



# May Movement Challenge

Here we go!

As a school, we will be participating in a movement challenge during the month of May. This year we will be keeping track of time spent moving. You can run, walk, bike, rollerblade, play a sport, or do any kind of movement you enjoy. This can be completed both at home and at school. A tracking form will be provided.

There will be no fee to join, just fill in the form to indicate your shirt size and indicate that you want to participate.

Shirts are being generously donated by Wayne Smith at Pharmasave.

Grades K-3 time of  
4 hours for the month

Grades 4-6 time of  
6 hours for the month

If your student wants an additional challenge there will be 3 special prizes per grade for the top 3 students who log the most time.

Lets' get moving!

---

Student Name: \_\_\_\_\_

Grade \_\_\_\_\_

Teacher: \_\_\_\_\_

Please Circle: Adult Size/Youth Size

XS   S   M   L   XL

---

Please fill out and return to the school or email your student's teacher by  
**Friday April 30**