

S.P.A.R.K. PROGRAM

Sportsmanship – Play – & - Athletics – Rewards – Kids

Overtime Athletics – Preschool Program



SPARK PROGRAM DESCRIPTION

- It's not “watch and learn”, its “play and learn!”
- We provide an added dimension to pre-school programs that gives children a taste of the sports, games, and activities they are just starting to become aware of.
- Our formula is to make Kids-STRONG. We start every program with our SUPERHERO warm-up. We get kids moving and soaring! Following our warm-ups, kids will have a chance to test their “SUPERPOWERS” (skills like running, jumping, catching, throwing, dodging, and more!)”, before entering the “Game Galaxy”! Here we play old favorites and new inventions in sports and games.
- This introduction to movement and sports is what every preschooler needs to BE STRONG!

SPARK PROGRAM EQUIPMENT AND GEAR NEEDS

Instructor Uniform

- SPARK COACHES SHIRT
- Headband
- Wristband

Equipment

- Sports Spectacular Bag
- Rubber Mats (DOTS)
- Pop Up Baskets
- Noodles
- Bean Bags
- Foam Disks
- Long Rope
- Tube Socks
- Parachute

Gear

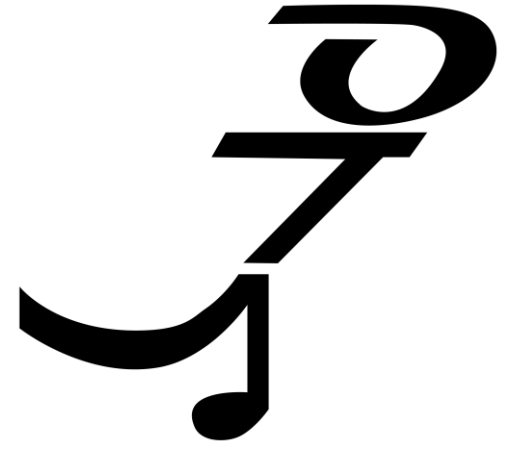
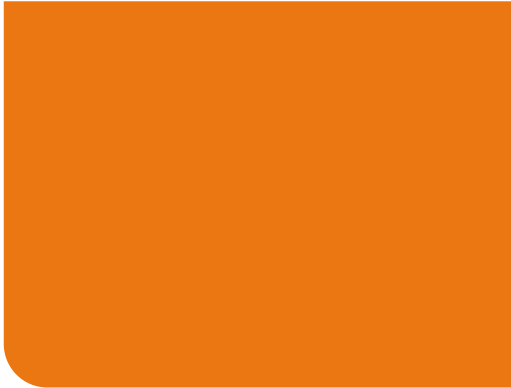
- Music Speaker
- Approved Playlists
- Stickers – Class Handout
- POP UP Goals

