



DLMS PE BINGO

Week 3 (April 20 to April 24)



Post a school appropriate workout or dance on TikTok with #DLMSKnight	Stretch for 10 minutes 3 days this week	25 Burpee's (one day or over the week)	Be outside for 1 straight hour	Thursday No Electronics 30 minutes before bed
Wednesday No Electronics 30 minutes before bed	Make your bed any 3 days this week	Make your own lunch AND clean up after yourself!	Silently Meditate for 8 minutes	Take a walk and fill a grocery bag with garbage you see on the way
Accumulate 2 minutes of planking every day this week	Monday No Electronics 30 minutes before bed	FREE	Consume 3 servings of vegetables today	Drink 2L of water at least 3 days this week
100 Jumping Jacks (one day or over the week)	Consume 3 servings of fruit today	Friday No Electronics 30 minutes before bed	Reach out to 3 classmates that you haven't talked to in over 10 days	1 full day with no chocolate, candy, chips, pop or any "junk food"
Make an obstacle course that takes at least 20 seconds to complete	30 push ups (one day or over the week)	Complete a 3 Km walk or bike ride	50 Air Squats (one day or over the week)	Tuesday No Electronics 30 minutes before bed

Print this form and over the next 5 days try to complete as many tasks as possible! At the end of this week send a picture of your results to mike.mccallum@nbed.nb.ca

There will be a new sheet each week of April. There will be a weekly prize as well as a grand prize at the end of the 4 weeks!

GOOD LUCK AND HAVE FUN!