



Kentucky Association for Health, Physical Education, Recreation & Dance

**2019
SUPERSTARS
COMPETITION**

HULA HOOPLA

Hula Hoop on the waist for one minute without the hoop stopping or falling to the ground.

Rules:

1. Each player has their own hula hoop
2. One point earned for each player who can maintain the hoop for one minute.

FOOTBALL FRENZY

Players run and catch as many footballs as possible behind the goal line. The quarterback is blind folded.

Rules:

1. One player must be the quarterback.
2. Players stand in a line beside the quarterback who is blindfolded.
3. Player hands the QB a football, runs to the goal line and signals when the QB should throw the ball.
4. Each successful catch is a point.
5. One point for each ball caught successfully in 60 seconds.

POPCORN

Team attempts to bounce balls into the center bucket.

Rules:

1. Two players are outside the rope circle and bounce balls into the bucket.
2. Two players kneel inside the circle and bounce the balls back to outside players. Buckets cannot be touched other than to be set back up in the event they are knocked over.
3. One pt earned for each ball bounced into the bucket in one minute.

PASS THE PORK, PLEASE

Team members work together to pass rubber pig around circle

Rules:

1. Everyone should be in plank position
2. Pig must be passed to the next person in a clockwise direction
3. Pig must be on person to person's back
4. No hands may be used to assist the passing of the pig
5. If pig touches ground, start again with the first person
6. One pt earned for each time pig is passed completely around the circle in 60 seconds

RUBBER BAND BRIGADE

Team members work together to knock entire stack of cups down using rubber bands

Rules:

1. Shots must be taken from behind designated line
2. One pt earned for each cup knocked down in 60 seconds
3. Bottom row cups must be tipped over to earn a point
4. If all cups are knocked down prior to 60 seconds, cups may be re-stacked. Cups may not be re-stacked until ALL cups have been knocked down.

TEAM JUMP

Entire team jumps rope together.

Rules:

1. All four team members should be in rope at the same time (Two of the four team members must turn and jump at same time)
2. One pt earned for each consecutive jump. If someone misses, begin the count again at 0. At the end of 60 seconds, the score will be the longest consecutive number of jumps the team had.

BREATHTAKING!

Team attempts to move ping pong balls to bucket using straws

Rules:

1. Each player places their own straw in their mouth
2. No body parts can be used to move the balls
3. Hands may be used to secure straws in mouth
4. One pt earned for each ball placed into the bucket in one minute.

HUMAN BOWLING

Team attempts to knock down as many pins as possible in a 60 second period

Rules:

1. One team member is bowler; one team member is bowling ball (on scooter); two team member are pin setters. "Ball" should sit cross legged on scooter with hands in contact with scooter at all times.
2. Bowler gets one "roll" at all pins, then pin setters set all pins up again regardless of how many were knocked down
3. Bowler must not step over foul line when releasing "ball"
4. Pins must be set back up on designated spots