

REGGIE GOES TO THE MOON

Physical Impairment – Ambulant

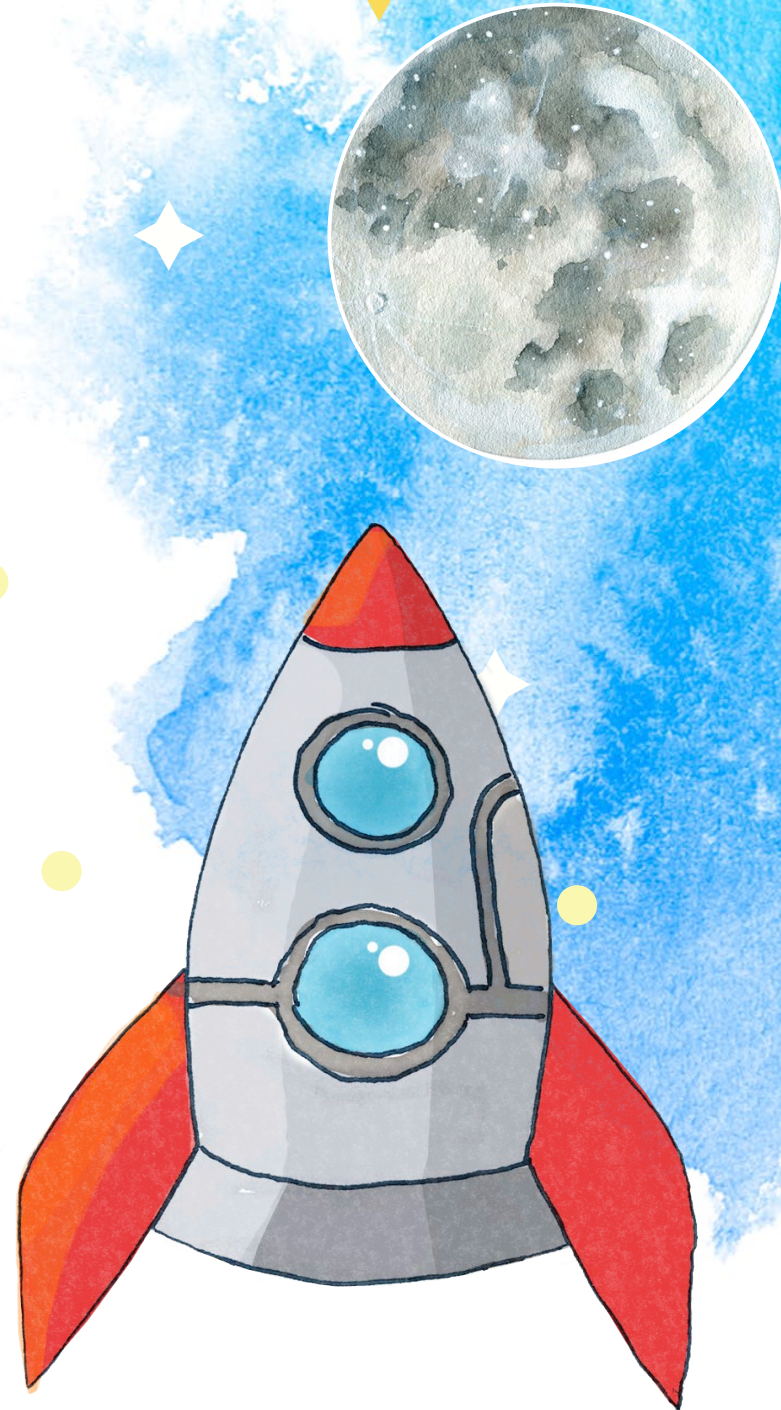
Cerebral Palsy, Amputee

Level:

As they develop
As they progress

Equipment:

Space rocks – any type of ball, rolled up socks, balloons etc
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

