# Exploring Competitive Events in FCCLA

## Objective:

Students will be able to identify and describe various FCCLA Competitive Events, express personal interests in specific events, and complete a membership recruitment activity.

**Teacher Background Information** – utilize the Competitive Events Guide found in the FCCLA portal to be able to give a brief description about each STAR Event prior to the lesson. Be familiar with the rules of STAR Events, such as one competitor per level, knowing that level 1 is grades up to 8, Level 2 is grades 9-10, Level 3 is grades 11-12, and Level 4 is grade 12. Understand that Culinary Arts and Baking and Pastry are only for students enrolled in occupational programs (CareerTech centers or K12 teachers with NOCTI certifications). Ask the Oklahoma FCCLA/FCS state staff any questions prior to presenting to make this a great day!

**Lesson Prep** – the STAR Event stations will take some prior preparation, so please read the STAR Event Stations document and plan ahead!

## Assessment:

Students will submit their completed Local Member Handbook with underlined or noted events of interest and a colored membership recruitment activity page, demonstrating their understanding of FCCLA Competitive Events.

## Key Points:

* **STAR Events Overview:** Explanation of what STAR Events are and their significance in FCCLA.
* **Additional Types of Competitive Events:** Description of the different types of competitive events including Knowledge Bowl, Challenge Tests, Skill Demonstration Events, and Virtual Business Challenges.
* **Competition Levels:** Understanding the four levels of competition: District, Regional, State, and National.
* **Rubric and Planning Process:** Introduction to the FCCLA Planning Process and the importance of following a rubric in competitions.
* **Membership Recruitment:** Importance of active membership and participation in FCCLA events.

## Opening:

* Begin with a brief discussion on the importance of leadership and community involvement.
* Ask students: “What kinds of activities or competitions do you enjoy? How can these be a part of your leadership journey?”
* Ask students who wants to go to Orlando, Florida in July 2025 and let them know that’s where their competitions can take them!
* Introduce the concept of competing within FCCLA, the opportunities for recognition, and the opportunity to travel to compete in FCCLA.
* Introduce the concept of STAR Events as a way for students to take action and be recognized.

## Introduction to New Material:

**Optional Activity: Draw, Act, or Sculpt.**

This sets the tone for fun competition by keeping score and awarding candy/bonus points to the winning team. This also demonstrates how there are various types of communication and various types of competitions through FCCLA!

Materials needed:

Play dough (one container per “team”)

1 piece of Paper/Marker per team

List of ideas of things to draw, act, or sculpt

Draw, Act or Sculpt instructions

**Optional Activity: Walmart Game**

Materials needed: notecard or piece of paper with the alphabet written on it for facilitator

Have students line up in two lines, facing each other. With the Walmart game, you will give the two people closest to you a letter of the alphabet. The first person so an item you can purchase at Walmart wins that round. Items MUST be appropriate and you wouldn’t be embarrassed for your grandma to see them in your Walmart cart! Also, students must be of legal age to purchase the items. Finally, the items have to be what you would write down on a grocery listed. Example: Letter Y shouldn’t be yellow bananas, since we write “bananas” on our shopping list.

First round: have each person get back in line after their letter challenge

Second round: when one person wins their letter, the non-winner takes a seat and the winners stay in line to have an ultimate Walmart Game champion.

* Discuss the four levels of competition and what they entail.
* Present a complete list of FCCLA competitive events, encouraging students to listen carefully.
* **Common Misconception:** Some students may think that they cannot participate because they feel they are not skilled enough; clarify that STAR Events are for all levels of ability.

## Guided Practice:

* Distribute the FCCLA STAR Event Chart for students to follow along.
* As students listen to the list of events, prompt them to underline or jot down events that interest them.
* Use scaffolding questions to guide students:
  + “Which event do you think would interest you the most?”
  + “What skills do you think you could develop by participating in these events?”
* Monitor student performance by walking around and checking their underlined items and providing feedback.

## Independent Practice:

* Setup the STAR Events activity stations. Monitor students as they complete the stations.
* Instruct students to color in their membership activity color page in their Ultimate Leadership Handbook for participation in the membership recruitment activity.
* Encourage students to choose at least two Competitive Events they would be interested in and provide a brief explanation of why.

## Closing:

* Conclude with a group discussion where students share one STAR Event they found interesting and why.
* Reinforce the value of participating in FCCLA and how it can help them become leaders.

## Standards Addressed:

* FCS National Standards 1.1.1: Analyze the impact of individual and family decisions on the community.
* FCS National Standards 3.1.2: Demonstrate effective leadership skills in a variety of group settings.