



Rules for Elementary Schools in Quebec - 2023

The Energy Cubes Challenge is a friendly competition during which students have to get active as much as possible both at school and at home. It is open to all Quebec elementary schools interested in participating in a dynamic and unifying initiative as part of the Grand défi Pierre Lavoie.

1 - Dates of the Energy Cubes Challenge

The Energy Cubes Challenge will be held from **May 1st, 8:00 a.m.** to **May 22, 2023, 5:00 p.m.**

2 - Steps for participating in the challenge

- Each elementary school that wishes to participate in the Energy Cubes challenge must appoint a School Leader who will ensure that the challenge steps are completed properly.
- School Leaders must first register their school on Planet Cube at planetecube.com/en.
- Upon registering their school on Planet Cube, School Leaders must indicate the number of participants. This number represents the total number of **students at the school, including** kindergarten students.
* **Do not include school staff.**
- Prior to the Challenge kick-off date, School Leaders must distribute participation tools to participants (see Section 5 for more details).
- Each week, School Leaders must enter on Planet Cube the total number of Energy Cubes collected at school as well as those collected at home by students, staff members and their relatives.
- School Leaders will have until **May 29, 2023, 6:00 p.m.** to record all the Energy Cubes collected by their school and families altogether on Planet Cube.

3 - Participants

- All school's students, from kindergarten to Grade 6.
- All school staff members (including school administrators, teachers, childcare workers, clerical staff, special ed staff, etc.).
- All immediate family members of registered students (parents, grandparents, siblings), as well as immediate family members of school staff (spouse and children) are invited to get active with students. * **For Energy Cubes collected by relatives to be eligible, the activity must be performed with the participating child or school staff member (see Section 6 - Calculating Energy Cubes).**
- Unfortunately, friends, members of one's extended family (uncle, aunt, godfather, godmother, etc.), coaches and

members of the student's sports team and any other people **cannot contribute to collect Energy Cubes with students**. They are, however, welcome to get active with them to encourage children in their challenge.

4 - Eligible activities in collecting Energy Cubes

1 Energy Cube = 15 minutes of continuous physical activity

- **All activities that increase the heart rate and require some physical exercise are allowed.** *Examples include soccer, basketball, jump rope, skateboarding, biking, swimming, diving, relay racing, hiking, skating, playing ball, gymnastics, playing Frisbee, badminton, football, hockey, track and field, tchouk-ball, golf, judo, skiing, curling, horseback riding and active video games such as Kinect and Wii Fit games.*
 - * **Ineligible activities: passive video games, card games, board games, pool, fishing, ATVing, mini-golf, etc.** **Basically, any activity in which you don't get much exercise.**
- **To collect as many Energy Cubes as possible, students have to be active both at school and at home.**
- All physical activities performed during regular school hours are eligible: activities performed during recess, P.E. classes and other activities performed during school or day-care service hours count towards the total number of Energy Cubes collected.

5 - Available tools

Registered schools will receive free student logbooks for all participants + Cube-o-meter poster and stickers for every classroom. All the tools to take on the challenge are available in the "Toolbox" section of energycubes.ca or on [Planet Cube](http://PlanetCube), as a PDF.

- *Student logbook (one per student, physical copies also sent to school)*
- *The Calcul-o-Cube (online tool to help you calculate the Cubes of your class and school).*
- *Class Leader tally sheet (one per class, optional. We prioritize the use of the Calcul-o-Cube).*
- *Challenge Leader tally sheet (one per school, optional. We prioritize the use of the Calcul-o-Cube).*
- *Instructions sheet (one per teacher and one per parent if need be)*
- *The Cube-o-Meter (physical copies also sent to school)*
- *A calendar*

6 - Calculating Energy Cubes

- **One Energy Cube corresponds to 15 minutes of continuous physical activity.**
 - Example 1: If a child gets 3 five-minute walks in a day, he would not earn an Energy Cube because the 15 minutes of activity was not continuous.*
 - Example 2: If P.E. class lasts 50 minutes and includes 25 students, you can't count it as follows: (50 minutes x 25 students) / 15 minutes = 83 Cubes. Instead, the calculation should be 3 Cubes (for 45 minutes of continuous activity per student) x 25 students = 75 Cubes.*
- **An Energy Cube can only be earned once.**
 - Example 1: If Lisa and Anthony go to the same school and ride their bike together for 45 minutes, they each collect 3 Energy Cubes. Lisa can't collect Anthony's Energy Cubes in her logbook, since he will add them to his own logbook.*
 - Example 2: If parents go on a 30-minute bike ride with their son and daughter, they must choose which one they will give their 2 Cubes to—they can't give 2 Cubes to both of them. They could, however, choose to give 1 Cube to their daughter and 1 to their son.*
- **Students collect 1 additional Energy Cube for each person in their immediate family that joins in the physical activity with them—for each 15-minute period of physical activity.**

Example: A student rides a bike with his sister, mother and father for 30 minutes. In this scenario, four people are participating (1 student + 3 family members):

4 x 2 times 15-minute periods (30 minutes) = 8 Energy Cubes.