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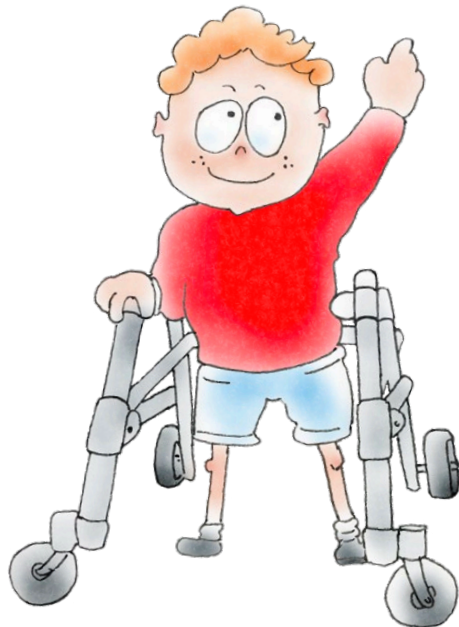
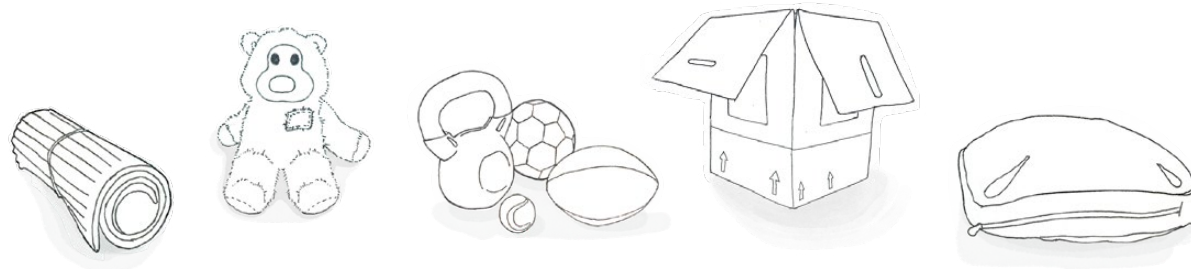
Equipment:

Space rocks – any type of ball, rolled up socks, balloons etc

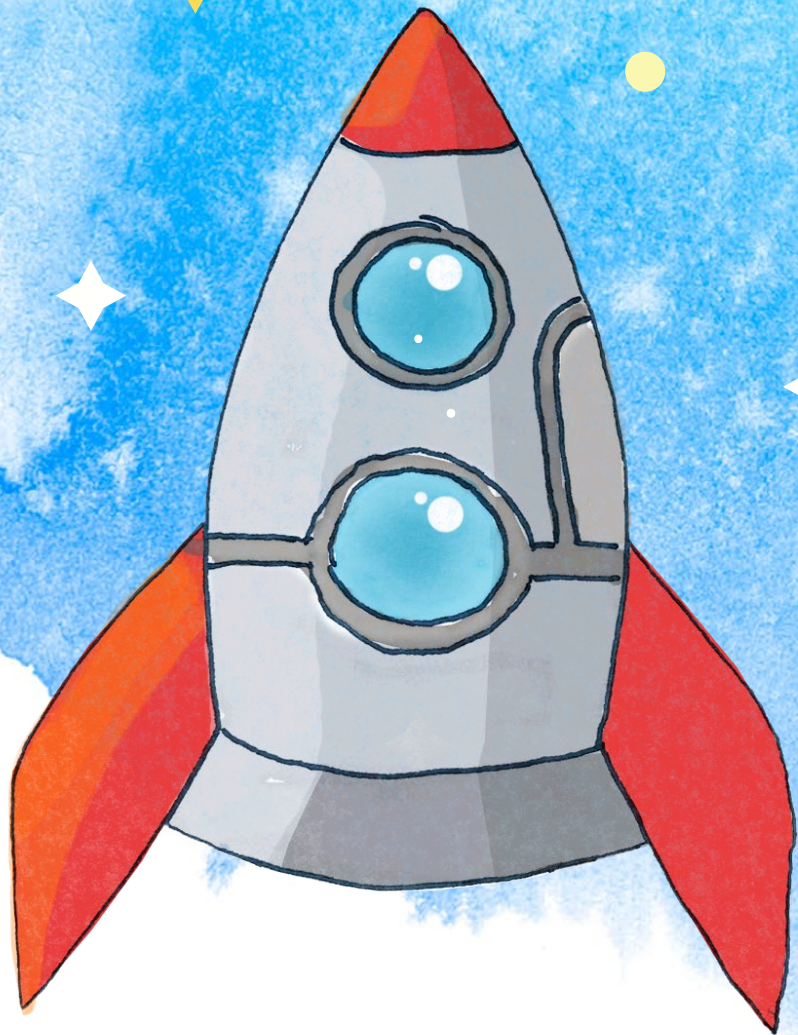
Objects to push:

