The Top Banana Says…

Read the following statements. Participants who do an exercise or movement when you didn’t say, “the Top Banana says” is out and should sit down. You may not trick all of the participants into making a mistake, which is great because they will be more physically active!

Top Banana statements:

1. The Top Banana says walk.
2. The Top Banana says jumps up and down.
3. The Top Banana says play basketball (participants pretend).
4. Run in place.
5. The Top Banana says run in place.
6. The Top Banana says eat a banana for a snack (participants pretend to eat banana).
7. Skip in a circle.
8. Eat an orange.
9. The Top Banana says hop from one foot to the other.
10. The Top Banana says swim.
11. The Top Banana says play tennis.
12. Ride a bike.
13. The Top Banana says roller-skate.
14. The Top Banana says dance.
15. Do a jumping jack.
16. The Top Banana says skip in a circle.
17. Jog.
18. The Top Banana says have some grapes for a snack.
19. The Top Banana says turn around.
20. The Top Banana says jump rope.
21. Touch your knees.
22. Turn around.
23. The Top Banana says march.
24. The Top Banana says clap your hands behind your back.
25. Wiggle your fingers.
26. The Top Banana says tap your shoulders.
27. Hoe your garden.
28. The Top Banana says hop all around.
29. The Top Banana says do 10 jumping jacks.
30. The Top Banana says rest and relax.