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3	7	13	17	24
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4	8	12	19	25
5	6	15	20	22

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Jump on the spot 5 times	Stand up sit down 10 times	Do 8 Jumping Jacks	Bend your Knees and touch the floor, stand up. Repeat 6 times	Hop on your right foot 12 times
10 Knee slaps	10 cross over knee slaps	10 lunges	20 ankle clicks	Change seats with a class mate and back again.
Run on the spot for 10 seconds (teacher timed)	Clap your hands under your knees 12 times	Hop on your left foot 12 times	Hop and do 6 180° turns	10 Leg squats
Clap in front, clap behind your back 16 times	Balance on your right foot for 20 seconds	10 right handed jabs	10 left handed jabs	Drum roll for 10 seconds
Balance on your left foot for 20 seconds	Forward bend, hold elbows for 10 seconds	Squat with hands extended and hold for 15 seconds	5 Hip Circles	Touch your toes 10 times, keep legs straight.

### **Fitgo Rules and Guidelines:**

Each set includes eight different cards and one card with the exercises listed. The teacher or leader of the group holds on to the card with the exercises. The way the game is played is that the fitgo game is called over the PA system. Each class would have a different Fitgo card and the teacher would refer to the exercise card to find out which activity the class does for that number. Therefore if you have 8 classes participating, each class will do a different exercise for each number.

You would have a teacher who was off or one of the administrators call the numbers over the PA. In each classroom the students would have a copy of the card with the numbers and the teacher would have both the numbered card and the exercise card. All the students in the class would have the same card. The game is designed for multiple classes to play at one time. When the number is called the teacher would look up the corresponding exercise. For example, if the class was using the card that had the numbers 1,3,2,4,5 in that order in column F and the number 4 was called the corresponding exercise would be Clap in front and clap behind your back 16 times. Another class with a different card would have the four in a different place and do a different exercise. Once a class has a straight line or whatever the winning game is, they would buzz the office and they would be declared the winner. The whole class then would get the prize, we used free milk.

You can play any variety of bingo games, however if you play a full card game everyone will win. One tip to preserve the cards would be to use clear page protectors or to laminate the pages.

Have fun!!

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