Spark Program Equipment and Gear Samples and Note



NOTE: Instructors should bring a Sports Spectacular Bag to every class





SPARK COACHES



SPARK PROGRAM LOGISTICS



- EVERY CLASS STARTS WITH EACH KID/PARTICIPANT RECEIVING A HIGH FIVE

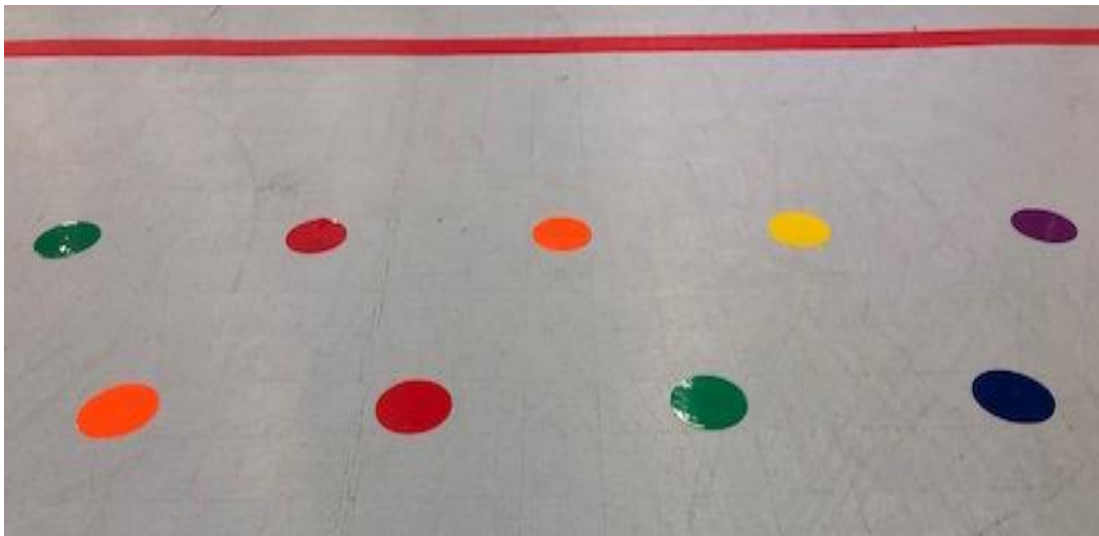
AND



- A SUPERHERO PATCH ON THEIR SHIRT (sticker)

SPARK PROGRAM LOGISTICS

- **EVERY CLASS STARTS WITH EACH KID/PARTICIPANT ASSIGNED A RUBBER MAT FOR THEIR “HOME BASE”**



SPARK PROGRAM LOGISTICS

- **EVERY CLASS SHOULD HAVE MUSIC AND BEGIN THE APPROVED PLAYLIST ONCE EACH PARTICIPANT IS ON THEIR HOME BASE**

- **PLAYLIST: (sample)**
 - **Down by the Bay**
 - **Can't stop the feeling**
 - **Shake my sillies out**
 - **Day O**
 - **If your happy & you know it**
 - **Hot Dog**
 - **I like to move it**
 - **Baby Shark**
 - **Head Shoulders Knees & Toes**

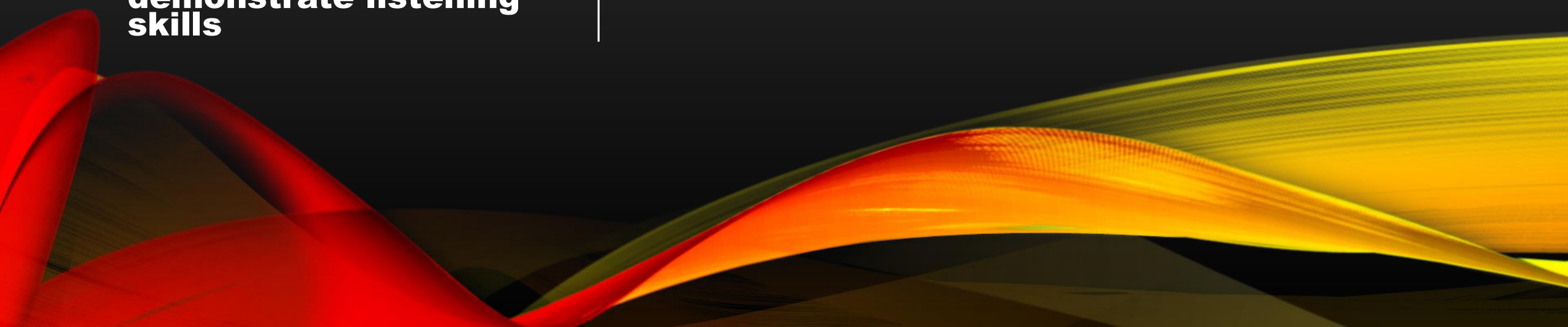
SPARK PROGRAM CLASS FORMAT

- **Each programming day card (PDC) consists of the following Class Procedure:**
 - 1. SUPERHERO WARM UP (warm up and music)**
 - 2. SUPERPOWER PRACTICE (skill/drill and music)**
 - 3. GAMES GALAXY (games/sports and music)**

SUPERHERO WARMUP

- **This warmup is a routine of “poses” with superhero motions**
- **This is an opportunity for coaches to establish control and participants to demonstrate listening skills**

SPARK PROGRAM



SPARK PROGRAM SUPERHERO WARM UP



Stand Ready

SUPERPOWER POSE



Stand On 1 Foot

STAND ON THE OTHER FOOT



Make A Muscle

FLEX BOTH ARMS

SPARK PROGRAM SUPERHERO WARM UP



Roar Like A Lion
GRRRRRRRRRRRR



Blast Off
ROCHET LAUNCHER JUMPS



FOLLOW THE SUPERHERO
COPY MOTIONS



SPARK PROGRAM SUPERHERO WARM UP



Soar Through The Air
SPRINT FROM A TO B



Brain Power
MEMORY CHALLENGE



Leap / Matrix
JUMP ACROSS, LIMBO LOW



SPARK PROGRAM SUPERHERO WARM UP



Kid-STRONG

BEND A NOODLE



SUPERPOWER PRACTICE

- **During this skills/drills segment of each class coaches will want to make repetition a strategy**
- **Demonstration is key**
- **Visual boundaries and cues are essential for preschoolers to complete an exercise**

