



# “Show Us Your Skills”

## Physical Literacy Bingo

Submit bingo card and photos by February 28<sup>th</sup> at 11pm to be entered into draw(s)

<https://mranwt.ca/pl-challenge>

S                      K                      I                      L                      L

<b>Balancing</b> <input type="checkbox"/> 	<b>Galloping</b> <input type="checkbox"/> 	<b>Jumping</b> <input type="checkbox"/> 	<b>Landing</b> <input type="checkbox"/> 	<b>Kicking</b> <input type="checkbox"/> 
<b>Catching</b> <input type="checkbox"/> 	<b>Striking</b> <input type="checkbox"/> 	<b>Running</b> <input type="checkbox"/> 	<b>Hopping</b> <input type="checkbox"/> 	<b>Side Toss</b> <input type="checkbox"/> 
<b>Cartwheel</b> <input type="checkbox"/> 	<b>Overhand Throw</b> <input type="checkbox"/> 	<b>FREE</b> 	<b>Dodging</b> <input type="checkbox"/> 	<b>Dribbling</b> <input type="checkbox"/> 
<b>Cycling</b> <input type="checkbox"/> 	<b>Climbing</b> <input type="checkbox"/> 	<b>Side Shuffle</b> <input type="checkbox"/> 	<b>Forward Roll</b> <input type="checkbox"/> 	<b>Volleying</b> <input type="checkbox"/> 
<b>Punting</b> <input type="checkbox"/> 	<b>Stretching</b> <input type="checkbox"/> 	<b>Pushing</b> <input type="checkbox"/> 	<b>Pulling</b> <input type="checkbox"/> 	<b>Skating</b> <input type="checkbox"/> 

Fundamental Movement Skills (FMS) should be done in a wide variety of environments.



For more information and questions please contact Lisa Moody at [programs@mranwt.ca](mailto:programs@mranwt.ca) or 867-686-5377.



## RULES

1. One participant per bingo card.
  - ages 6 and up to participate. Must reside in the [MRA region](#)
  - If you wish to participate as a family or group, each participant must register separately and use their own bingo card to be eligible for prizes.
2. Each participant can submit a maximum of ONE bingo card.
3. Photos must be that of the registered participant to be entered into the draws.
  - Camera shy? Photos don't have to include your face! Take a close up of your hands/feet doing the activity.
4. Skills can be demonstrated through different day-to-day activities, work, sports, games etc. and can be modified based on your abilities.
  - [Follow us](#) on Facebook for tips, progressions, and inspiration.
5. Have FUN. Be Creative. Be YOUR best.
6. Complete and submit as many skills as you can by **February 28th, 2021 at 11 pm** and we will take care of the rest!
  - Must have at least one completed line to be entered into the draw(s)

## DRAW DETAILS

- Think of your bingo card as a progression (like go-go-bingo) for all draws. Only submit one card per participant.
- Participants must achieve at least one line to be entered into a draw.
- A winner will be drawn from each category (A, B, C) on **March 1st, 2021**.
- Prize recipients will have two prize options to choose from in their category.
- Prizes that require sizing will be purchased once the winner has chosen their prize.

## DISCLAIMERS

- *GNWT public health directives must be followed at all times during participation of the Show Us Your Skills event. Find the up-to-date guidelines listed on their website [HERE](#)*
- *Not all exercises are suitable for everyone. Before participating in any new physical activity, we strongly recommend that you consult with a physician or other healthcare provider. As with any exercise program, if at any point during participating you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately. You are responsible for participating within your limits and seeking medical advice and attention as appropriate. MRA and affiliates are not responsible for any injuries that result from participating in the activities shown for this event.*

For more information and questions please contact Lisa Moody at [programs@mranwt.ca](mailto:programs@mranwt.ca) or 867-686-5377.