



2018 PLAAY Day Frequently Asked Questions

Elementary, Middle and High schools participating in the PLAAY Day will gather their students together in gyms, recreation centers, common spaces, outside or in classrooms to participate in a half hour of fun physical activity. Alaska role model athletes will lead and encourage and the student through the exercise routines.

How do I sign up? Go to <http://plaay.org/plaay-day/>.

When is it? February 22nd, 2018 at 10-10:30 am. The whole exercise routine will be approximately 30 minutes long. Participants will connect to the event through live videoconferencing on PCs, laptops, iPads, and large VTC systems. We can assist you in accommodating any and all needs. All schools and classrooms are STRONGLY encouraged to participate in pre-testing for connectivity via our “Practice Participation Guide.”

How do I participate on the day of the event? PLAAY Day will be broadcast from Alaska Native Tribal Health Consortium - Anchorage office. Schools, classrooms and homeschoolers will be able to watch live if they have adequate Internet access/streaming ability. We will soon be testing out the live streaming and will send registered participants detailed instructions on how to join.

Who can participate? You can register as a classroom, an entire school, or homeschool child/homeschool organization. We are trying to accommodate various spaces and adapting exercises for a group activity with limited space and for all physical levels.

What will I need?

- Adequate space in a typical classroom for a body length of each participant- some exercises will be on the floor.
- Easy and quick access to water or water bottles as we have a 1-minute rest/water break 1/3 way through routine.
- The technology required to connect to audio, video or both (as you see fit).

What are the types of exercises?

- The exercises are designed to take place in an average-sized classroom setting, some teachers or schools might attempt to participate/gather in a larger setting such as a gymnasium/auditorium if available/appropriate.
- Join our activity instructors as we celebrate the 2018 Winter Olympics!
- Each Olympic-theme based exercise will last approximately 1-2 minutes in length.
- Each exercise will be “Challenge by Choice” Each will start with the basic technique “the challenge” and will have 2 other options, a lesser and a more challenging version. Additionally, each exercise will have an adaptive exercise choice as well. Teachers, please encourage students to participate at their appropriate level of their functional ability. Our intent is to show modifications for all levels.
- We will have an adaptive physical education teacher helping guide these exercises for adaptive PE students as well as communication-signing from an American Sign Language Specialist.