

Rules for Quebec schools participating in the Grand défi Pierre Lavoie's 2012 Get Up and Move contest as part of the month of physical education and student sports (MEPSÉ)

The Get Up and Move (GUAM) contest is open to all Quebec elementary schools interested in participating in a dynamic and unifying project under the Grand défi Pierre Lavoie.

1 – Duration of the Get Up and Move (GUAM) contest

- The GUAM contest will start **at 8 a.m. on April 30** and end **at 5 p.m. on May 28**.
- GUAM contest school leaders have until **noon on May 31, 2012** to enter the total number of energy cubes their schools have accumulated on Planet Cube (www.planetecube.com). * The Planete Cube website is only available in french.

2 - Participation steps for the Get Up and Move (GUAM) contest

- Each elementary school that wants to enter the GUAM contest must appoint a lead responsible person who will ensure contest steps are followed.
- GUAM contest school leaders must first create an account and register their school on the Planet Cube website: www.planetecube.com.
- Upon registering their school on Planet Cube, GUAM contest school leaders must validate the number of participating students on their school's profile. This number represents the total number of students in the school, including kindergarten students.
- Once a day, or ideally once a week, GUAM contest school leaders must enter the total number of energy cubes that students, staff and their respective circles accumulate into the calendar on the school's Planet Cube profile. (1 energy cube = 15 minutes of continuous physical activity).

3 – Get Up and Move (GUAM) contest participants

- All of the school's students, from kindergarten to Grade 6.
- All school staff members (including school administrators, teachers, childcare workers, clerical staff, psychoeducators, janitors, etc.).
- All immediate family members of registered students (including parents, grandparents, brothers and sisters), as well as the immediate family members of school staff (spouse and children) are invited to get up and move during the GUAM contest to increase a school's chances of winning.

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

Trainers, sports team members, extended family members (uncles, aunts, godfathers, godmothers, etc.), pets (!) and others cannot accumulate energy cubes. They are, however, welcome to move to encourage students in their challenge.

- Schools may choose to have only part of their student body participate in the contest (ex.: Grade 4, 5 and 6 students). However, the total number of students from all grades must be included on each school's registration profile.

4 - Qualifying energy-cube activities

- All activities that increase your heart rate and require physical effort are eligible for energy cubes.
- Students must be active at school and at home to accumulate as many energy cubes as possible (1 energy cube = 15 minutes of continuous physical activity).

A few examples of eligible activities: soccer, basketball, mini-basketball, jump rope, skateboarding, biking, swimming, diving, relay racing, hiking, ice skating, ball, gymnastics, Frisbee, badminton, flag football, hockey, track and field, Tchouk-ball, golfing, judo, skiing, curling, horse-riding, roller-skating, etc. **In short, any group or individual activity which requires some physical exercise.**

A few examples of ineligible activities: Passive video games, card games, board games, pool, fishing, driving a four-wheeled vehicle, mini-golf, etc. In short, any activity in which you don't get enough exercise.

- All physical activities performed during regular school hours qualify.
So physical activities performed during recess and P.E., and all other physical activities performed during school hours are converted into energy cubes.

5 – Energy cube calculation method

- **One energy cube corresponds to 15 minutes of continuous physical activity.**
For example, if a P.E. class of 25 students lasts 50 minutes, the person appointed to do so must allocate 3 cubes for the performance of 45 minutes of continuous physical activity per student x 25 students = 75 cubes, with the estimated 5 minutes remaining counting as instruction time. You cannot make the following calculation: (50 minutes x 25 students)/15 minutes = 83 cubes.
- **An energy cube can only be earned once.**
If a parent shares a physical activity with two children who both attend a participating school, the parent's accumulated energy cubes are not multiplied by two.
- **Students accumulate 1 energy cube for each person in their immediate circle that joins in the physical activity along with them, and this number is multiplied by the applicable number of 15-minute periods.**
Sample calculation: A student rides a bike with their sister, mother and father for 30 minutes. How many energy cubes do they accumulate?

Answer: In this scenario, 4 people are participating (the student + 3 members of their family) x 2 15-minute periods (30 minutes) = 8 energy cubes.

- **You must estimate the number of students who are active at recess as accurately as possible.**
We ask that the person responsible for recess supervision use their best judgement and estimate the number of students who are physically active each day at recess. For example, students engaged in a game of marbles don't accumulate energy cubes, but students playing dodgeball do. You must also subtract absent students from the total number. This means, at a school of 150 students with a 15-minute recess, the person responsible for recess supervision cannot automatically enter 150 energy cubes for recess every day.
- **The Grand défi will issue 5 bonus energy cubes** per student to schools that participate in the Défi "*Moi j'croque*" from March 26 to 30, 2012. The bonus energy cubes will be added by the Grand défi directly to school scores prior to the end of the GUAM contest. In addition, **the Grand défi will issue 5 bonus energy cubes** per student to schools that participate in the 2012 *Plaisirs d'hiver* initiative. The bonus energy cubes will be added by the Grand défi to school scores prior to the end of the GUAM contest.