any type of ball, door, chairs, boxes etc

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



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



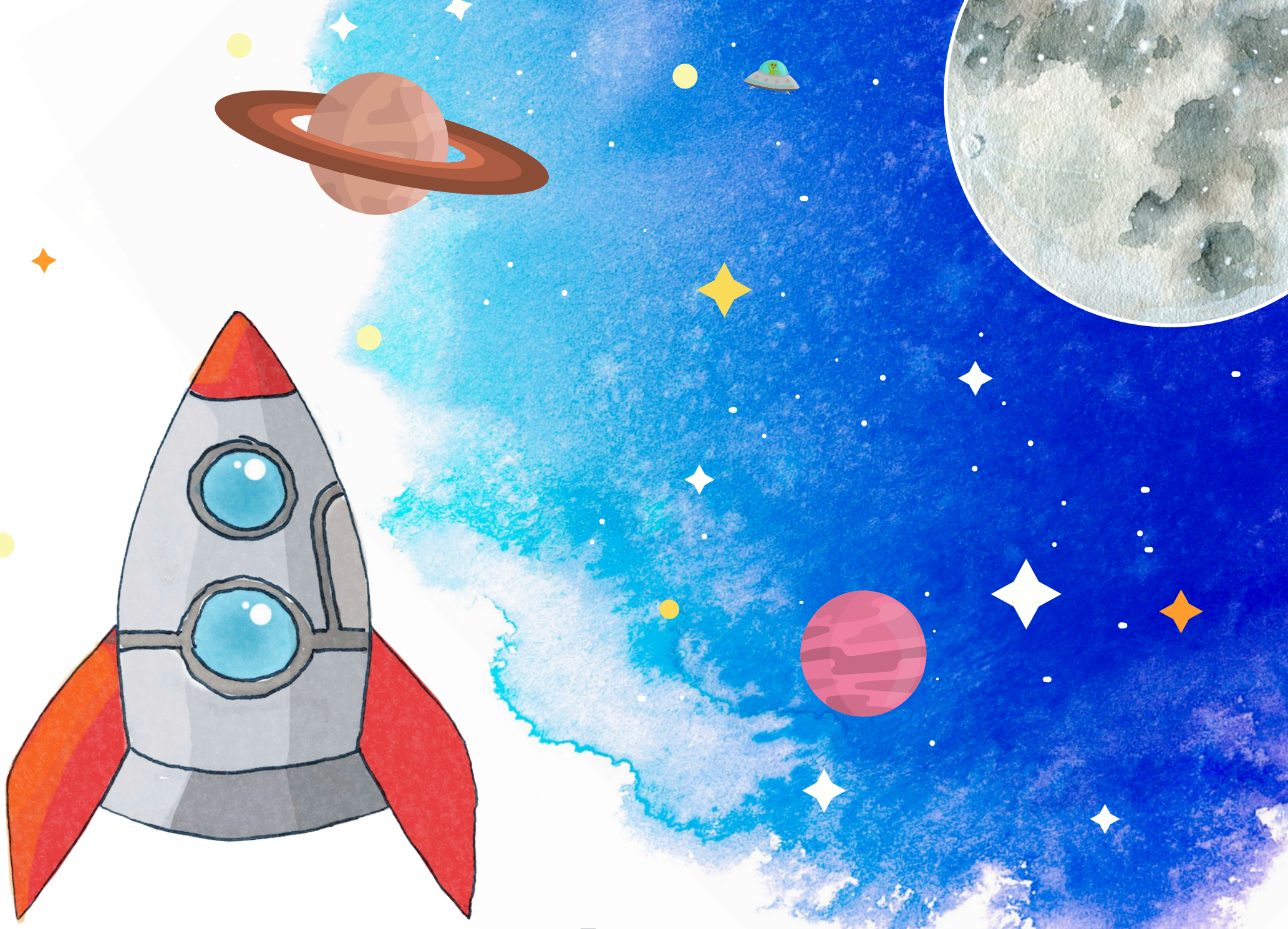
Reggie is going to travel to the moon on a space rocket.

