



# DLMS PE BINGO

Week 6 (May 11 to May 15)



Rake the lawn for at least 20 minutes	Make your bed 3 days this week	Wednesday No Electronics 30 minutes before bed	Have "a catch" for at least 10 minutes outside	Complete a 3 Km walk or bike ride
30 push ups (one day or over the week)	100 Jumping Jacks (one day or over the week)	Tuesday No Electronics 30 Minutes before bed	Watch the <a href="#">Napkin Talk</a> by Derek Peterson on YouTube with an adult	Friday No Electronics 30 minutes before bed
Take the entire family on a walk (distance doesn't matter as long as everyone goes)	Post or send me a school appropriate TicTok style workout or dance challenge	<b>FREE</b>	Do stretches for 10 minutes for 3 different days this week	25 Burpee's (one day or over the week)
Take a walk and fill a grocery bag with garbage you see on the way	Drink 2L of water at least 3 days this week	50 Air Squats (one day or over the week)	Thursday No Electronics 30 minutes before bed	Send a Knightly News Intro to <a href="mailto:DLMS2019@gmail.com">DLMS2019@gmail.com</a>
Accumulate 2 minutes of planking any 3 days this week	Monday No Electronics 30 Minutes before bed	Turn off all Electronics and commit to helping with housework for 20 minutes	Make a snack for a family member and clean up after them (and you)	Reach out to 2 people you haven't talked to in the past 10 days

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!**