

Lifestyle - Reality



The Star Athlete 星牌运动员

Episodes: 10 x 60 mins

Language: Chinese

Year: 2023

Producer: Mediacorp Studios

Distributor: Mediacorp

Qi Yuwu and Lee Teng each leads a team of artistes to train under star athletes for various sports. While showcasing impressive skills & elegance of national athletes, the show also highlights their stories & glorious moments. After intensive trainings, the stars compete and an MVP will be crowned and awarded a star medal at the end of every episode. Who will be the fittest and strongest of them all?

Host: Qi Yuwu and Lee Teng

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For sales enquiries on content distribution:

Grace Chia gracechia@mediacorp.com.sg

Tracy Sim tracysim@mediacorp.com.sg

Wilfred Chen wilfred.chen@mediacorp.com.sg



Episode 1: NAPFA Test & Archery

Remember the NAPFA test we did in school? Star Athletes retake them, with founder Robert Tan as judge. Can they complete the 2.4km run? Who will emerge as the fittest? Captains Yuwu and Lee Teng select members based on NAPFA performances. Together, the 2 teams try to master the 1st sport - Archery.

Episode 2: Archery & Swimming

Archery is a mind game which requires accuracy & concentration. Star Athletes experience visualization training to practice staying calm and focus during competition. Who will clinch the 1st MVP? Next up, they make a splash in the pool and challenge national swimmers - Quah sisters & Pang Sheng Jun.

Episode 3: Swimming & Basketball

Star Athletes experience the intensive drills national swimmers go through daily in the pool & gym. They also learn how to dive off the blocks & wiggle underwater. Eager to win, can Blue team succeed this time? Back on land, the Star Captains embark on a new sport & engage in a 1v1 basketball game!

Episode 4: Basketball & Table Tennis

The basketball challenge continues! Star Athletes not only need to learn skills, but also develop tactical awareness. Can basketball rookie overcome obstacles? Can basketball masters break through and create miracles? Which team would bag the champion? Next up is racket sport - Table Tennis.

Episode 5: Table Tennis & Bowling

After a series of training sessions, the 2 teams are ready to face off! A total of 3 rounds, the competition tests their service skills, footwork, reaction speed and techniques. Who will emerge as MVP? In the next sport - Bowling, world champion coaches are here to challenge The Star Athletes.

Episode 6: Bowling & Track & Field

Competition is nearing, both captains try their best to build team spirit. Qi Yuwu prepares a BBQ session to motivate his team, while Lee Teng invites special guests for extra coaching lessons. Will their efforts pay off? Next up, the Star Athletes are out in the sun again, for Track & Field events!

Episode 7: Track & Field

The Star Athletes continue to show off their speed, power and agility on the tracks & field. They go through crash courses for Discus, Hurdle and 4 x 100m Relay, discovering the true meaning behind each event, and also, aim to achieve their own personal break throughs in the final competition.

Episode 8: Badminton

Badminton stars Loh Kean Yew, Yeo Jia Min, Jason Teh, Loh Kean Hean, as well as legend Wong Shoon Keat gather in this episode! Star Athletes train under them to prepare for the final games. Can the Blue Team prevail, or will Green Team gain victory under the guidance of their new captain Jeremy?

Episode 9: Floorball

Star Athletes are clueless about Floorball, a game of speed and action. However, there is no time to wait! The moment they enter the rink, they immediately take on the high-intensity trainings designed by the national players. Will they be able to handle a real match at the end? Just wait and see!

Episode 10: Football

The final showdown is here! After an intensive Floorball game, the Star Athletes go through yet another vigorous team sport - Football! Currently tied at 4 - 4, both teams are striving for victory, going all out to train and win the last battle. Which team will emerge as the ultimate Star Champion?

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