7 - Cubes compilation suggestions:

- Energy Cubes collected at home:
 - 1) Energy Cubes earned outside school hours—at home or at a karate class, for example—must be recorded in the student logbook and have a parent signing Cubes entry to validate them.

- Energy Cubes collected at school:
 - 1) Energy Cubes earned at school and during school hours are recorded weekly through *Calcul-o-Cube*. When the entire school (or the most part of it) performs an activity, collected Cubes of this activity should be recorded through the *Calcul-o-Cube* by the *School Leader*. Furthermore, if an activity is performed by a class, collected Cubes should be recorded through the *Calcul-o-Cube* by the *Class Leader*.
 - 2) *Class Leaders* gather students' logbooks weekly and sums up the Cubes earned at home for the class in the *Calcul-o-Cube*.
 - 3) Day care, P.E. and recess activities count among activities performed at school and should therefore be recorded through the *Calcul-o-Cube* by the *Class leader*.
 - 4) Every week, the *Class Leaders* register their class total in the *Calcul-o-Cube*. The *School Leader* takes the school total (from both home and school) and logs it weekly on the Planet Cube website.

*If you are using the *tally sheets*, the *Class Leader* must give to the *School Leader* the total number of cubes written on his or her *tally sheet* . The *School Leader* will then add this number to his or her tally sheet and will put the final number on *Planète Cube*.

The School Leader is allowed to ask for help to count Energy Cubes. Parents, parents' committee or older graders can give a hand . You can also contact us for many effective tips that can simplify the weekly Cube counting.

8 - Overall average number of Energy Cubes per student

- Calculating the average number of Energy Cubes contributes to a common base for all participating schools, regardless of the school size, which makes the Challenge even-handed.

Average number of Energy Cubes per student = $\frac{\text{Total number of Cubes collected by the school}}{\text{Total number of students at the school}}$

- The total number of Cubes collected by the school equals all the Energy Cubes collected during the Energy Cubes Challenge by the students, staff members and their relatives.

9 - Prizes available

For schools in Quebec :

- The Grand Prize to Your School : A completely redesigned Grand Prize experience : a unique, unforgettable and colourful celebration; delivered directly at school, during the fall of 2023. 17 schools across each administrative region of Quebec will earn a unique day of unique activities and surprises.*

Or

- A visit from the Vehicube: One school per administrative region will receive a visit by the Space Vehicube: a full day of entertainment during the 2023-2024 school year aboard the Vehicube's "refuelling capsule" and "training module".*

* Prize events and activities' dates appointed by Le Grand défi Pierre Lavoie won't be carried on in case of schedule conflict.

10 - Winning schools draw

- The draw is based on schools' average number of Energy Cubes collected (see #8 section). At the end of the challenge, each school gets a number of chances for the draw, depending on its average number of Energy Cubes per student :

Moyenne de Cubes énergie par élève	Classement	Chances de gagner au tirage
150 à 224 Cubes énergie	 Cube de bronze	1 chance
225 à 339 Cubes énergie	 Cube d'argent	2 chances
340 Cubes énergie et plus	 Cube d'or	3 chances

- Winning schools will be drawn at random **on the afternoon of May 30, 2022**. For logistical issues, the schools will have to confirm their participation to The Grand Prize to your School before June 12. The announcement of the winning school will be held during the week of June 12 (the date might change).
- 1 winning school in each of Quebec's 17 administrative regions will be drawn for the Grand Prize To Your School. Then, for each of the 17 regions, another school will be drawn to win a visit from the *Vehicube* during the 2023–2024 school year.
- To be named winners, schools must have been honest in their Energy Cube calculations. The Energy Cubes Challenge reserves the right to contact schools in order to validate information and results.

You can find plenty of additional information on energycubes.ca or planetecube.com/en.

You can also contact the person in charge of the Energy Cubes challenge at cubesenergie@legdpl.com.