

In aid of



**Guide  
Dogs**

# **Ready, set...** **Fund Race**

Assembly guide KS 1-2



# Teacher's notes

**Fund Race is a fun and simple way to raise money for Guide Dogs, while also helping your students to learn more about sight loss.**

Did you know that around 80 per cent of everything you learn is through your sight? With the right skills, tools and adaptations children with sight loss can do all the same things as their friends.

Guide Dogs is best known for our incredible dogs, but we also provide lots of other services for adults and children with sight loss. Every year we support thousands of children across the UK who have sight loss, and their families. We have a wide range of

services for children and young people to ensure they have the skills and support they need to thrive.

With your help we can create a more inclusive and accessible world for people with sight loss. These notes should help with planning your assembly, please adjust the content as needed. If possible, please present this assembly or activity in the two weeks leading up to your sports day.



# Outline

**This assembly aims to help students gain a better understanding of how sight loss can affect a child's life, and how Guide Dogs can help.**

There will be an opportunity to discuss how we can become a more inclusive society and how your school can fundraise for Guide Dogs.

**Don't forget!**

Use this guide alongside our assembly PowerPoint.



## Duration

**This assembly should last around 20 to 30 minutes.** You can adapt the content to suit your needs or if you've invited a Guide Dogs speaker to join you.

## Keywords

- Sight loss
- Vision impairment
- Blind
- Partially sighted
- Inclusive
- Accessible

## Resources required

- A screen with web access.
- Musical instruments or devices to make noises.
- Another teacher to move around and assist with the noises.



# Assembly script

**Today I'd like us to think about our vision and try to understand what it might mean to have a vision impairment.**

Reassure the children that although this can be a difficult subject to talk about, it is important as it can affect anyone. Remember to be sensitive if there are any staff members or students who have sight loss.

## Explain

**We all see the world differently.  
You might not be able to see colours  
or you might need glasses to adjust  
your vision.**

You could have an eye condition that causes you to lose some of your sight, or you might not be able to see anything at all.

It's important that we all have regular eye tests, to make sure your eyes are healthy.



# Activity 1

**To try to understand what we mean by a vision impairment.**

Put your hands in front of your eyes and make a fist but leave a small gap, like you are looking through binoculars. You should just about be able to see through the middle, but if you want to see your feet or the ceiling, you'll need to move your head.

**Settle the group and explain:**

Some people's vision will be affected in this way; it is known as tunnel vision and is one of the many ways vision can be affected. Having partial sight means you can still see but you've lost some sight.

## “ Ask the students

**What challenges do you think a vision impairment such as tunnel vision or blindness could bring?**

# Activity 2

**We're going to do a short activity to show how we can use our other senses.**

**Please listen to the instructions:**

You're going to close your eyes, then you'll hear a series of sounds from different places around the room. When you do, I want you to turn your head to face each noise. Firstly, I need you all to completely cover or shut your eyes. Ready, eyes closed?

Signal to the other teacher to make the first noise, then hide the instrument, wait for them all to turn. Now ask everyone to open their eyes.

Repeat, with a few different sounds from different places in the room.

## “ Ask the students

**Can anyone guess what the sound was? Did you get it right?**





## Discussion

**Ask for anyone to raise their hands and say if there was anything they noticed about how easy or hard the activity was? How quickly did they adapt to using their hearing?**

### **Explain:**

Someone with sight loss may use their other senses to complete tasks and everyday activities. For example, a smart phone user can set their phone to read aloud their messages. Many devices are designed like this to be accessible for everyone, they have settings that can be adapted for each person.

## “ Ask the students

### **Does anyone know what inclusion means?**

Inclusion means making sure that everyone can be themselves and that we're all given the opportunity to take part.

### **How could you make an activity accessible, to make sure a friend who has a vision impairment is included?**

Think about how your friend might use their other senses. Perhaps prompt with a few examples:

- **Playing sports** – Can you change the activity to make it fair for everyone maybe by using blindfolds or having other senses involved more?
- **In the classroom** – Introduce yourself by name when entering the classroom or starting a conversation.
- **Outside of school** – What activities do you enjoy and how could we adapt them so everyone can take part, even if they have sight loss?

# About Guide Dogs

- 1** There are over 2 million people in the UK with sight loss and 28,000 of these are children.
- 2** Guide Dogs is best known for their very special dogs, who are trained to guide people safely when they go out. They also provide lots of other services.
- 3** Guide Dogs work with children to teach them a range of skills so they can do all the same things as their friends. They teach children how to use a long cane to get around, how to cross roads/climb stairs/prepare food, how to label things around the home, and how to use money to buy things. They work with schools and give children free technology, such as iPads, which have lots of extra features that make activities much easier. Guide Dogs well-trained buddy dogs can help children with sight loss feel more confident.



## Video

We're now going to watch a short video made by Guide Dogs about Josie who has a vision impairment.

[guidedogs.org.uk/FundRacePack](https://guidedogs.org.uk/FundRacePack)



## “ Ask the students

- Had you heard of Guide Dogs?
- Did you know about all the ways they help people?
- Did any of this surprise you?
- Would you like to help Guide Dogs and children like Josie?



# Sports Day

For this section you should outline Fund Race and explain that as part of your sports day activities you are going to run the inclusive race. Discuss with the students how they would like to fundraise for Guide Dogs through this event.

You may want to use our short video clip that introduces Fund Race to children that is available at [guidedogs.org.uk/FundRacePack](https://guidedogs.org.uk/FundRacePack)

## Summary

We can all help to make the world a more inclusive place for each other by thinking about other people's needs, giving everyone the freedom to be themselves and taking the time to make sure everyone is able to take part.



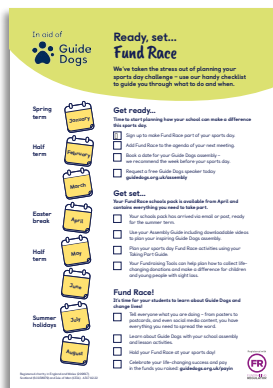


# Have you got your free Fund Race resources?

[guidedogs.org.uk/FundRacePack](https://guidedogs.org.uk/FundRacePack)



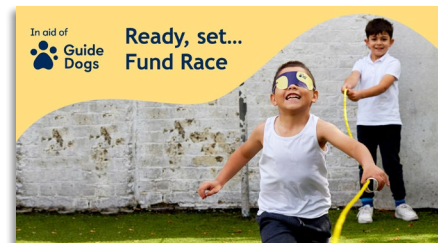
Book a Guide Dogs speaker  
[guidedogs.org.uk/assembly](https://guidedogs.org.uk/assembly)



Fund Race checklist



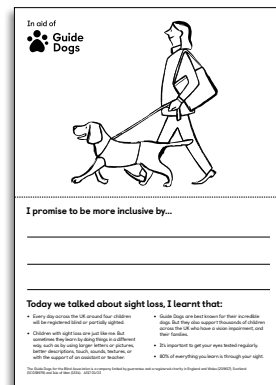
Taking part guide



Assembly PowerPoint



Posters



Postcard



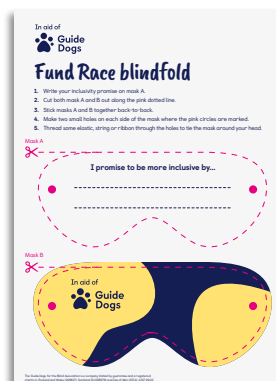
Assembly video



Donation bucket labels



Certificates



Blindfold template



Stickers

