



# SPORT LIFE

# PED DAYS

2025-2026

A unique team sports program that allows students of all ages and abilities to **LIVE THE LIFE OF A PROFESSIONAL ATHLETE!**



Professional Sports Elements



Emphasis on Sportsmanship



Fun & Engaging Environment



Call Us  
(514) 476-8758



Write Us  
[helen@sport-life.ca](mailto:helen@sport-life.ca)



Visit Our Website  
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# PED DAYS 2025-2026

**Our program is an immersive experience where students become professional athletes and learn the importance of sportsmanship, team spirit, healthy competition, and the joy of sports!**

## **Introduction:**

- Meeting the coaches & every group will be divided into 2 teams
- Team entrances with **music, spotlights, and a fog machine** for an electrifying atmosphere
- Dynamic warm-up to get the kids ready to give their best

## **Game Time:**

- The coach will go over the rules of the sport.
- Then, students will play a 30 minute match
- Post-game, the coach will announce the **3 Stars & interview players**

## **Conclusion:**

- **Award ceremony** where the coaches will award the **MVP, MIP,** and the player who showed the most **Sportsmanship** in each group
- Each team will pose for **photos with professional trophies** & hold them like true champions

SportLife provides all the necessary equipment and our experienced coaches ensure everyone is included and having fun!

Participants should always be grouped by school grade level, guaranteeing a safe, stimulating, and accessible environment for everyone.



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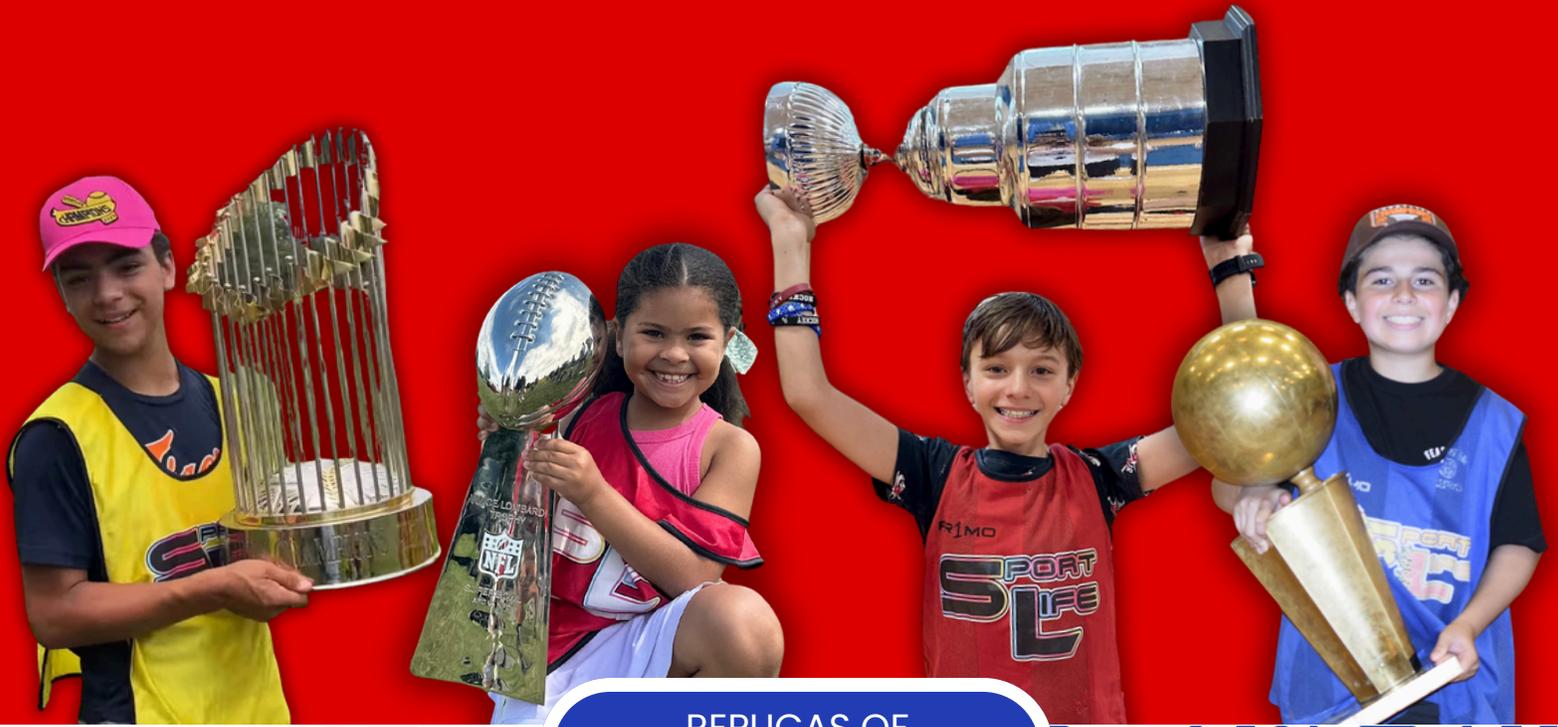
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REPLICAS OF  
PROFESSIONAL TROPHIES

