"BANKING ON FITNESS" *

This activity is appropriate for elementary students and the concepts may be used for any grade level. Students are given the opportunity to make decisions about how much they will work and which activities they would like to participate in. Students will be able to earn and spend PE money on fun and fitness activities. Many important skills including math and time management are incorporated in this activity and most importantly it keeps students moving and excited about physical activity.

ACTIVITY AREA:
Track or designated play area
Activity stations to purchase with PE Money on inside of track

EQUIPMENT:
ATM Card, any equipment that you want to use for stations, high lighter, Sharpies

DESCRIPTION:
Prior to instruction give classroom teacher enough ATM cards for each student in their classroom. Students should write their names on the back of the cards and bring them to PE class. Start by having students run 1 lap around the track or marked area of field or gym. As each student completes the lap, the PE teacher highlights one of the $5 amounts on their ATM card. Then have students sit down and explain the rules of the activity to them. Talk to them about being honest about how many laps they ran and spending money off their ATM card. After they understand the rules, give them the option to spend the $5 just earned at one of the P.E. Stations on the inside of the track or they can jog laps to earn more money. Students will continue to earn and spend their P.E. money during class. At the end of class ask students to add up the money they have not spent. You can see who liked to save their money and who liked to spend it.

RULES:
1. For each lap completed the student will earn $5 on their ATM card. (Have students hold out ATM card for highlighting as they pass the teacher.)

2. Students may earn as much money as they would like. But teacher should announce periodically how much time is left in class.
3. The students can spend their PE money on activities inside the track. Before starting the activity, students must mark off the $ amount spent at that station with a Sharpie. It may be helpful to work in pairs with partners marking each other’s card.

4. Students may stay at an activity for as long as they like. The only exception is if the activity is in high demand. The teacher may ask the person that has been there the longest to leave.

5. Students are to use good manners when jogging, getting their card highlighted, waiting in line or participating at a station.
VARITIONS:
1. Jukebox – Have students purchase music that can be played during the class period. Create a list of songs that they can choose from and allow the students to select the music. I have parent volunteers man this station.

2. Have sales/mark-ups on activities. If there seems to be an activity in high demand raise the price. If there is an activity not being used put it on sale.

3. Use P.E. Breaks – Have the students pay for water, bathroom, and resting.

4. Use P.E. Penalties – Have students pay fines for bad manners, bad sportsmanship, untied shoes, and resting without paying.

5. I do this as a field day type event with the entire school participating throughout the day. The PTA helps out at the stations and we include additional stations where the students may purchase popcorn or healthy snacks, bottled water, and tattoos. We also have the school principal at a station where students may toss a wet sponge.

HELPFUL TIPS:
1. Make a menu listing the activities and prices and place it on the wall.

2. Place dollar amount signs on the cones beside each station.

3. Have black Sharpies at each station. May be attached to cones with a long string.

STATION IDEAS:

Hula hoops
Rocket Launchers
Corn Hole (bean bag toss)
Jumping rope
Balance boards
Hippity hops
Stilts
Jump balls
Scarf juggling
Cup stacking
1. *Idea taken from Fitness Currency (Challenging by Choice) by Jason Runk*