THE BIG GAME:

What to watch on Super Sunday when football isn't your thing

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One of the puppies that will be in Puppy Bowl XXII. The Puppy Bowl airs on Feb. 8 at 2 p.m. PHOTO COURTESY OF @THEPUPPYSPHERE/INSTAGRAM.

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It's that time of year again. The Super Bowl — America's biggest sporting event — is set to dominate screens and conversations across the country this Sunday, Feb. 8. But whether you couldn't care less about football or just want to spend the night watching something different, there's a whole world of programming and activities outside the Big Game that deserve your attention.

Couch-Side Sports

If other sports are what you're looking for, CBS stations (WFSB Channel 3 Hartford) will show PBR bull-riding at 12 p.m., a men's college basketball matchup between the Michigan Wolverines and Ohio State Buckeyes at 1 p.m., then continuing coverage of PGA Tour golf at the final round of the Phoenix Open.

For fans of women's college basketball, the matchup on ABC stations (WTNH Channel 8 New Haven and WGGB Channel 40 Springfield) may be one worth peeking at: the Tennessee Lady Vols take on the South Carolina Gamecocks. Both regarded as worthy contenders for the UConn women's basketball team, tip-off is set for 3 p.m.

Fox stations (WTIC Channel 61 Hartford) also have a college basketball doubleheader, starting off with the men's Texas Tech Red Raiders taking on the West Virginia Mountaineers at 1 p.m. and then the women's UCLA Bruins against the Michigan Wolverines scheduled at 3 p.m.

Coverage of the Winter Olympics in Milan, Italy continues on USA Network, with events including Women's Group A hockey, Men's Snowboard Big Air and curling. Extended Olympics coverage will also be on NBC stations later in the evening.

If you still want to keep up on the Big Game without being glued to your TV set, NFL Network will broadcast a live scoreboard with voice-over analysis from football insiders and notable commentators.

Furry and Feel-Good

Animal lovers are covered: "Puppy Bowl XXI" on Animal Planet returns with all the adorable chaos you crave starting at 2 p.m. This annual fan-favorite pits Team Ruff against Team Fluff for the "Lombarky" trophy in a cuddle-friendly Super Bowl spoof to help raise awareness of animal adoption.

Prefer something on the dramatic or cinematic side? Tons of networks are stacking movies and specials to fill your Sunday lineup. Cable channels often run blockbuster lineups, ranging from comedic crowd-pleasers to classic crime thrillers — and marathons of your favorite shows.

FX starts up a modern Star Wars marathon at 4 p.m. with "The Force Awakens" followed by "The Last Jedi" and "The Rise of Skywalker" through 1:30 a.m. A number of films from the "Harry Potter" series will be shown on the E! channel throughout the afternoon, and you can also catch the 1978 classic "Grease" on Freeform at 6:45 p.m. and "Monsters University" on Disney Channel at 7 p.m.

TBS has programmed back-to-back episodes of the 90s sitcom "Friends" and "The Big Bang Theory", and Comedy Central has an all-day showing of classic "The Office" episodes. The Food Network throws it back with a marathon of "Beat Bobby Flay" shows.

Who says you can't stream, too? Netflix's "Bridgerton" just dropped the first half of its fourth season, following a fresh romantic arc through the ballrooms of Regency London, where whispered scandals travel faster than horse-drawn carriages.

Of course, other demand offerings and streaming services offer an endless amount of content to enjoy at your own leisure while others are glued to the Super Bowl.

PBS stations (WEDH Channel 24 Hartford and WGBY Channel 57 Springfield) have scheduled special editions of beloved shows like Antiques Roadshow and Masterpiece Theatre's seasonal premieres. These feel-good, intellectually stimulating offerings are a great alternative for folks who love storytelling without the sports soundtrack.

You can have a Super Sunday!

Of course, not all alternatives require a screen. If you're craving something more hands-on, consider making a night of it with friends, with activities like a cooking challenge, a game night with board games or card games or even knock out the week's assignments together and celebrate with snacks once you're done.

These can be a great way to meet people who are equally uninterested in gridiron glory.

While millions will be glued to the Super Bowl, there's a whole spectrum of entertainment waiting for the rest of us — from puppy antics to movie marathons, from DIY parties to quiet nights in. So even if football isn't your sport, this Super Sunday doesn't have to be boring. Tune into what you love and enjoy!



Jeremiah Tapes of the Ohio State Buckeyes during a game. The Buckeyes men's basketball team play the Michigan Wolverines on Feb. 8 at 1 p.m.
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