6 – Available tools (www.levetoietbouge.com/en or www.planetecube.com)

- Student logbook (one per student)
- Class contact’s calendar (one per class)
- Get up and move contest school leader’s tally sheet (one per school)
- Explanatory sheet (one per teacher and one per parent, as needed)

7 - Suggestions for compiling cubes

***This is the method the Grand défi recommends schools use to record their cubes more easily. However, schools are free to use their own cube-recording method.**

- **Energy cubes accumulated outside school hours:**
 - a. Students who accumulate energy cubes outside regular school hours, for example **at home**, must add the cubes to their student logbooks and have a parent sign their entries to validate them.
 - b. Energy cubes students accumulate **during school-organized sports activities, but outside regular school hours**, for example in the gym on a sports night, must be recorded in the Get up and move contest school leader’s tally.

- **Energy cubes accumulated during school hours:**

Energy cubes accumulated at school are not recorded by students. It is up to each teacher to have their class’s results added to the class contact’s calendar or the Get up and move contest school leader’s tally sheet. So teachers can decide to use the class contact’s calendar to record energy cubes their class accumulated as a whole, in addition to using it to add together student logbooks, then send their class’s results to the Get up and move contest school leader. The GUAM contest school leader must then add together the entire school’s results and enter them in the calendar on the school’s profile on Planet Cube.

- a. **Childcare service activities** count towards regular school-hour activities. They must therefore be recorded on the Get up and move contest school leader’s tally sheet.
- b. **P.E. classes** count towards regular school-hour activities. They must therefore be recorded on the Get up and move contest school leader’s tally sheet.
- c. **Recess** counts towards regular school-hour activities. They must therefore be recorded on the Get up and move contest school leader’s tally sheet or the class contact’s calendar.

For example, if a class’s 28 students play soccer during a 15-minute recess, the teacher can enter 28 energy cubes onto the class contact’s calendar. If the teacher decides to go outside and play with their students at recess, they can enter 29 energy cubes, since their participation counts for one cube.

The GUAM contest school leader is allowed to ask people from outside the school, such as students’ parents, to count energy cubes.

8 – Calculate the overall average number of cubes per student

- The average number of energy cubes per student makes it possible to compare the results of the participating schools which regularly compile their results online, on a same basis, regardless of the number of students at the school.

$$\text{Average number of energy cubes per student} = \frac{\text{Total number of cubes accumulated by your school}}{\text{Number of students taking part in the GUAM contest at your school}}$$

- The total number of energy cubes accumulated by your school refers to all the energy cubes collected by students throughout the GUAM challenge.
- The number of participants refers to the total number of students at your school.

9 – Draw for the winning schools

New this year: GRAND DÉFI cubes! In November 2011, the Grand défi launched a new competition, called Sharpen Your Grey Matter, in which students and their families work to earn grey-matter cubes by doing 15-minute brain-training activities. The Grand Prize draw, which will be held on May 31, 2012, will now take into account both grey-matter cubes accumulated during November’s Sharpen Your Grey Matter contest and energy cubes accumulated during May’s Get Up and Move physical activity contest. The average number of grey-matter cubes per student will be added to the average number of energy cubes earned by students in the Get Up and Move contest in May and become GRAND DÉFI cubes. These new cubes represent the official overall average of cubes per student. On this new basis, schools will earn a corresponding number of entries in the Grand Prize draw.

The average number of GRAND DÉFI cubes is calculated as follows:

$$\text{Average number of GRAND DÉFI cubes per student:} \quad \frac{\text{Total number of grey-matter cubes + total number of energy cubes accumulated by the school}}{\text{Number of students in the school}}$$

Average GRAND DÉFI cubes per student	Ranking	Number of entries in 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

10 - Winners

- To be named winners, schools must have been honest in their energy cube calculations. The GDPL reserves the right to contact the school in order to validate information and results.
- Contest winners will be drawn at the end of May 31, 2012. For logistical reasons, winning schools must confirm that they accept their prize within a tight deadline. Official Grand Prize winners will be announced at the beginning of June (exact date to be announced).

Winning schools:

- One winning school per administrative region in Quebec (Bas-Saint-Laurent, Saguenay–Lac-Saint-Jean, Capitale-Nationale, Mauricie, Estrie, Montréal, Outaouais, Abitibi-Témiscamingue, Côte-Nord, Nord-du-Québec, Gaspésie–Îles-de-la-Madeleine, Chaudière-Appalaches, Laval, Lanaudière, Laurentides, Montérégie, Centre-du-Québec)

- One Desjardins Champion School (the school with the highest average number of energy cubes per student across all regions)
- Pierre Lavoie's Favourite School (Selection criteria can be found on www.levetoietbouge.com/en in the Teachers' zone – FAQ – winning schools section.)

11 – Prizes available:

- Participating schools have a chance to win the following prize:

The Grand Prize consists of an entire free weekend in Montréal (June 16 to 17, 2012) where, in addition to sleeping in the Olympic Stadium and spending a day at La Ronde, kids will get to enjoy lots of activities, games, shows and entertainment. The prize includes meals, transportation by school bus from the winning schools to the Olympic Stadium, and admission to La Ronde. There will also be a small Desjardins prize for the kindergarten classes of the contest's winning schools.

Full details are available on these websites:

www.levetoietbouge.com/en

www.planetecube.com

www.aiguisetamatieregrise.com

For more information:
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