

FUN NIGHT IDEAS

All-Star Challenge Night

Basic Overview:

All-Star Challenge Night is a special night of athletic ability. On this night, the children will attempt to score like the pros by shooting basketballs, putting golf balls, shooting hockey pucks, throwing footballs and baseballs and kicking soccer balls during game time. The kids will aim to score the most points in each event to be named the All-Star Champion. You can do this night on any point throughout the year. It is also an ideal event for the end of the year...the week before your awards ceremony.

Additional Ideas:

None.

Reminder Flyer:

See the flyer on the next page.

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All-Star Night Summary: On All-Star Night, the children are encouraged to *show their spirit* by wearing their favorite sports team's logo on a jersey, hat, pants, socks, or gloves. During game time, they will *show their skill* by competing in various athletic events. There will be 5-6 stations set up in your main room. The children get one or two shots to score a goal at each station. You can run your rewards in one of two different ways. (#1) Reward everyone who scores a point (or makes the shot) at each station with a small prize or piece of candy at that station. (#2) Give each child a scorecard (or a half sheet of paper) and have leader's sign off on their scorecard sheet for each time they "score" at one of the stations. At the end of the night, reward the top three children who scored the most points overall on all the stations throughout the night.

All-Star Night Stations:

- Station #1 - Hockey All-Star - Use a hockey stick to shoot a puck (or ball) between two cones that are about 10 feet away and sit about 2 feet apart (for the older kids, place the cones 1 foot apart and 15 feet away from the child).
- Station #2 - Baseball All-Star - Tape a square or circle on the side wall using masking tape. Throw/Pitch a tennis ball and try to hit somewhere inside that square or circle. Have the children stand 10 feet away (for the older kids, have them stand 15 feet away).
- Station #3 - Soccer All-Star - Kick a soccer ball through two cones that are about 2 feet apart. Have the children stand about 10-15 feet away (for the older kids, place the cones 1 foot apart and 15-20 feet away from the children).
- Station #4 - Football All-Star - Throw a football through a car tire that is hanging from the balcony or ceiling by a rope (you could also set the tire up on chairs or have leaders hold it up). Set the tire about 10 feet away from the children (for the older kids, place the tire 15 feet away from them and possible even have them try to hit it while it is rotating or swinging).
- Station #5 - Golf All-Star - Putt a golf ball through one of three archways (or into a cereal box that has the open facing towards them). Place the archway or cereal box about 10 feet away from the children (for the older kids, place the archway or box about 15 feet away from the children).
- Station #6 - Basketball All-Star - Shoot a basketball into the basket ball hoop (if a hoop is not available, use a large trash can instead). Have the children shoot the basketball into the hoop or trash can from about 7-10 feet away (for the older children, have them stand about 10-15 feet from the hoop or trash can).



All-Star Night List of Supplies:

- **General Supplies** – Scotch tape (for station signs and starting lines), Signs (for stations), Candy (enough for several winners from each event or some overall winner prizes).
- **Hockey** - Hockey stick, a hockey puck or tennis ball, 2 orange cones, paper to keep track of winners, and a pen.
- **Baseball** – Tennis ball or racquetball , scotch tape (to make target on the wall), paper to keep track of winners, and a pen
- **Soccer** – Soccer or rubber playground ball, 2 orange cones, paper to keep track of winners, and a pen
- **Football** – A football, an old car tire, rope (to hold tire), paper to keep track of winners, and a pen
- **Golf** – Putter, golf ball, Wooden archways or cereal box, paper to keep track of winners, and a pen
- **Basketball** – Basketball, hoop or trash can, paper to keep track of winners, and a pen

Map of the stations in the Gym:

