

SPARK: OTA Pre-School Program

OTA S.P.A.R.K!

S-portsmanship

P-lay

&

A-thletics

R-ewards

K-ids

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!

Program Details:

- Space Needs: Gym, Multi-Purpose Room, Open Space (indoor or outdoor)
- Ages: 3-5 (boys and girls)
- Length of Activity (Class): 45min - 1hr / Length of Program (Weeks): 4-8
- Minimum Enrollment / Maximum Enrollment: **Depends on Partner Requirements**
- Instructor Ratios: **MUST discuss requirements with Pre-School Partner**
- Participation Cost: Recommendation – same as OTA ASP Cost
- Handouts: Weekly Stickers

Program Notes:

The S.P.A.R.K. Program is a "sports spectacular" program for 3,4,5 year-olds. It is a variety class with a ton of structure. The OTA philosophy of "dumbing it down" is a centerpiece for implementing a strategy of sports and games with this age group. Every class should be attended with a Sports Spectacular Bag in addition to the SPARK Equipment and Gear that has been identified to be used for this program.

The “superhero effect” – this program has been designed to grab the attention of Pre-Schoolers by coming into their space with superhero qualities and empowering them with superhero qualities. A safe and effective way to get this age group to participate and follow directions is with the use of “posing”. This not only speaks to them from a superhero perspective, but also animals and other topics (see Yoga Materials Support). The format of this class begins with two segments that offers an opportunity for participants to get comfortable with the instructor, and also for the instructor to establish control of the class – “Superhero Warm-Up” / “Superhero Practice”

Instructors need to recognize that set up time is extremely important. They will not be given an opportunity once the students have arrived or are handed off to them, to be able to then get “organized” and set up activities.

Instructors must understand that a class cannot be derailed by one child who has an outburst. They will need to discuss with the Pre-School staff the protocol for dealing with a participant that cries, disrupts activities or games, misbehaves with another student, or needs to use the restroom.

Pre-school programming is defined by effort and energy. Instructors should be excited, but also recognize that this population responds better to a calming presence. Instructors should take a “warm up” approach to their energy and volume.

Creativity is essential when it comes to occupying the time of 3,4,5 year old participants. SPARK Curriculum is only a guide. Instructors will have to improvise and test what works and what doesn't. Just because something worked with one group, does not mean it will work with another group.

Program Equipment and Gear Needs

- Stickers
- Uniforms for Instructors: Special Shirt, Head Band, Wrist Bands
- Music Speaker
- Sports Spectacular Bag
- Rubber Mats (dots)
- Pop Up Baskets
- Noodles, Bean Bags, Foam Discs, Large Rope, Tube Socks, Parachute, Pop Up Goals

Program Logistics:

*Program starts with each kid receiving a superhero patch (sticker) on their chest

**Each participant is assigned a Rubber Mat for their “Home Base”

***Each Programming Day Card consists of the following Class Procedure:

- **SUPERHERO WARM UP** (Warm Up / Music)
- **SUPERPOWER PRACTICE** (Skills Development / Music)
- **GAMES GALAXY** (Games / Sports / Music)

- SUPERHERO Warm Up
 - Stand Ready (Superhero Pose)
 - Stand on 1 Foot (Stand on the Other Foot)
 - Make a Muscle (Flex Both Arms)
 - Roar Like a Lion (GRRRRR)
 - Blast Off (Rocket Launcher Jumps)
 - Follow the Leader (Copy Motions)
 - Soar Through the Air (Sprint from A to B)
 - Brain Power (Memory Challenge)
 - Up and DOWN (Jump Across / Limbo Low)
 - Kid-STRONG (Bend a Noodle)

- SUPERPOWER PRACTICE
 - Clapping
 - Running and Galloping
 - Kicking
 - Rolling and Throwing
 - Catching
 - Jumping and Hoping
 - Skipping and Dipping
 - Side Stepping and Spinning
 - Gripping and Lifting
 - Balance

Skills/Drills Notes:

1. Jingle Jangle Drills 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

2. Down/Back Drills 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”
 - See Diagram in SPARK PowerPoint for reference

Skills/Drills Samples:

***Instructors must improvise with different ways to implement the skills that have been identified. It is less easy to dictate the exact drill to do for each skill because so many variables are in play (age, number of participants, ability, etc.) Instructors should be prepared with a few different options that can be plugged into the Jingle Jangle or Down/Back formats.**

Jingle Jangle Format – Clapping, Running and Galloping

- Sample – participants runs to each corner, claps twice, then keeps running until they complete the Jingle Jangle

Jingle Jangle Format – Clapping, Jumping and Hoping

- Sample – Participant hops to each corner, claps twice, then keeps hopping until they complete the Jingle Jangle

Jingle Jangle Format – Clapping, Skipping and Ducking

- Sample – Participant skips to each corner, ducks at each corner, then keeps repeating until they complete the Jingle Jangle

Jingle Jangle Format – Clapping, Side Stepping and Spinning

- Sample – Participant side-steps to each corner, does a spin at each corner, then keeps repeating until they complete the Jingle Jangle

Down/Back Format – Clapping, Kicking and Balance

- Sample – Participant kicks ball from point A to point B
- Sample – Participant balances on a straight line or rope from point A to point B

Down/Back Format – Clapping, Rolling and Throwing

- Sample – Participant rolls ball from point A to point B, picks it up and throws to instructor

Down/Back Format – Clapping, Catching

- Sample – Participant runs from point A to point B, instructor tosses ball to participant

Down/Back Format – Clapping, Gripping and Lifting

- Sample – Participant runs from point A to point B, picks of ball, lifts it over head, and runs back

Music Method:

Pre-school children are particularly susceptible to the energy of music. Using music in SPARK programs is a great way to communicate to the kids when they should be moving, when they should stop, when they should listen. Of course, appropriate songs are required for this age group and making sure a playlist is approved is a function of management.

Music PLAYLIST: Sample

1. Down by the Bay
2. Can't stop the feeling
3. Shake my sillies out
4. Day O
5. If your happy & you know it
6. Hot Dog
7. I like to move it
8. Baby Shark
9. Head Shoulders Knees & Toes