

GO BANANAS

Get Ready!

MAKE ROOM wherever you're playing so that everyone has enough personal space to dance and move



Family Talking Points:

Discuss together and write or draw your answers in the space provided.

The jumping and mashing movements we did help build strong bones. Can you think of other bone strengthening movements?

Dancing is a great aerobic activity. Can you think of some reasons aerobic activity is important?

What other fun aerobic activities could you do?

Instructions:

1. First, stand with your feet hip width distance apart and your arms down at your sides (palms up).
2. Keep your arms straight and bring your hands over your head together and clap. When you clap, jump and bring your feet together.
3. As you jump yell "B-A-N-A-N-A-S unite!" Say "bananas" as you raise your arms and "unite" as you clap.
4. Next, we will learn the BANANA SPLIT position. Lower your straight arms from over your head out wide to your side (palms up). At the same time jump so your legs are in a wide stance again and shout "B-A-N-A-N A-S split!"
5. Next, we BANANA DANCE! Repeat each verse 2 times in a sing-song manner while doing the movements for each verse:
"Pick bananas, pick, pick bananas" (jump or step-touch while you reach and pick bananas from a tree)
"Peel bananas, peel, peel bananas" (arms overhead with hands together and peel down one arm at a time while bouncing on your feet)
"Mash bananas, mash, mash bananas" (jump and down as if mashing bananas underfoot)
"Eat bananas, eat, eat bananas" (stuff "banana" in mouth and sing with mouth full and step touch)
"Go bananas, go, go bananas!" (do a CRAZY Banana Dance)