

SPORTS SPECTACULAR VARIETY PROGRAM

Sports Spectacular Variety Program

Let's Play! Save the best for last by finishing up the school day with Sports Spectacular, a variety athletic program that features different sports throughout the session. Participants will practice skills and play games in both traditional sports and playground favorites. The Sports Spectacular Variety Program features the best "to-do" list ever – Basketball, Soccer, Flag Football, Kickball, Capture the Flag, Wiffle Ball, Bump and Bite, Knights and Dragons, Numbers Game, Tag Games, Safe Base and MORE! OTA covers all the bases with our emphasis on playing, teamwork, sportsmanship, and fitness. Don't miss out on the FUN!

Overview: The Sports Spectacular program incorporates all of our offerings and curriculum. Each week a different sport will be introduced to the participants so that they are exposed to different sports and games. You are to promote teamwork, sportsmanship, fitness and FUN with the kids.

Skills to focus on: when selecting a sport, pick the fundamentals that would be the most fun for participants to learn and practice.

Facilities: Selecting your sports and games will be impacted heavily by the programming space you have been assigned. Be sure that what you want to play can work in the gym or field the class takes place in.

TIPS: With the older grades you can really focus on skills contests and scrimmage games in most of your programming days. With the younger grades you will need to focus on more skill development and playing games that use the skills of that sport but aren't necessarily full on 'team vs. team scrimmages'.

NOTES:

**OTA's most popular program*

**Instructors should implement a different sport or theme each week/class*

**Things to Consider: Age Group, Size of Class, Programming Space, Equipment*

**Your Equipment Bag can accommodate the following programming days*

1. Soccer Day
2. Basketball Day
3. Football Day
4. Wiffle Ball Day
5. Handball Day
6. Kickball Day
7. Dodgeball Day
8. Warm-Up Game Day (Bump and Bite, Safe Base, Cool Corner, Speed Ball, etc.)
9. Big Games Day (Capture the Flag, Drop Zone, Numbers Game, 4Score, Knights & Dragons, etc.)
10. Field Day: This is a fantastic way to spend an entire programming day.

Your Curriculum has a specific sheet giving you field day events.

It is very important that the field day events be set up before your students arrive. Be aware of the equipment at your disposal when planning your events.

**If you are running an OTA Variety Sports Program, you may also request a special set of equipment for a certain day. Requests: Floor Hockey, Lacrosse, Jump Rope, etc.*

Applying the OTA Curriculum to a Variety Sports Program

Steps to Prepare for Sports Spectacular Class:

- Once you have decided what sport you would like to do, you should fill your programming day card out the same way you would for any other class
 1. Find an appropriate warm-up game in the curriculum
 2. Select a skill that you think would be the most fun for the children since they may not have an opportunity to play this sport again during the session.
 3. Select a drill that implements the skill you have taught your students
 4. Select at least 5 games to play related to the sport that is the theme of the day.

*Minimal time should be spent on the skills/drills portion of the class

*Variety Sports Programs should be heavily weighted towards games or scrimmages

FIRST 4 PDC PLAN

1. **Do not repeat any sports or games during the first 4 classes.**
2. **If you repeat a game after the first 4 classes, do not do it again in back to back weeks.**
3. **The First 4 Classes should be TRADITIONAL SPORTS (Space Permitting).**
 - **Soccer**
 - **Flag Football**
 - **Basketball**
 - **Wiffle Ball**
 - **ON DECK:** Kickball, Capture the Flag, Dodgeball, Handball
4. **Make sure your game play and scrimmages are controlled and adhering to the rules. This includes having the proper numbers for each team that the sport requires. If you have less than the required number, that is OK. More on each team than the required number is unacceptable.**
5. **Setting up fields and courts to reflect the sport you have chosen is essential to the success of the class.**
6. **Dodgeball should NEVER be played the first day of a Sports Spectacular program**
7. **You can refer to SAMPLE Programming Day Cards as a guide for any of your classes**
 - **Located on Instructor Website**
8. **REMEMBER: If something is NOT working, switch to a different game or sport!**