



PLAAY Day Exercises



Warm-up

- Introduce activity leaders and students
 - Sierra Mains, Paul Manabat, and Stuart Towarak
 - Mandy Reale- ASD- Adaptive PE Teacher

 - ASD Students:
 - 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

Note: Drumbeat will count down final 10 seconds of each activity.

PyeongChang 2018 Winter Olympics Games



PLAAY Day Exercises



| Paul Manabat - Leads The Challenge | | | | |
|---|---|--|--|--|
| Winter Olympic Events | 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> |
| Cross Country First: Classic Skiing Second: Skate Skiing | Classic: Cross country ski motion. Skate: One leg goes out at an angle with triceps kickbacks | Classic: Faster pace Skate: Deeper diagonal lunge | Classic: Slower pace Skate: Little step back | Arms swings in opposition |
| Nordic Combined Squat to lunge to cross country skiing. Cue R leg Cue L leg Sprint finish 2 Left and 2 Right | Squat: Squat tuck position with arms behind Jump: jump into a lunge position and hold arms extended to the side Classic skiing motion | Bigger jump and faster skiing | No jump with step out and slower pace for skiing | Double pole to opposition arm swing. Stand up |
| Figure Skating | Balance on one leg, other leg reaches in the front, side, back, and behind support leg without tapping on the ground. 5 in each direction. | Closing eyes with same movements | Same movements with toe touches on the ground | Balance (Out of chair transition) |
| Biathlon Skate skiing with stops to hold upper body positions. Repeat skiing, stop, then down to plank (Cue marksmanship) | Skate skiing, stop, step back, turn to side, arms in bow and arrow position. 5 deep breaths keeping shoulders still. Forearm plank | Faster pace and deeper squat on holds. Forearm split plank with alternating legs | Slower pace and standing straight up. All four's plank | Plank |
| Sierra Mains - | (Water break) | | | |



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| Leads The Challenge | | | | |
| Luge Sit with legs straight out in front, upper rowing position for start. 3 times for flutter kicks | Hold feet couple inches above the ground. Controlled side to side movement from core. | Flutter kicks | Legs are higher or knees can be bent | Bent knee holding flutter kicks |
| Skeleton Starting with top of a pushup position, lower down to floor, lay on stomach, and put arms to sides, so hands are by the hips. | Torso lifts, but feet stay on the ground. Controlled to side to side movements with core | Torso and feet lift from ground | Torso lifts, feet stay on the ground, and small side to side movements with core | Superman |
| Bobsleigh Qualifying and medal round. 2 rounds | Sprint to squat and hold | Faster sprint and deeper squat | Slower sprint and squat is not as deep | Leaning boat sit (Stand up) |
| Curling Alternating lunges 4 times. Called a "rock" | Step into a lunge position, left leg forward, right arm swings forward and left arm stays to side. Repeat on opposite side | Deeper lunge | Smaller lunge | Balance lunge (Transition to chair) |
| Stuart leads The Challenge | | | | |
| Winter Olympic Events | 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> |
| Speed Skate Skaters | Start in small squat, stepping | Bigger hops to the side | Step to the side | Alternating leg kick |



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| | back to the left, landing on left leg. Bring your right leg behind to your left ankle. Reverse direction with other side. | | | |
| Snowboard Pulse Squats 3 rounds. Facing forward, right, and left. | Start standing with your feet shoulder width apart. Perform a squat and hold it so your knees are at 90 degrees and pulse a few inches up and down | Wider stance and deeper squat | Slight bend in the knees | Torso twists |
| Hockey Wood choppers/ Slap shots | Stand with feet shoulder width apart, start with right arm up and left arm below like you are holding a hockey stick, and bring arms down across body. Repeat with left side. | Faster movements with arms | Slower movements with arms | Torso lean |
| Slalom Side to side hops | Stand straight with your hands to your side and your feet shoulder width apart. Jump with both feet to the right and then to the left. Repeat movements. | Larger hops to the sides | Smaller hops to the sides | Same |

Closing Ceremony- 3 minutes. Stretching(hamstrings, side stretches, posterior shoulder). Thank you, stay healthy, drink water, exercise for 60 minutes a day, and see you in 2019!