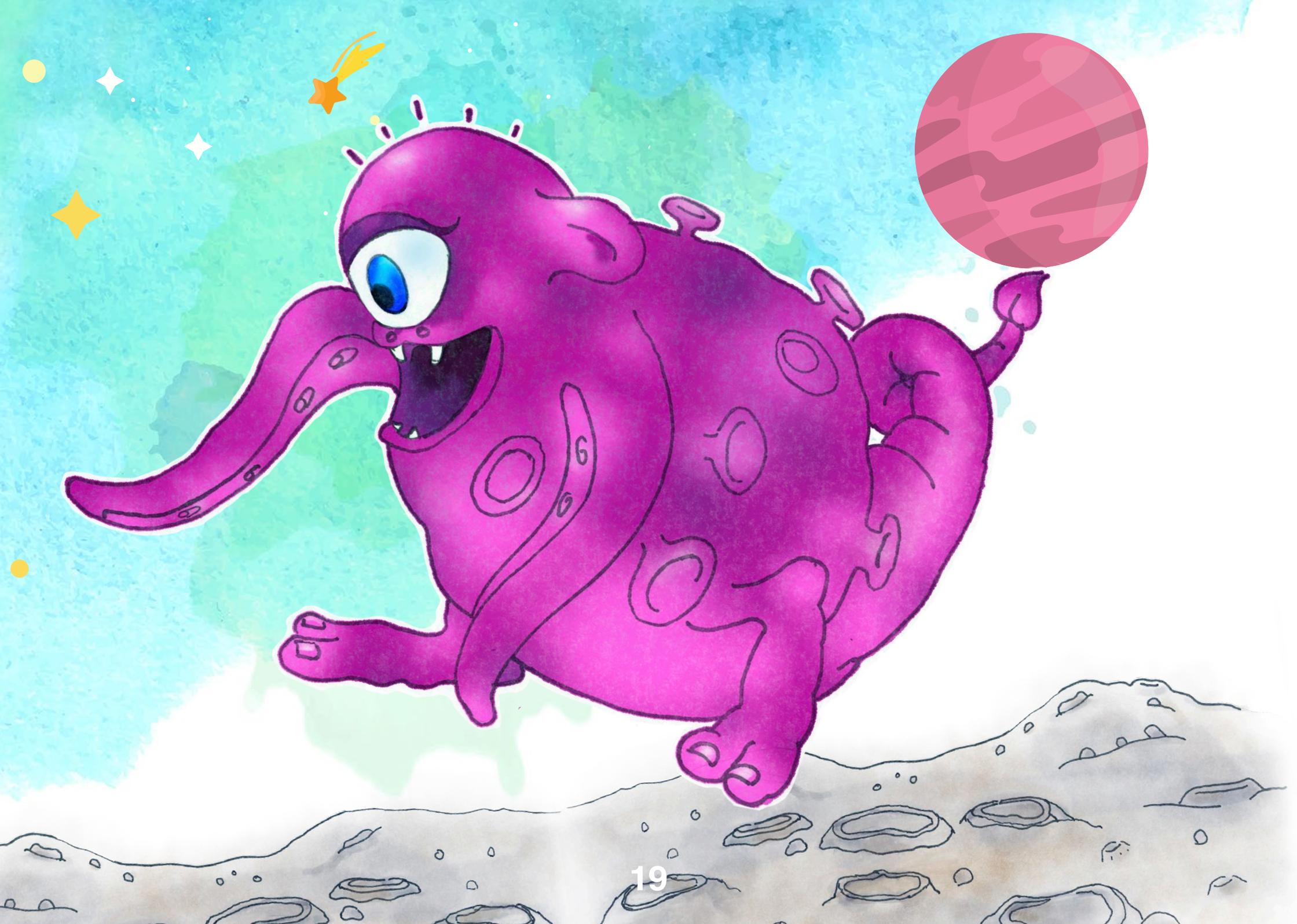
Reggie makes friends with the alien and teaches them to play some games from Earth.



How many ways can you pass an object between you and a partner?

