



DLMS PE BINGO

Week 7 (May 19 to May 22)



Turn off all Electronics and commit to helping with housework for 20 minutes	100 Jumping Jacks (one day or over the week)	50 Air Squats (one day or over the week)	Reach out to 2 people you haven't talked to in the past 10 days	Have "a catch" for at least 10 minutes outside
Take the entire family on a walk (distance doesn't matter as long as everyone goes)	Put sunscreen on your face each day this week.	Make your bed 3 days this week	30 push ups (one day or over the 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	Friday No Electronics 30 minutes before bed	FREE	Thursday No Electronics 30 minutes before bed	Send a Knightly News Intro to DLMS2019@gmail.com
Watch the Napkin Talk by Derek Peterson on YouTube with an adult	Any activity that made sweat bead and run down your face!	Post or send me a school appropriate TicTok style workout or dance challenge	Make a snack for a family member and clean up after them (and you	Wednesday No Electronics 30 minutes before bed
Complete a 3 Km walk or bike ride	Tuesday No Electronics 30 Minutes before bed	Do stretches for 10 minutes for 3 different days this week	Accumulate 2 minutes of planking any 3 days this week	Drink 2L of water at least 3 days this week

Print this form and over the next 4 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

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!