



2023 PLAAY Day Frequently Asked Questions

Elementary, Middle, High schools, and/or Community Partners participating in the PLAAY Day can participate in gyms, recreation centers, homes, 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 23rd, 2023 starting at 8AM Alaska Standard Time until 1:30 PM (exercise sessions start every hour on the hour and the last session starts at 1pm) Alaska Standard Time. The PLAAY Day exercise routine will be approximately 30 minutes long. Participants will connect to the event through YouTube Live on PCs, laptops, iPads, and large VTC systems. We can assist you in accommodating any and all needs.

How do I participate on the day of the event? PLAAY Day will be broadcast from the Special Olympics Center in Anchorage. Schools, classrooms and homeschoolers will be able to watch live if they have adequate internet access/streaming ability. Make sure that you can stream YouTube Live in whatever setting you are in. The video will be uploaded to the Healthy Futures and PLAAY websites after for later viewing.

Who can participate? You can register as a classroom, an entire school, or homeschool child/homeschool organization or Community Partner. PLAAY Day exercises are designed as 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 or workplace setting, some teachers or schools might attempt to participate/gather in a larger setting such as a gymnasium/auditorium if available/appropriate.
- Each exercise will last approximately 1-3 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.