

PLAAY Day Exercises



Warm-up

- Introduce activity leaders and students
 - Paul, Joey, Ben
 - Mandy Reale w/ Anna Boltz
- Discuss space requirements

Welcoming in sites as they log in

Welcome

- Introduce activity leaders and students (again)
- Purpose/Goal
- Sponsors
- Discuss space requirements (again)
- Describe Challenge by Choice
 - The opportunity to participate in a way that is most appropriate for them. Challenge by Choice does **NOT** mean a person can choose not to participate at all, but can choose how he or she will participate.
 - Indicate which positions will be performing which levels

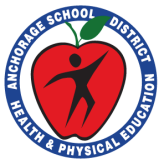


PLAAY Day Exercises



Exercise Leadership

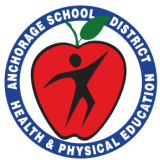
PAUL - Leads The Challenge				
<u>SPORTS ICONS</u>	The Challenge <i>Baseline activity (Medium level performed by activity leader)</i>	More Challenging <i>High level activity</i>	Less Challenging <i>Low level activity</i>	Adaptive Challenge <i>Adaptive activity for A.P.E. students</i>
Simone Biles Balance beam	Arms out. Walk down balance beam and jump when directed.	Arms out. Walk down beam on TOES and jump when directed	Normal walk down the beam. No jumping required.	Wheel forward wheel back – arm out on landing (sunburst)
Kikkan Randall Skate Ski	Side step w/ arm swing backward.	Side step w/ slight squat and exaggerated arm swing backwards.	Side step with an arm swing.	Seated double pole (sit ski)
Scotty Gomez Puck control & Slap shot	Puck handling leading to a slapshot. Switch sides and repeat.	Slight squat stance w/ strong exaggerated slap shot.	Stand tall with no trunk movement. More of a wrist action.	Puck handling with mini sticks into wrist flick shot (alternate shooting hands halfway) ** talk about sled hockey**
Trajan Langdon Catch & Shoot	Catch a ball followed by a jump shot.	Shuffle feet to a step to ball, catch, explosive jump shot.	Athletic stance. Perform catch and shoot motion.	Catch and shoot (just arms) **talk about wheelchair basketball**
Misty Copeland Arabesque	Stand on one foot. Other leg out behind and w/ arms out.	Stand on one-foot tippy toe style w/ other leg straight out behind & arms out.	Stand on one foot flat and use other leg as balance point.	Toe stand / dynamic tapping (out of chair)
Keegan Messing Single Leg Squat	Single leg squat. One leg performing the squat w/ other leg in front.	A deeper single leg squat.	Split squat form	Split squat



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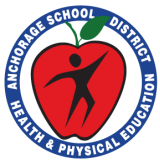
Joey - Leads The Challenge				
<u>SUPERHEROS</u>	The Challenge	More Challenging	Less Challenging	Adaptive Challenge
	<i>Baseline activity (Medium level performed by activity leader)</i>	<i>High level activity</i>	<i>Low level activity</i>	<i>Adaptive activity for A.P.E. students</i>
The Flash Run in place / Throw lightening	Run in place. Throw lightning bolt when directed!	Increase running tempo and throw lightning bolt when directed!	March in place and then throw bolt when directed.	Run in place with arms and throw lightening
Hulk Smash Jumps	Squat down and then jump with arm swinging down.	Deeper squat w/ a full jump extension landing into a deep squat hands touching the ground	No jumping. Squat w/ a Hulk smash.	Toe Touch Smash
Thor Hammer Strikes	Stand tall w/ wood chop strikes. (Hammer Strikes).	Add a full trunk rotation with a strong hammer strike.	Standing nice and tall. Use only arms to hammer strike.	Rotational arm swings (alternating)
Spiderman Spidery Pushups	Plank on hands. Bring left knee to left elbow then right knee to right elbow.	Perform the push up movement while bringing knee to elbow.	Plank on hands and knees on ground. Then bring knee to elbow.	Out of chair On knees with arms extended for a static push-up hold



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Superman/Supergirl "supermans"	On stomach w/ arms and legs raised from the ground.	On stomach w/ Arms and legs raised from the ground w/ slight lean	On stomach and only arms raised.	Same as Less challenging
BEN - Leads The Challenge				
<u>PRESIDENTS</u>	The Challenge <i>Baseline activity (Medium level performed by activity leader)</i>	More Challenging <i>High level activity</i>	Less Challenging <i>Low level activity</i>	Adaptive Challenge <i>Adaptive activity for A.P.E. students</i>
Thomas Jefferson Side Plank	Side plank on both sides.	Star plank. Elbow contacting the ground.	Side plank w/ knees contacting the ground.	Side plank on knees (alternating halfway)
FDR Swimming	Standing overhead stretch, backstroke, butterfly, freestyle. Alternate feet w/strokes	Same as a Baseline, ensure exaggerated reach and hip rotation.	Same as baseline, Ensure no hip rotation, focus more on arm work.	Same as less challenging All arm swimming with rotation
Eisenhower Golf Swings	Approach shot. Slight squat stance with a golf swing.	Drive shot. Slight squat stance w/ a strong golf swing.	Put shot. Stand over ball and use hips and shoulders for golf swing.	Chip Swing Arm rotation
Kennedy Tennis	Tennis serve → Backhand → forehand.	Jump serve → strong backhand → strong forehand.	Ping Pong style hits w/ serve, backhand, forehand.	Same arm movements as success option
Reagan Flexibility	Cool down Stretching will	Cool down Stretching will	Cool down Stretching will	Same arm stretches – may



PLAAY Day *Exercises*



	be directed by leader.	be directed by leader.	be directed by leader.	modify for lower body stretches
All hands in ... EXERCISE LEADERSHIP!				