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

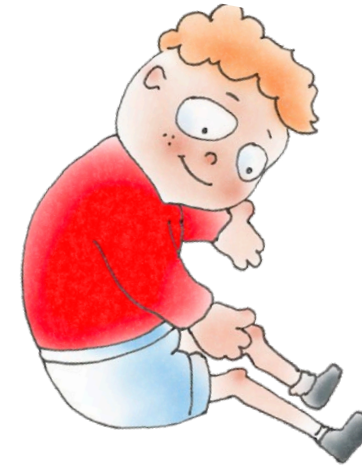
How many different ways can you move towards your space rocket?



- Crawling
- Foxes (using all of your limbs to walk)
- Walk (with out without assistance)
- Run (with or without assistance)



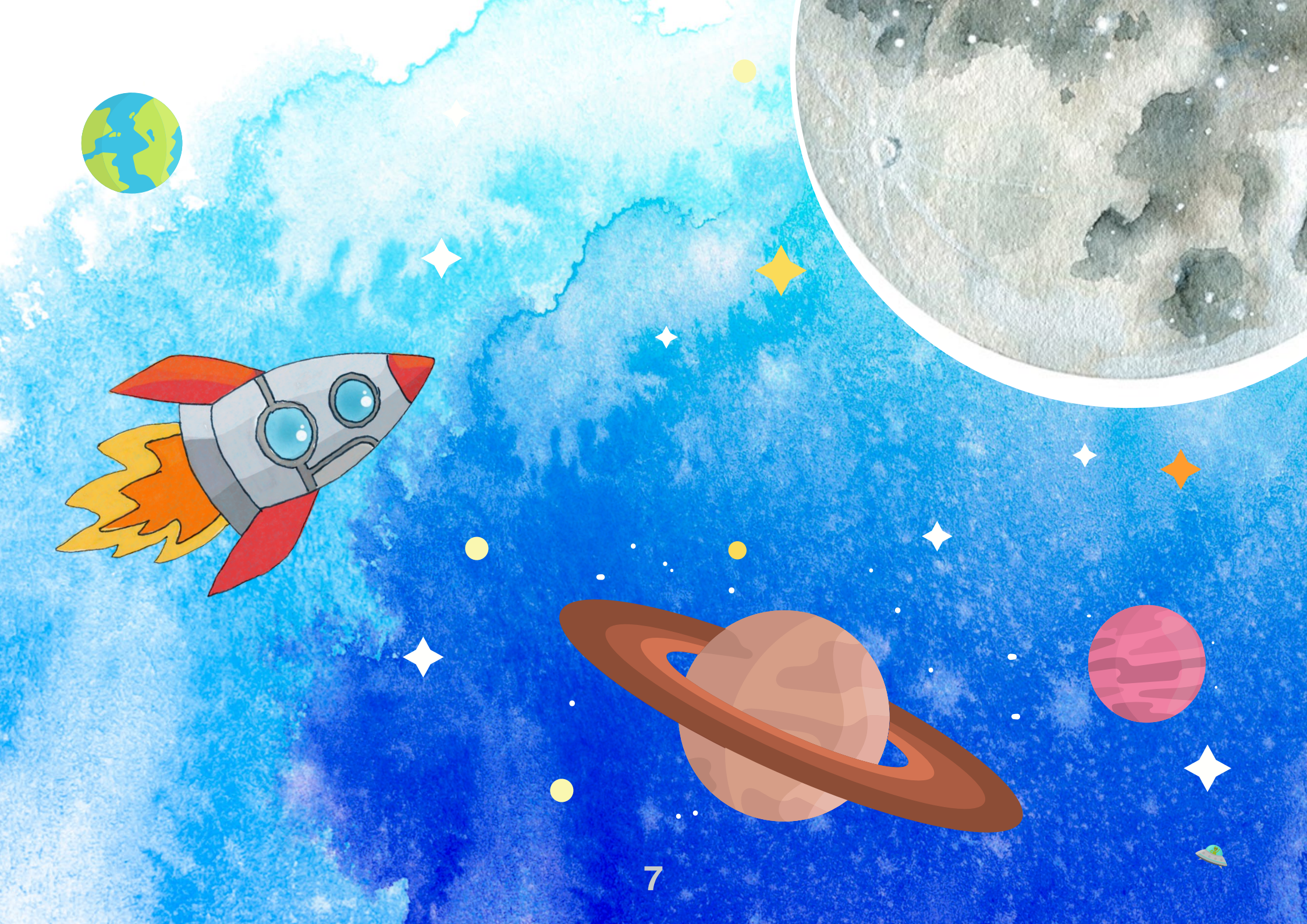
The rocket blasts off into Space, whizzing towards the moon and stars