- Roll a ball to your partner (Sitting)
- Roll a ball to your partner (Standing)
- Receive the ball from your partner (Sitting)
- Receive the ball from your partner (Standing)
- Under arm throw and catch
- Kick and stop the object



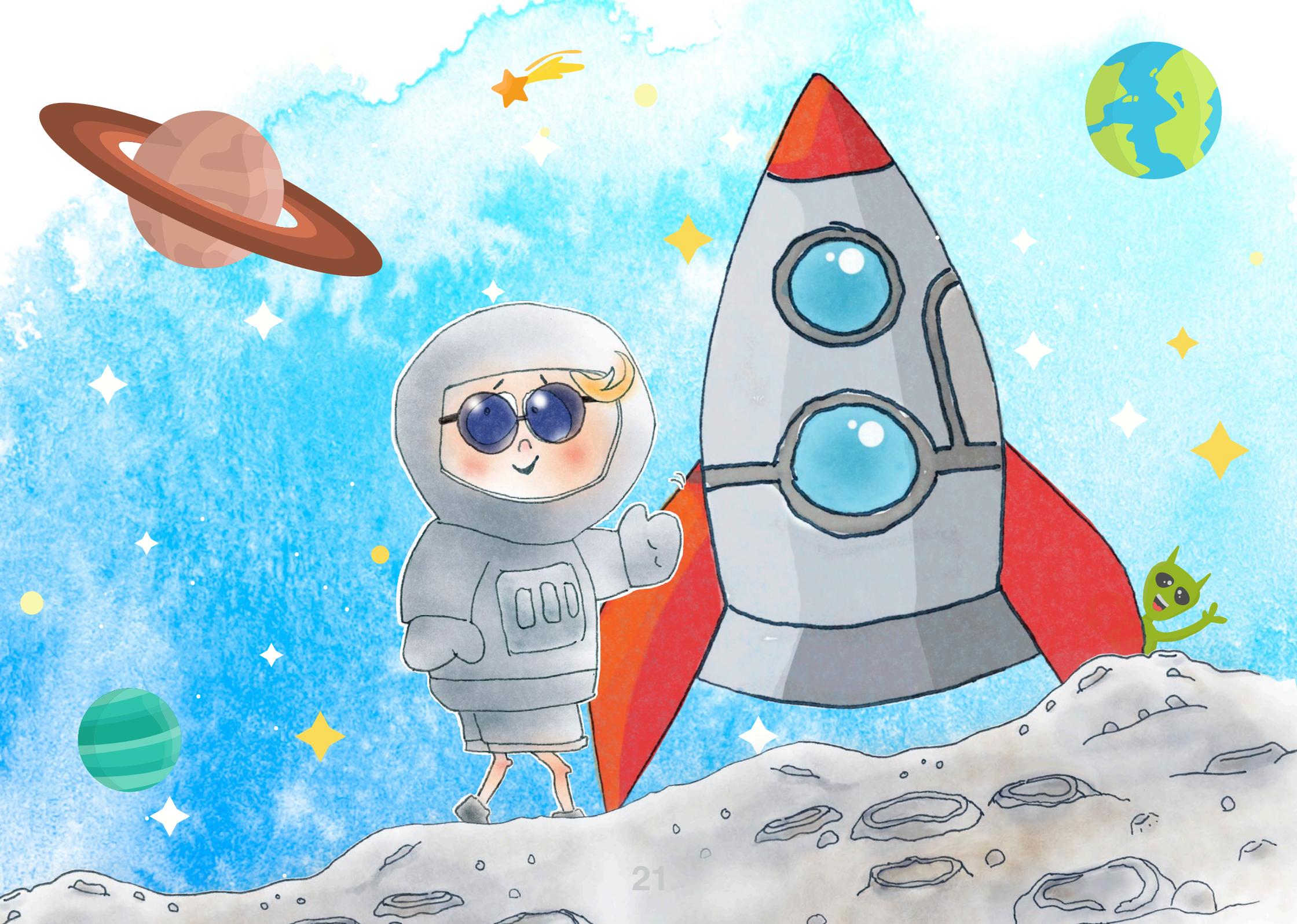


Reggie and his Alien friend finish playing as Reggie has to return to Earth. Reggie climbs on board his space rocket and flies back to Earth just in time for his Tea.

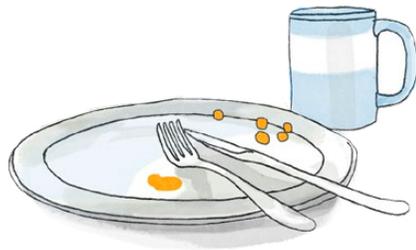


Can you climb anything?

