



## Rules for Elementary Schools in Quebec - 2025

The Energy Cubes Challenge is a friendly event during which students get moving to accumulate Energy Cubes 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 **April 28th, 2025, 8:00 a.m. to May 19th, 2025, 23:59 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](http://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 the total number of Energy Cubes collected at school as well as those collected at home by students, staff members and their relatives on Planet Cube.
- School Leaders will have until **May 26th, 2025, 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 collecting Energy Cubes with students**. They are, however, welcome to get active with them to encourage the 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.
- Energy Cubes can be accumulated 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 and a Minuscube figurine for all participants\*. In addition, each school will receive promotional posters and a Cube-o-meter poster. All the tools to take on the Challenge are available in the "Toolbox" section of [energycubes.ca](http://energycubes.ca), as a PDF or on [Planet Cube](http://PlanetCube.com).

- Student logbook (one per student, paper copies are also sent to the school)
- The Calcul-o-Cube (online accounting tool to facilitate Cubes accounting for each class leader)
- Class manager form (one per class, optional. It facilitates the calculation of Cubes for the class leader)
- School manager form (one per school. Makes it easier for the school manager to calculate Cubes)
- Explanatory sheet (one per teacher and one per parent, if required. Explains the Energy Cubes Challenge)
- Cube-o-meter (a hard copy will also be sent to the school)
- A calendar (representing the 3 weeks of the Energy Cubes Challenge).

\* As long as quantities permit and the school registers on time.

#### 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:  $(50 \text{ minutes} \times 25 \text{ students}) / 15 \text{ minutes} = 83 \text{ Cubes}$ . Instead, the calculation should be 3 Cubes (for 45 minutes of continuous activity per student)  $\times 25 \text{ students} = 75 \text{ Cubes}$ .
- 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:

For Energy Cubes accumulated **at home**:

- 1) Energy Cubes accumulated outside school hours, at home or in a karate class for example, must be compiled by the child in his/her Student Logbook and authenticated by a parent's signature.
- 2) At the end of each week, the class leader must compile the Cubes entered in each student's logbook and enter this figure in Calcul-o-Cube. The person in charge of the school can then enter it in the appropriate place on Planet Cube.

For Energy Cubes accumulated **at school** :

- 3) Energy Cubes accumulated at school must be compiled using Calcul-o-Cube.
- 4) If an activity is carried out in class (e.g., dancing the Grand défi Pierre Lavoie active video capsule in class, or going out to play soccer with the whole class), the cubes are entered by the class leader in his or her section of Calcul-o-Cube.
- 5) If an activity is carried out by the whole school (or a large part of it), the Cubes collected as part of this activity are calculated by the school manager. This includes daycare activities, physical education classes, recess and special sports activities. The manager can then use the School Manager's Sheet tool to calculate the total number of Cubes earned by the whole school.

\*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 students 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.

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

- 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 your school, during the fall of 2025. 17 schools, one from each administrative region of Quebec, will earn an exceptional day of special 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 2025-2026 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 :

Average Number of Energy Cubes per Student	Number of Entries in the Draw
150 to 224 energy cubes	1 chance
225 to 339 energy cubes	2 chances
340+ Energy Cubes	3 chances

- Winning schools will be drawn at random **on the afternoon of May 27th, 2025**. For logistical reasons, the schools will have to confirm their participation in The Grand Prize to your School before May 30th. The announcement of the winning schools will be held during the first week of June (the date may change slightly).
- 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 2025–2026 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](http://energycubes.ca) or [planetecube.com/en](http://planetecube.com/en).

You can also contact the person in charge of the Energy Cubes Challenge at [cubesenergie@legdpl.com](mailto:cubesenergie@legdpl.com).