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

- Balancing on one foot (with or without assistance)
- Straight Shape
- Star Shape
- Round Shapes
- Curved Shapes





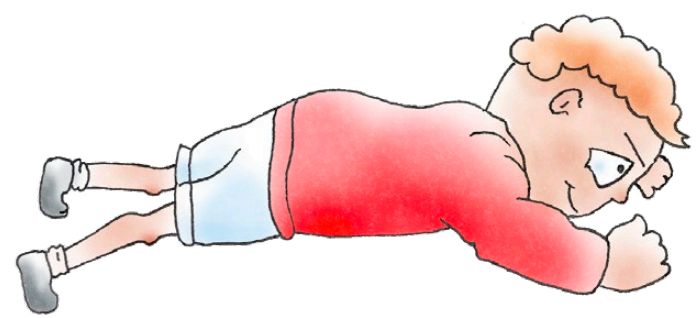


Whilst flying to the moon, Reggie has to get his space suit on ready for landing.

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?

- Crawl
- Army Crawl
- Hands and Knees crawling
- Log Roll
- Bear Crawl





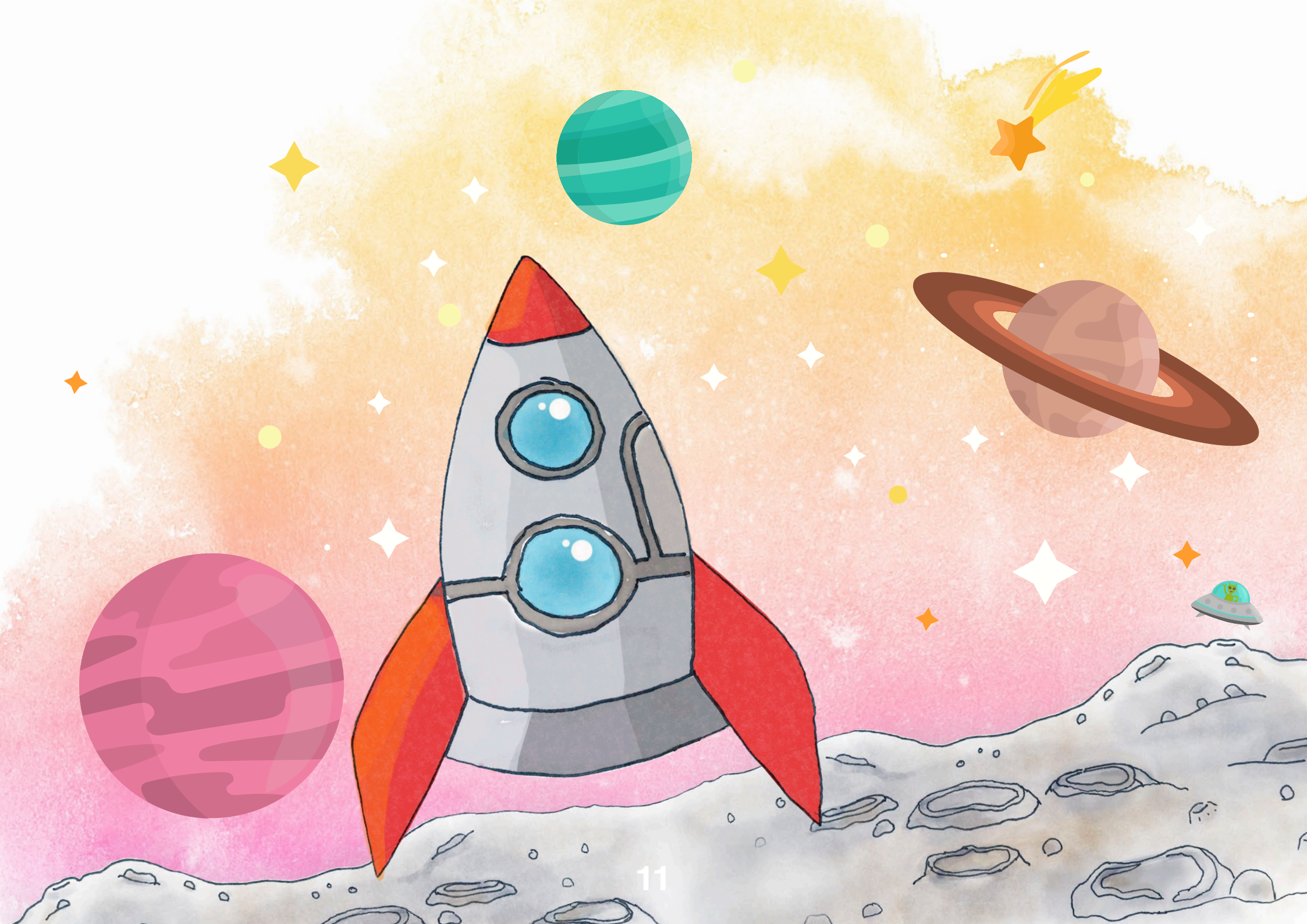


**The rocket has landed on the moon,
and Reggie is ready to go explore.**

**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?

- Rounds objects
- Doors
- Tables
- Chairs
- Boxes



Reggie moves through the door and onto the surface of the moon.

How many different ways can you move whilst landing safely on the moon?

- Jump (Landing on one or two feet)
- Getting all of your body off the ground
- Frog Jump
- Bunny Hop
- Jumping as high as you can
(assistance can be used to support jumping actions)





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 them.

How would you move if you were in space?

