BANANA BOAT SONG WARM-UP

If you can come up with a "cleaner" version (excluding the "drink o' rum" part) please let me know... otherwise, I usually turn the volume down on that bit. You can get this one at iTunes.

This warm-up is a riot! Children love it and it does not take long to learn it. I always have the instructions on a board for them to remember, but I also do it with them or use the megaphone to remind them of what’s coming. A great cardio warm-up!

It is especially tricky and fast paced in verses like: A beautiful bunch of ripe banana because they have to jump high on "bunch" and then jump with a turn on "banana". Also when it says: Come Mister tally man, tally me banana” students have to: clap twice, clap twice again, and then jump with a full turn.

Everytime you hear “Day-O” and “Me Say Day”... wave arms right and left, bending at the waist sideways

Everytime you hear Daylight come spread arms high and wide like a sunrise
Everytime you hear Go home touch your toes
Everytime you hear banana jump with a full turn
Everytime you hear work all night jumping jacks
Everytime you hear tally clap twice (once for each syllable ta-llly)
When you hear it’s six foot, seven... squat bouncing slightly
Everytime you hear bunch! Jump as high as you can
When you hear hide the deadly black tarantula get in a spider position (on hands and feet, facing down) and do a full turn on the floor.

Below see the lyrics:

Day-o, Day-ay-ay-o
Daylight come and me wan' go home
Day, me say day, me say day, me say day
Me say day, me say day-ay-ay-o
Daylight come and me wan' go home

Work all night on a drink a' rum
Daylight come and me wan' go home
Stack banana till the mornin' come
Daylight come and me wan' go home

Come, Mister tally man, tally me banana
Daylight come and me wan' go home
Come, Mister tally man, tally me banana
Daylight come and me wan' go home

It's six foot, seven foot, eight foot BUNCH!
Daylight come and me wan' go home
Six foot, seven foot, eight foot BUNCH!
Daylight come and me wan' go home

Day, me say day-ay-ay-o
Daylight come and me wan' go home
Day, me say day, me say day, me say day...
Daylight come and me wan' go home

A beautiful bunch a' ripe banana
Daylight come and me wan' go home
Hide the deadly black tarantula
Daylight come and me wan' go home

Day, me say day-ay-ay-o
Daylight come and me wan' go home
Day, me say day, me say day, me say day...
Daylight come and me wan' go home

Day-o, day-ay-ay-o
Daylight come and me wan' go home
Day, me say day, me say day, me say day
Me say day, me say day-ay-ay-o
Daylight come and me wan' go home