

What? Get up and move is a friendly competition taking place in Quebec elementary schools. For this competition, children and their families need to move to accumulate as many energy cubes as possible.

When? From April 30, 2012, at 8:00 a.m. up until May 29, 2012, at 5:00 p.m.

Who can participate? All students, from kindergarten to Grade 6, as well as all staff members of the school and their respective immediate circles.

How? By moving as much as possible!

* However, for the energy cubes accumulated to be admissible, the activity must be **performed in the company of the participating child**.



Prizes! A chance to enter the draw for the 2012 Grand Prize, which will take place in Montréal on June 16 and 17, where loads of activities and surprises await 19 winning elementary schools from Québec.

* The draw will take place on May 31, 2012.

Key changes

- ◆ Activities in which children move with a video game console (e.g., Kinect or Wii Fit) now count for energy cubes if they increase heart rate.
- School staff and their immediate family (spouse and children) can increase their school's score by accumulating energy cubes at home.
- Schools that participate in the Sharpen Your Grey Matter contest (link) in addition to the Get Up and Move contest will increase their chances of winning the 2012 Grand Prize.
- The number of entries in the Grand Prize draw will now be allocated based on the average number of **GRAND DÉFI** cubes accumulated by each student.
- The number of entries in the Grand Prize draw will now be allocated based on the average number of **GRAND DÉFI** cubes accumulated by each student. Average **GRAND DÉFI** cubes represent average grey matter cubes per student (accumulated in November 2011 during the SYGM challenge) + average energy cubes (accumulated in May 2012 during the GUAM challenge). * The cubes accumulated by schools that have participated in only one of two components will still become GRAND DÉFI cubes.

| Average GRAND DÉFI cubes per student | Ranking | Chances of winning the draw |
|--------------------------------------|-------------|-----------------------------|
| 260 to 359 GRAND DÉFI cubes | Bronze cube | 1 entry |
| 360 to 509 GRAND DÉFI cubes | Silver cube | 2 entries |
| Over 510 GRAND DÉFI cubes | Gold cube | 3 entries |

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Have fun in the contest! For more information, visit www.levetoietbouge.com/en



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