



# DLMS PE BINGO

Week 4 (April 27 to May 1)



Friday No Electronics 30 minutes before bed	Reach out to 2 people you haven't talked to in the past 10 days	Do stretches for 10 minutes for 3 different days this week	Make a snack for a family member and clean up after them (and you)	100 Jumping Jacks (one day or over the week)
Complete a 3 Km walk or bike ride	30 push ups (one day or over the week)	Take a walk and fill a grocery bag with garbage you see on the way	25 Burpee's (one day or over the week)	Tuesday No Electronics 30 Minutes before bed
Take the entire family on a walk (distance doesn't matter as long as everyone goes)	Monday No Electronics 30 Minutes before bed	<b>FREE</b>	Accumulate 2 minutes of planking any 3 days this week	Drink 2L of water at least 3 days this week
50 Air Squats (one day or over the week)	Make your own breakfast and clean up after yourself	Telling someone why you appreciate them <i>(Indigo - Care for the carer)</i>	Wednesday No Electronics 30 minutes before bed	Post or send me a school appropriate TicTok style workout or dance challenge
Go fishing!	Make your bed 3 days this week	Thursday No Electronics 30 minutes before bed	Consume 3 servings of vegetables today	Make an obstacle course for a family member <i>(your messy bedroom doesn't count)</i>

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](mailto: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!**