## PROFESSIONAL FEATURES

- **ANNOUNCING 3-STARS**
- **PLAYER INTERVIEWS**
- **PLAYER INTRODUCTIONS WITH SPECIAL EFFECTS: FOG MACHINE & LIGHTSHOW**
- **PICTURES WITH REPLICA TROPHIES**
- **MVP, MIP, & SPORTSMANSHIP AWARDS**

## TEAM SPORTS SELECTION

- **BASKETBALL**
- **SOCCER & FUTSAL**
- **BALL HOCKEY**
- **FLAG FOOTBALL**
- **BASEBALL**
- **HANDBALL**
- **DODGEBALL**
- **VOLLEYBALL**
- **KICKBALL**
- **AND MUCH MORE!**



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## FULL DAY OPTION (4 HOURS)

|                      |  |
|----------------------|--|
| Around 9:30 AM       | Arrival of the SportLife team  |
| 10:00 AM to 10:30 AM | <b>Introduction</b> (see page 2)   |
| 10:30 AM to 11:15 AM | <b>1st sport</b> (rules, first match, 3 Stars and post-match interviews)   |
| 11:15 AM to 12:00 PM | <b>Lunch</b>   |
| 12:00 PM to 12:45 PM | <b>2nd sport</b> (rules, first match, 3 Stars and post-match interviews)   |
| 12:45 PM to 1:30 PM  | <b>3rd sport</b> (rules, first match, 3 Stars and post-match interviews)   |
| 1:30 PM to 2:00 PM   | <b>Conclusion of the Day</b><br>All participants will gather for an awards ceremony. Each team will have the chance to pose with professional trophies, hold them like true champions, and capture this unique moment in photos. |

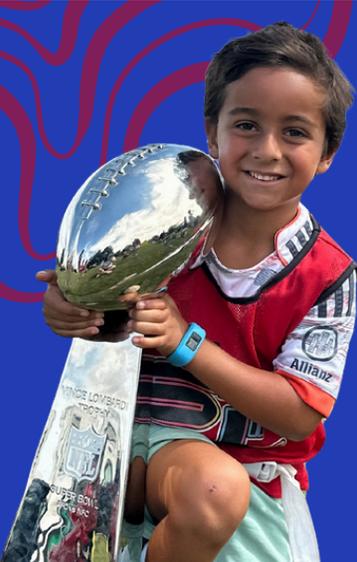


## SCHOOL FACILITIES

For up to 60 children registered, one gymnasium will be sufficient. For 60+ registrants, you will need two gyms (or a secondary location).

**Note:** Activities can take place outdoors in **September, October, May, and June**, allowing schools with only one gymnasium to host this PED day format.

If your school is limited in its facilities, we have other formats to accommodate whatever your school may need (**as seen on next page**).



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## WINTER & LIMITED GYM OPTIONS

By forming groups of around 20 students (max 25), you can select either the 60 or 90-min per group options below.

With either of these options, we create a schedule for the day where all pre-made groups rotate their time in the gym to participate in the activity.

## EXAMPLE SCHEDULE

### **60-MINUTE / GROUP OPTION**

9:30 am - 10:30 am: Group 1 (Pre-K & Kindergarten)

10:30 am - 11:30 am: Group 2 (Grades 1 & 2)

~Lunch~

12:00 pm - 1:00 pm: Group 3 (Grades 3 & 4)

1:00 pm - 2:00 pm: Group 4 (Grades 5 & 6)

### **60-MINUTE PER GROUP OPTION**

Introduction/Rules - 5 min

Team Entrance (lights & fog machine) - 5 min

Warmup - 5 min

Game 1 - 15 min

Water Break - 5 min

Game 2 (different sport!) - 15 min

3 Stars / Interviews - 3 min

Award Presentation - 4 min

Group Pictures - 3 min

### **90-MINUTE PER GROUP OPTION**

Introduction/Rules - 5 min

Team Entrance (lights & fog machine) - 5 min

Warmup - 5 min

Game 1 - 20 min

Water Break - 2 min

Game 2 (different sport!) - 20 min

Water Break - 2 min

Game 3 (different sport!) - 20 min

Water Break - 1 min

3 Stars / Interviews - 3 min

Award Presentation - 4 min

Group Pictures - 3 min



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