

FITGO

FITGO is an active game of the traditional BINGO. This is a great variation of the original game that every age loves to play. Participants enjoy an active game.

What you need:

- FITGO cards
- Dabbers or markers to mark items that have been called
- FITGO caller cards (these take the place of traditional Bingo balls)
- 72 FITGO activity sheet (DVD of the activities is optional)

How to play:

1. Each participant receives a FITGO card (or more than one if you allow more than one card to be played at once).
2. The caller draws a master card from the pot and calls the activity it out to the group. It is beneficial to have student leaders demonstrating the activity to the group.
3. If a participant has that move in their column, they must mark the square on their card, and get up to perform the activity until the next activity is called.
E.g. F1 = Chicken Jacks – anyone with Chicken Jacks performs that activity until the next activity is called.
4. The FITGO caller continues to call the activities until they have someone with a FITGO. Each game can be determined by the caller, eg. Straight line, diagonal, 4 corners, etc...
5. Once a participant gets a FITGO, they must either skip or jog around the activity area calling "FITGO", before having the caller check their card.
6. Caller should arrange the cards that they have called under each of the letters to organize which activities have been called.

E.g.

F	I	T	G	O
		T35		
F2		T36		O64
	I21			
F4	I22		G54	O66
				O67

7. Encourage those who have not had their number called to join in with the activity!

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