

#### WHAT IS IT? Your goal during

the Energy Cubes Challenge is to move as much as possible, both at school and at home.

#### WHEN?

April 29 to May 20, 2024



**WHO?** The challenge is open to all elementary students, from kindergarten to Grade 6. To collect more Cubes, MOVE WITH one or more members of your immediate family (parents, grandparents, and siblings).



#### HOW?





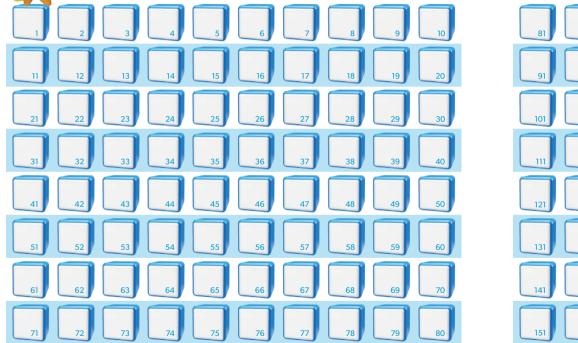
Every 15 minutes of continuous physical activity earns you 1 Energy Cube. If you MOVE WITH a member of your immediate family, you earn 1 extra Cube for each person moving with you.

The complete rules and regulations are available on **ENERGYCUBES.CA** 









**Total number of Cubes collected** this week: Parent's signature:

Colour in 1 Cube for every 15 minutes of physical activity you took part in.

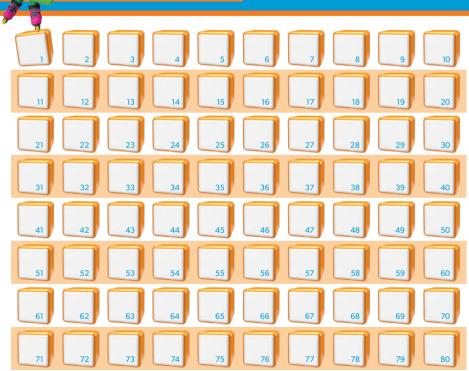
Don't forget to count the Energy Cubes for members of your immediate family who moved with you.

## **WEEK 2**MAY 6 TO 12

Moving for 15 min = 1 Energy Cube

#### THIS WEEK'S CHALLENGE:

Collect as many Energy Cubes as you can while moving to the beat of your favourite songs!



Parent's

signature:

Total number of Cubes collected this week:

Colour in 1 Cube for every 15 minutes of physical activity you took part in.

Don't forget to count the Energy Cubes for members of your immediate family who moved with you.

# **WEEK 3**MAY 15 TO 22

Moving for 15 min = 1 Energy Cube

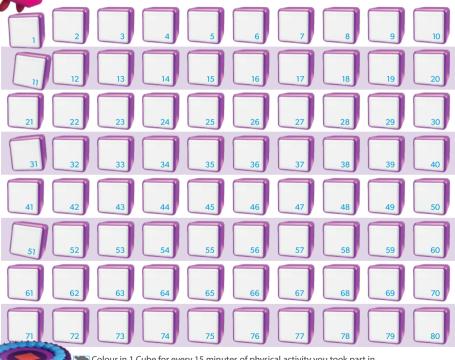
#### THIS WEEK'S CHALLENGE:

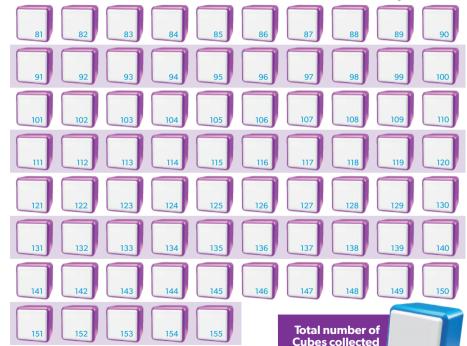
Parent's signature:

Earn your Energy Cubes by trying out many different sports.



this week:





Colour in 1 Cube for every 15 minutes of physical activity you took part in.
Don't forget to count the Energy Cubes for members of your immediate family who moved with you.



**THE GRAND PRIZE:** 

### **AN EXCITING AND** SPECTACULAR EVENT,

DELIVERED DIRECTLY TO YOUR SCHOOL THROUGHOUT FALL 2024

17 schools from all across Quebec will be treated to an exclusive day of unique activities and surprises.

We're coming to have fun in your schoolyard!\*





A VISIT BY THE SPACE VEHICUBE: a full day of entertainment during the 2024-2025 school year aboard the Vehicube's "refuelling capsule" and "training module".\*

\* One school per administrative region will be randomly selected on May 28.



Check out our brand new active video to accumulate one Energy Cube!

Available at **CUBESENERGIE.CA** 



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LEARN MORE:

**CUBESENERGIE.CA**