



INFORMATION SHEET

FROM MAY 1 TO 22, 2023

WHAT? A challenge where participants must engage in physical activities as much as possible at school and at home.

WHEN? FROM MAY 1 TO 22, 2023.

WHO? All students from kindergarten to Grade 8. To collect even more Cubes, children are encouraged to engage in physical activities with other immediate family members: siblings, parents and grandparents. School's staff members are also invited to participate with their spouse and children.

HOW? Each 15 minutes of physical activity earns you 1 Energy Cube. Each time a student or a staff member **ENGAGES** in a physical activity with one or more member of his immediate family, he collects 1 extra Energy Cube per family member to his record.



**Energy
Cube**



**15 minutes of
physical activity**



PARTICIPATING SCHOOLS WILL HAVE THE CHANCE TO WIN INCREDIBLE PRIZES:

GRAND PRIZE:

A visit by the Space Vehicule: a full day of entertainment during the 2023-2024 school year aboard the Vehicule's "refuelling capsule" and "training module".



RUNNER-UP PRIZE:

\$500 worth of sports equipment.*

* Prizes will be awarded through a random draw. See contest rules for details.

DID YOU KNOW? The student logbooks will be available online at energycubes.ca.

For more information: ENERGYCUBES.CA