

UNIFIED WELCOME BACK



Bingo



Contest Dates: October 03- 21 2022

Rules:

- 1) A school can submit more than one team
- 2) There are no max number of students on a team but there has to be at least one athlete and one partner per team
- 3) Students must be in grades 9-12
- 4) Teams may submit more than one photo or video per space to gain extra points
- 5) All videos/pictures submitted can be shared in ASAA and SOA publications. If you need an exemption to this please email emily@asaa.ca

Prizes for 1) First Bingo Submitted 2) Most Creative Picture 3) Most Points Awarded

How to Enter:

- 1) Create an Unified Team
- 2) Get a picture or video of your team completing one of the spaces
- 3) Send this picture or video along with your team members and team name to emily@asaa.ca

BINGO

B 4- Favourite Unified Sport	I 17- Make Some Noise	N 36- Favourite Stretches	G 55- Mindfulness Walk	O 75- Favourite Part of Unified Sports
B 2- Show Us Your Colours	I 19- Favourite Warm Up	N 40- Core Exercise	G 51- Favourite Workout	O 70- Favourite Way To Relax
B 15- Favourite Outdoor Activity	I 21- Feel Good Song	FREE	G 59- Team Logo	O 63- Xtreme Sports
B 8- Lower Body Exercise	I 20- Olympians	N 45- Hydration Challenge	G 46- Favourite Class	O 68- Favourite Yoga Pose
B 9 - Upper Body Exercise	I 23- School Pride	N 37- Victory Pose	G 60- Unified Fans	O 72- Favourite Way To Be Active

- B 4- Favourite Unified Sport- Send us a picture or video of your team playing their favourite Unified Sport
- B 2- Show Us Your Colours- Send us a picture or video of your team wearing their school colours
- B 15- Favourite Outdoor Activity- Send us a picture or video of your team doing their favourite outdoor activity
- B 8- Lower Body Exercise- Send us a picture or video of your team completing a lower body exercise
- B 9- Upper Body Exercise- Send us a picture or video of your team completing a upper body exercise
- I 17- Make Some Noise- Send us a picture or video of your school cheering on their Unified Sports Team
- I 19- Favourite Warm Up- Send us a picture or video of your team completing their favourite warm up
- I 21- Feel Good Song- Send us a picture or video of your team's favourite pump up song
- I 20- Olympians- Send us a picture or video of your team doing a DIY of their favourite Olympic Sport
- I 23- School Pride- Send us a picture or video of your team showing off your school swag
- N 36- Favourite Stretches- Send us a picture or video of your team doing their favourite stretches
- N 40- Core Exercise- Send us a picture or video of your team completing a core exercise

- N 45- Hydration Challenge- Send us a picture or video of your team staying hydrated during physical activity
- N 37- Victory Pose- Send us a picture or video of your team showing how they celebrate a big win
- G 55- Mindfulness Walk- Send us a picture or video of your team going for an outdoor walk
- G 51- Favourite Workout- Send us a picture or video of your team doing their favourite work out
- G 59- Team Logo- Send us a picture or video of your team being artists and creating your schools logo
- G 46- Favourite Class- Send us a picture or video of your team showing us their favourite class in school
- G 60- Unified Fans- Send us a picture or video of who supports your Unified Sports Team
- O 75- Favourite Part Of Unified Sports- Send us a picture or video of your team telling us what their favourite part of Unified Sports is
- O 70- Favourite Way To Relax- Send us a picture or video of your team showing us their favourite way to relax
- O 63- Xtreme Sports- Send us a picture or video of your team doing their favourite sport but with a twist. (Could be a different ball than usually used, playing outside rather than inside, with backwards jerseys etc.)
- O 68- Favourite Yoga Pose- Send us a picture or video of your team doing their favourite yoga pose
- O 72- Favourite Way To Be Active - Send us a picture or video of your team showing off their favourite way to be active

SCORING

FOR EVERY FORMATION YOU
MAKE YOU WILL RECEIVE 1
BONUS POINT-

x	x	x	x	x

ANY HORIZONTAL LINE WILL GAIN
YOU 1 POINT (UP TO 5 POINTS)

				x
				x
				x
				x
				x

ANY VERTICAL LINE UNDER ANY
LETTER WILL GAIN 1 POINT (UP TO 5
POINTS)

x				
	x			
		x		
			x	
				x

DIAGONAL LINE RUNNING IN EITHER
DIRECTION WILL GET YOU A POINT (UP
TO 2 POINTS)

X				X
X				X

**YOU WILL RECEIVE 1 POINT FOR
HAVING THE FOUR CORNERS**

X	X	X	X	X
X				X
X				X
X				X
X	X	X	X	X

**YOU WILL RECEIVE 1 POINT FOR
HAVING A PICTURE FRAME**

X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X

**YOU WILL RECEIVE AN EXTRA 10
POINTS FOR FINISHING THE ENTIRE
CARD**