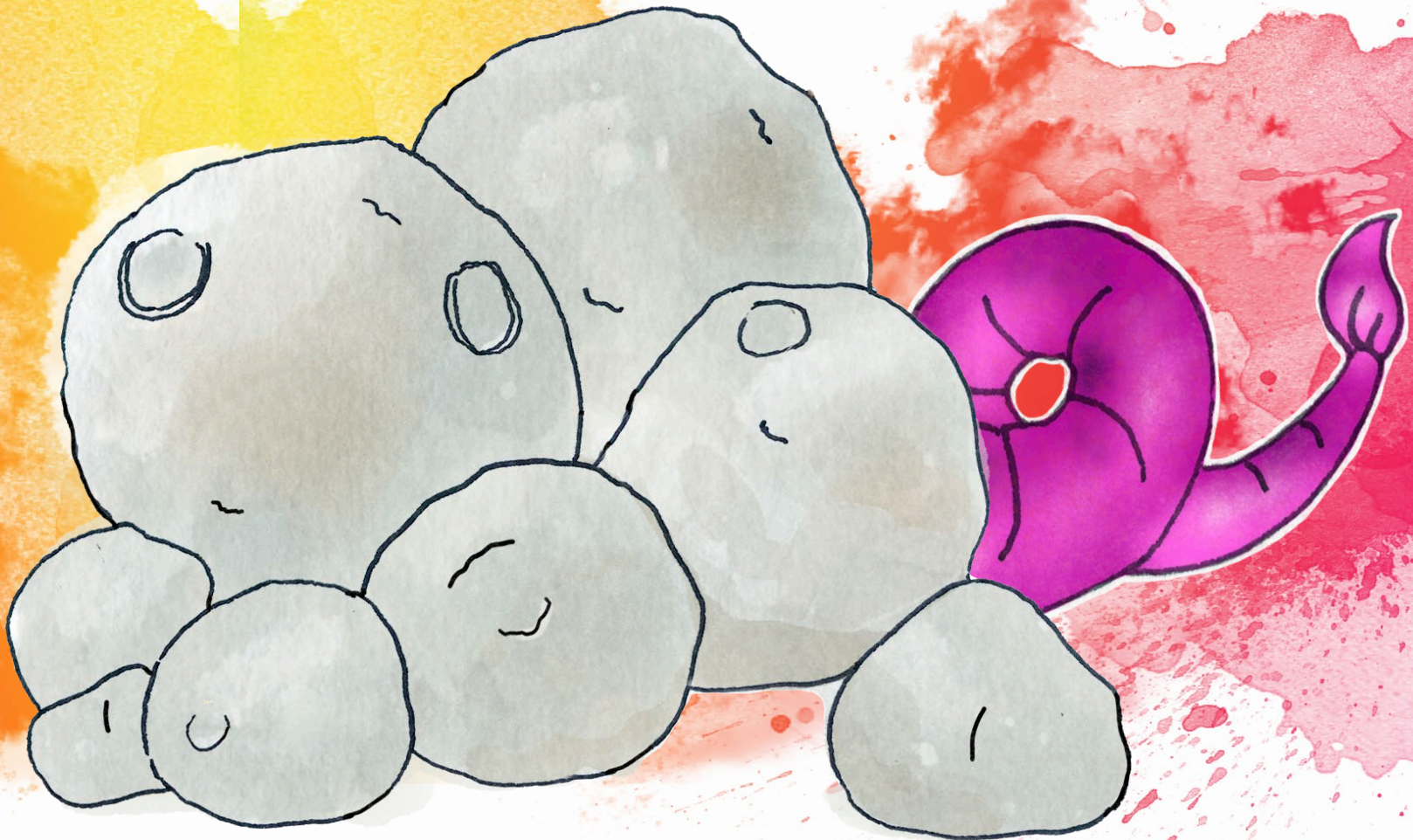
Galloping

Skipping

Bounding

(assistance can be used to support actions)