SPARK PROGRAM



SPARK PROGRAM DRILLS FORMAT NOTES

Jingle-Jangle Format

- This “format” is set up like a square with four corners
- The path the participant follows is like a u-turn or horseshoe type track
 - They begin at corner “A”
 - Run straight to corner “B”
 - Turn left and run to corner “C”
 - Turn left again and run to corner “D” (where they finish)

*See Diagram in SPARK PowerPoint for reference

Down/Back Format

- This “format” is set up like a straight line
- The path the participant follows is like a down and back track
 - They begin in “Box A”
 - Run straight to “Box B”
 - Turn back around to run straight back to “Box A”

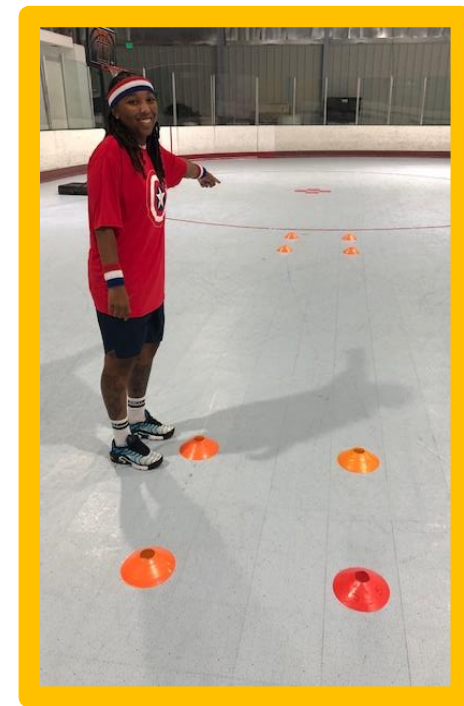
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SPARK PROGRAM DRILLS FORMAT NOTES

Jingle-Jangle Format



Down/Back Format



SPARK PROGRAM SUPERPOWER PRACTICE



CLAPPING

Instructors should incorporate clapping into as many activities as possible.



RUNNING AND GALLOPING

Let participants move as much as possible. Be sure to go over rules constantly to ensure a safe environment.



KICKING

Instructors should not restrict kicking to soccer balls. Using a variety of balls is a good idea from week to week. Practicing kicking can be done individually or in a group activity.

SPARK PROGRAM SUPERPOWER PRACTICE



ROLLING AND THROWING

These motions are challenges for preschoolers. Be sure to encourage and demonstrate.



CATCHING

Bigger the ball, softer the ball, easier to catch.



JUMPING AND HOPPING

Preschoolers love to mimic animals AND Superhero's. Don't forget to introduce skills with those two concepts in mind.

SPARK PROGRAM SUPERPOWER PRACTICE



SKIPPING AND DUCKING DOWN

Preschoolers are just starting to be introduced to these motions. Have patience and figure out ways to limit any intimidation a participant might feel from trying.

SIDE STEPPING AND SPINNING

Remind participants to stay under control. Temptation to take it too far is common.

GRIPPING AND LIFTING

Preschoolers enjoy a challenge and giving them a task that makes them feel strong is fun and exciting for them to do.

SPARK PROGRAM SUPERPOWER PRACTICE



BALANCE

Whatever balance exercise a Coach chooses to do with the participants, make sure that it is done on the ground.

GAMES GALAXY

SPARK PROGRAM

- **More than half the class should be spent playing games**
- **Reference the SPARK Curriculum for Ideas and PDC's**
- **Be sure to implement “dumb it down” strategies for all sports**
- **Remember – this is a variety program, be creative**

SPARK PROGRAM REMINDERS

- **Always Smile**
- **Be Silly**
- **Be Patient**
- **Reinforce the Superhero Concept**
- **Uniform Matters – Always wear it!**
- **Music is a great energy booster**
- **Have a Plan (and a Plan B)**
- **Thank the preschool staff**
- **GIVE HIGH FIVES!**

