



# DLMS PE BINGO

Week 5 (May 4 to May 8)



Reach out to 2 people you haven't talked to in the past 10 days	Monday No Electronics 30 Minutes before bed	Thursday No Electronics 30 minutes before bed	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	Complete a 3 Km walk or bike ride	Wednesday No Electronics 30 minutes before bed	Make a snack for a family member and clean up after them (and you)
Go fishing!	Make your bed 3 days this week	<b>FREE</b>	Have "a catch" for at least 10 minutes outside	Rake the lawn for at least 20 minutes
Post or send me a school appropriate TicTok style workout or dance challenge	100 Jumping Jacks (one day or over the week)	Take the entire family on a walk (distance doesn't matter as long as everyone goes)	Friday No Electronics 30 minutes before bed	25 Burpee's (one day or over the week)
Give the Napkin Talk on the WEBS of Support to an adult (ROYGBIV)	Tuesday No Electronics 30 Minutes before bed	Take a walk and fill a grocery bag with garbage you see on the way	Do stretches for 10 minutes for 3 different days this week	30 push ups (one day or over the week)

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)

Due to the success of the PE Bingo, and increasing numbers of participation we have decided to extend the challenge for the month of May. At the end of this month we will have our grand prize draw. You will be given a ballot for each week you participate!

**GOOD LUCK AND HAVE FUN!**