



**CUBES READY,
GET SET, GO!**

le grand
DEFI
PIERRE LAVOIE

Energy
CUBES
CHALLENGE

Name: _____

Class: _____

School: _____

Goal: My family and I want to collect
_____ Energy Cubes.

For more information and
ideas to move visit
ENERGYCUBES.CA



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?



Energy Cube = 15 minutes of continuous physical activity

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**



WEEK 1

APRIL 29 TO MAY 5

Moving for 15 min = 1 Energy Cube



THIS WEEK'S CHALLENGE:

Do as many Energy Cubes as you can outdoors. Let's play outside!



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80

81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110
111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130
131	132	133	134	135	136	137	138	139	140
141	142	143	144	145	146	147	148	149	150
151	152	153	154	155					



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.

Parent's signature: _____

Total number of Cubes collected this week:





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!



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80

81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110
111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130
131	132	133	134	135	136	137	138	139	140
141	142	143	144	145	146	147	148	149	150
151	152	153	154	155					

 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.

Parent's signature: _____

Total number of Cubes collected this week:



WEEK 3

MAY 15 TO 22

Moving for 15 min = 1 Energy Cube



THIS WEEK'S CHALLENGE:

Earn your Energy Cubes by trying out many different sports.



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80

81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110
111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130
131	132	133	134	135	136	137	138	139	140
141	142	143	144	145	146	147	148	149	150
151	152	153	154	155					

 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.

Parent's signature: _____

Total number of Cubes collected this week:





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!



Students and their teachers will also all receive a pair of running shoes.



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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IN COLLABORATION WITH:

Québec 

 FÉÉPEQ

LEARN MORE:

CUBESENERGIE.CA