

Location	Rhythm	Nutrition	Equipment
In/Out	Yes	Yes	None

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.*

- As you jump yell “B-A-N-A-N-A-S unite!” Say “bananas” as you raise your arms and “unite” as you clap.
- 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.”

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!

