

Location	Rhythm	Nutrition	Equipment
In/Out	No	Yes	None

Get Ready:

This game is like Rock, Paper, Scissors, except we move our whole body! Instead of Rock, Paper, Scissors, we use:

- **Human:** Flex arms overhead like a body builder and say “Oh, yeah!”
- **Banana:** Stand on tippy toes, put both arms straight up in the air and say “Banana!”
- **Soda Pop:** Squat down and make arms into a circle shape in front of your chest (like a basketball hoop) and say “Fzzzzz!”

The Rules: Humans eat bananas (and bananas are good for humans), so **humans BEAT bananas**. Bananas are healthier than soda, so **bananas BEAT soda**. Soda is full of empty calories and/or sugar, so **soda BEATS humans**.

Directions:

- Find a partner and stand back to back with at least one foot (one arm’s length) of space between you.
- After I say “human, banana, soda pop,” **jump and spin** to face your partner. Before you land, do the movement for human, banana or soda pop and hold it!
- The winner does **10 star jumps (one-foot hops, jumping jacks)** and your partner does **10 squats (calf raises, frog jumps)**.

Tips:

- Have students find a new partner after a few rounds.
- If there is an odd number of students, the instructor can partner with a student.
- Tell the student to complete rounds in slow motion for those who might have longer processing time.

Source: Adapted from an activity from Mr. Gym, http://www.mrgym.com/SmallSpace/Tie_U_Die.htm, 2011

Standard Connections

Did You Know?

- Kids should **BE** Physically **A**ctive for at least 60 minutes every day!
- Playing a game like *Human, Banana, Soda Pop* is a great way to be active and have fun!

Show and Tell!

- ✓ **Grades K-2:** Show me your favorite *Human, Banana, Soda Pop* movement! Tell me a different way your body could make a human, banana, or soda pop sign.
- ✓ **Grades 3-5:** What full body *Human, Banana, Soda Pop* movement could we use for rock, paper, scissors? Can you show me?

Try This at Home

- Play *Human, Banana, Soda Pop*, at home with a friend or family member! Let us know if you come up with new movements! What else can human beat, and what other unhealthy things can you imitate that “beat” human?
- Check out the Food Hero website for your favorite recipes that include bananas! <http://foodhero.org/recipes/categories/1332/>