- Up stairs
- A ladder
- A climbing frame



Reggie finishes his tea and heads straight to bed, he's had so much fun that he wants to tell his friends all about it the next day.



Can you teach someone any of the movements you've done during Reggie's story?

Hi, earthling...
Did you see me? How many times?
Answer on last page



EXTRAS

SHOW ME WHAT YOU CAN DO

Can you create some movements that would help Reggie during his trip?

What did you find hard? Why did you find it hard? Can you make it easier?

What actions were the most fun to do? Why were they fun?

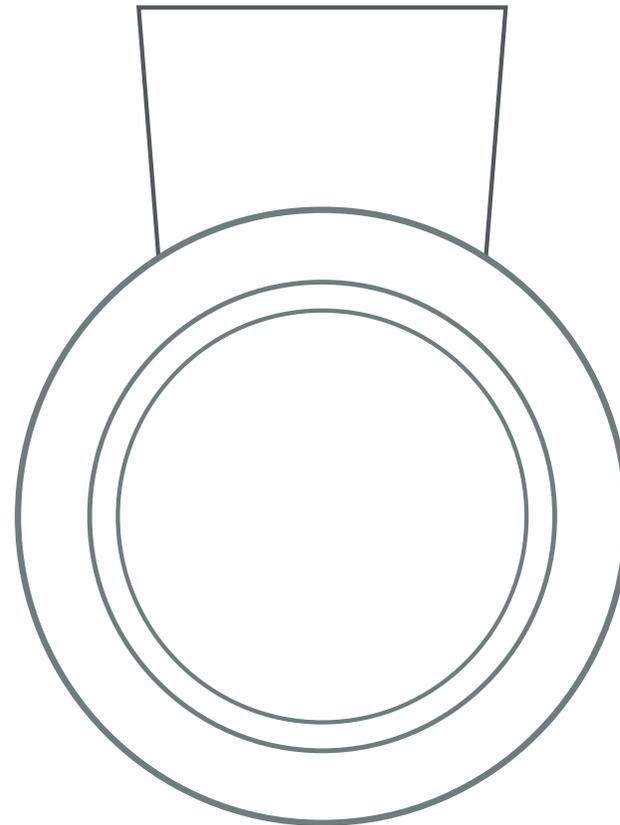
Can you create your own story with new actions?

Can you show your story to a friend and go through it together?

WELL DONE!

You've completed Reggie Goes to the Moon which means you've won a special space adventurer's medal.

Can you design a medal to show all your friends?



WHAT CAN YOU DO WITH THESE ACTIONS?

Can you think of any activities or sports where the actions you've learnt are used?

Actions	Activities / Sports
Crawling	
Walking on all 4's	
Walk (with or without a guide)	
Jog (with or without a guide)	
Straight Shapes	
Star Shapes	
Round Shapes	
Curved Shapes	
Crawl	
Army Crawl	

Actions**Activities / Sports**

Hands and Knees Crawl	
Pushing an object	
One footed jumps (landing on one foot or two)	
Two Footed Jumps (landing on one foot or two)	
Jumping as high as you can	
Run (with or without a guide)	
Jumping (distance)	
Under Arm Roll	
Kicking	
Receive a ball from your partner	

STEP

**STEP is a great way to plan your skills within
Reggie Goes to the Moon**

SPACE How can you change the area you play in?

Where can you play?

Can you make the space bigger or smaller?

Can you have more than one section of your area?

TASK Can people play the activity differently?

How can you change the game so everyone can do it?

Can you change the activity to make it easier and harder?

Can you play the activity in different positions?

EQUIPMENT What equipment can you use?

Can you use different coloured equipment?

Can you use lighter equipment?

Can you use larger equipment?

Can you use equipment with different materials?

PEOPLE Who can play?

Can you change the number of people playing?

Can each player have different skills to complete?

The answer is...
TEN! Well done
if you found me.





REGGIE GOES TO THE MOON

Simon Jones, Disability Sport Wales Development Officer
sljones@valeofglamorgan.gov.uk



www.valeofglamorgan.gov.uk/sportsandplay

Find us on Twitter @Valesportnews www.disabilitysportwales.com