

OTTAWA SUPER PARTIES

SUPER PARTIES FOR SUPER KIDS

ONE-HOUR (60 MINUTE) STARFIGHTER TRAINING ROUTINE

0:00 Introduction - Your performer arrives, gives high fives to all the kids, then asks them to raise their hands if they want to try some training. The hands shoot up!

0:05 Work Out - Your performer directs the kids through a few stretches (touch your toes, reach for the sky, etc.), before launching into some exercises; sit-ups, push-ups, jumping jacks, running; the works! With the kids a little tired out, your performer instructs them to take a seat. Now that they've trained their bodies, it's time to train their brains!

0:10 Charades & Trivia - Your performer acts out famous characters, and the kids have to guess which characters he's pretending to be. Every right answer prompts a trivia question.

0:15 Jedi Says - A quick round of themed Simon Says.

0:20 Plushy Games - From his bag, your performer takes out a themed plushy character. There are three games we play with this plushy; '**Catch That Hero!**', where we throw the plushy back and forth and every catch counts as a point, '**Pass the Hero!**', a spin on the classic hot potato game, except that if you're caught 'on fire' you have to make a battle pose, and '**Target Practice!**', in which kids throw the plushy into a basket for points.

0:30 Follow the Jedi - The guests follow the performer around on a quick run around the space, acting out different characters and animals along the way.

0:35 Treasure Hunt - Your performer hides mini-frisbees around the space while the children's eyes are closed, then they have to go find them!

0:40 Freeze Dance - Your performer will play theme music from his portable iPod speaker. The kids dance along to the tune until it's paused; then they have to stay perfectly still.

0:45 Light Saber Training - Your performer distributes 'training swords' (thin foam pool noodles) to all the party guests for the duration of the activity, then teaches them some quick moves by demonstrating on his own special-effects sword. When the training is complete, each guest gets to face off in a one on one duel against the trainer.

0:50 Photo Opportunities - An opportunity for group and one-on-one pictures, complete with a chance for each guest to pose with a light-up, special-effects sword!

0:55 Jedi Academy Certificate - Your performer presents the birthday child with a customized, laminated 'Starfighter Academy' Certificate.

1:00 Final Requests and Exit - Your performer will ask if you'd like him to take out the birthday cake (provided by you) and sing the birthday song, or if there is anything else he can help you with whatsoever. He gives a last round of high fives to all the guests, and then he's off to his next adventure.

ROUTINE MIGHT VARY SLIGHTLY IN TIMING AND ACTIVITIES DEPENDING ON THE DISCRETION OF YOUR PERFORMER. BE SURE TO LET US KNOW IF YOU HAVE ANY ADDITIONAL QUESTIONS!