Go Bananas! – Warm-Up Activity

Get Ready:
- This activity is best done while standing but can be done seated. Encourage students to follow along as you describe and demonstrate the different movement patterns for this activity.

Directions:
- First, we will learn the BANANAS UNITE position.
  - Start with your legs in a straddle position. Extend your arms straight out to your sides (palms up). Keep your arms straight and bring your hands over your head together and clap. When you clap, jump and bring your feet together. You can clap LOUDLY! Note: For less impact, have students step their feet together, instead of jumping.
  - 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, or a lunge (Note: Demonstrate both) and shout “B-A-N-A-N-A-S split!”
  - Next, we BANANA DANCE! Repeat each verse 2 times in a sing-song manner while doing the movements for each verse (in bold).
    - “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 shuffle 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)

Tips:
- Vary the movement speed (slow motion or supersonic). Try out different fruits and vegetables, or make soup! “Stir the soup, stir, stir the soup.”

Adjustments for Physical Distancing:
- Create markings to indicate where students should be in order to maintain physical distancing (tip: try a grid).
- Make sure students stay in their space while doing the activity.

Standard Connections

Did You Know?
- Dancing can be a great aerobic activity that helps strengthen your heart and lungs. The jumping and mashing movements we did today can help build strong bones.

Show and Tell!
- Grades K-2: Tell me, do you like dancing serious or silly? Show me your best Go Bananas silly or serious bone building dance moves! Show me which part of the dance was best for our bones.
- Grades 3-5: Tell me what other activities you do to help build strong bones (or strengthen your heart and lungs)?
  - Show me your best Go Bananas bone building (or heart and lung strengthening) dance moves!

Try This at Home:
- Make up another song and dance using your favorite fruit or vegetable! Be sure to add some jumping, hopping, leaping or mashing movements to build strong bones.
  - Note: You could require or encourage students to use vocabulary words in their song!
  - Teach your song and dance to a friend or family member!
  - See if they can make up their own dance, and have a dance contest!