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





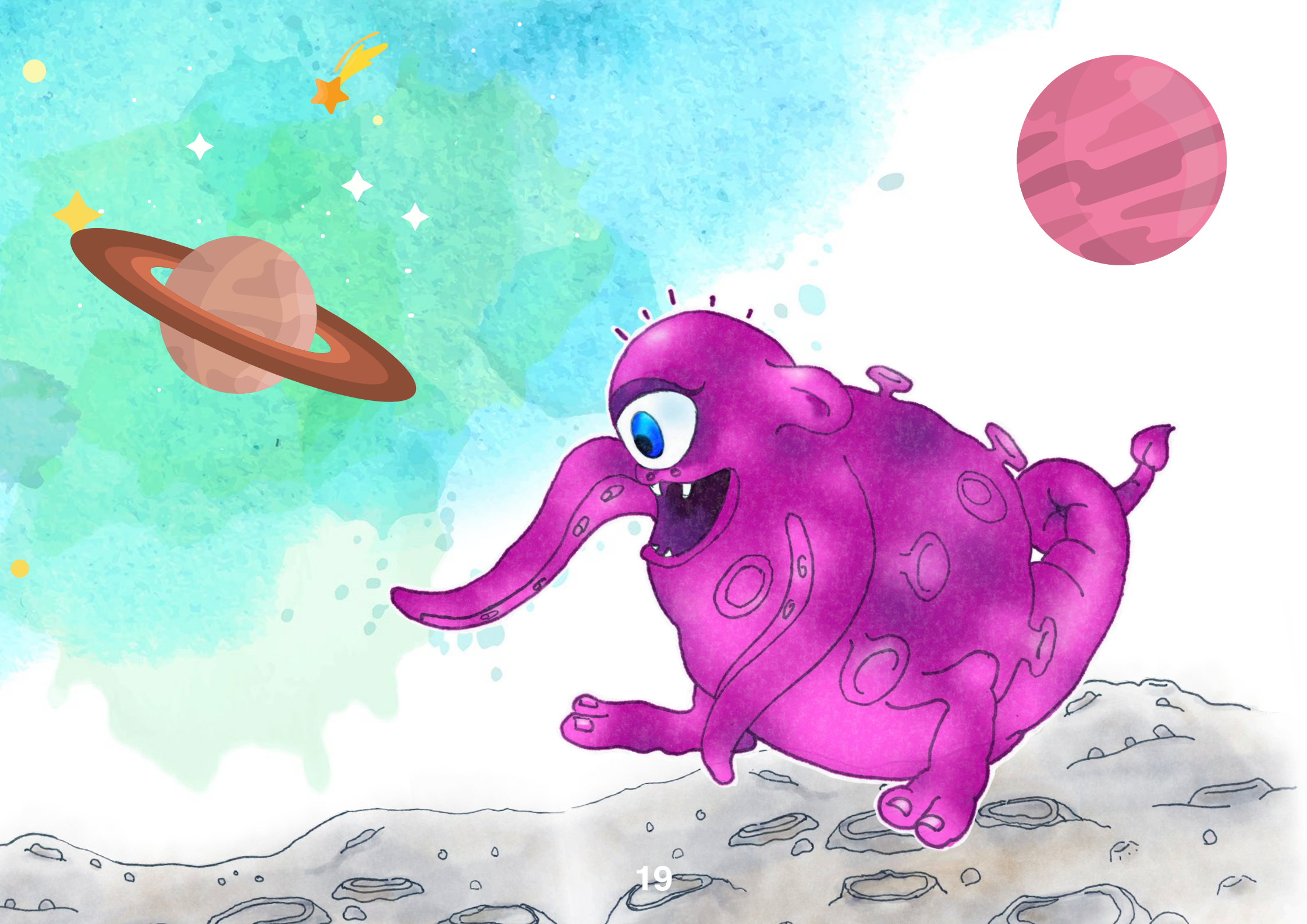


Reggie makes friends with the alien and teaches them to play some games from Earth.

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

- Roll a ball to your partner
- Under arm throw to your partner
- 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 gets back on his space rocket and flies back to Earth just in time for his Tea.

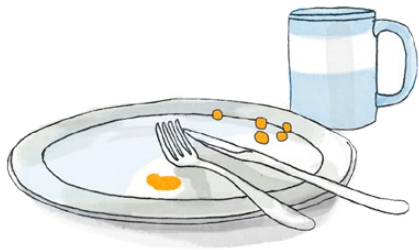
Can you climb anything?

- Up stairs
- Up on to a chair
- Over a bench
- 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?

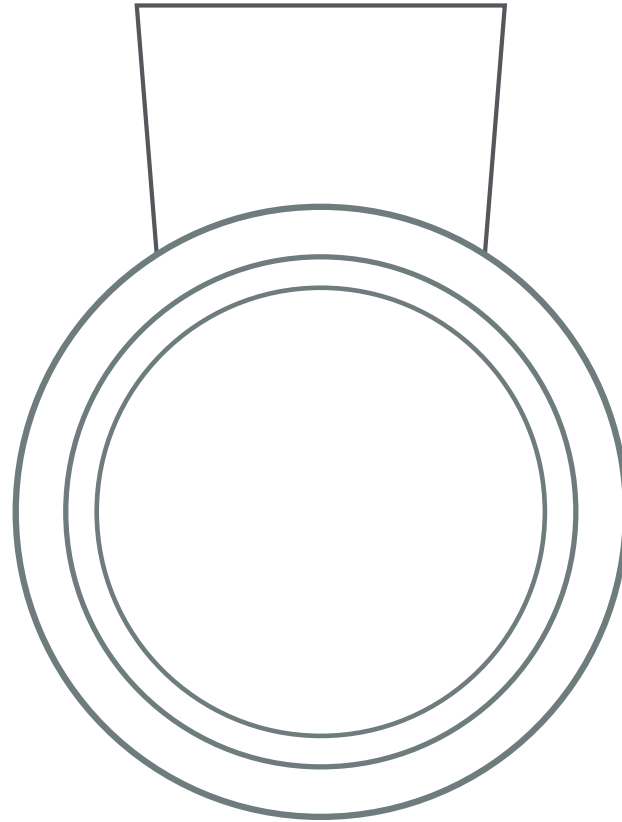
Can you create your own story with new actions?

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 these actions you've learnt are used?

Actions	Activities / Sports
Crawling	
Walking	
Foxes	
Running	
Galloping	
Star Shape	
Straight Shape	
Angry Cat	
Balance (One Foot)	
Climbing	
Log Roll	

Actions	Activities / Sports
Getting your body off the ground	
Scooting	
Jumping and Landing	
Balance (One Foot)	
Pushing an Object	
Pulling an Object	
Under Arm Roll	
Under Arm Throw	
Catching an Object	
Kicking a Ball	

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.





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