Fitness Currency (Challenging by Choice)

Jason Runk
Three Chopt Elementary (Henrico County)

This activity is appropriate for elementary students, but the concepts could be used for any grade level. Students are given the opportunity to decide which activity they would like to participate in. Students will earn and spend PE dollars on activities. This activity incorporates many important skills including math, time management, business etiquette, and most importantly it keeps students active and excited about physical activity.

**ACTIVITY AREA:**

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**Activities to Purchase with PE Money on inside of**

**EQUIPMENT:**
8 Cones, 2 Tables, 5 Chairs, 4 Poly Spots, Paper Money, Any Equipment that you want to use for stations.
**DESCRIPTION:**
Students start out by running 2 laps around the track (inside the gym). Then have them sit down and explain the rules of the activity to them. Make sure that they understand that the money is only good during that class and will be collected at the end. Talk to them about being honest about how many laps they ran. You will also need to give them $2 for running 2 laps and assign a banker and P.E. Store manager. After they understand the rules, they then have the option to use the $2 they earned at the P.E. Store or they can run to earn more money. Make sure you pay the bankers and the P.E. Store managers for their time ($1 a minute) and rotate them every 5 minutes. Students will continue to earn and spend their P.E. dollars during class. At the end of class ask students to add up the money they have left. You can see who liked to save their money and who liked to spend it. Collect the money from students on their way out of the gym.

**RULES:**

1. For each lap completed the student will earn 1 P.E. Dollar.

2. Students may earn as much money as they would like but the banker will give out no more than $5 at a time. (No matter how many laps)

3. The students can spend the money on activities inside the track.

4. Students may stay at an activity for as long as they like. They only exception is if the activity is in high demand. The P.E. Store manager can make the person that has been there the longest have to leave.

5. Students are to use good manners when at the Bank and P.E. Store and wait in line to be called up to the table.

**VARIATIONS:**

1. Use debit cards (laminated construction paper) instead of money. Have the banker add money to their account and the P.E. Store managers subtract the money. They will need to have dry erase markers and tissues.
2. Jukebox – Make them pay for music. Create a list of songs that they can choose from and allow the students to choose the music.

3. 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.

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

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

HELPFUL TIPS:

1. Make a menu listing the activities and prices and place it on the wall above the P.E. Store table.

2. Place poly spots in front of the Bank and P.E. Store so the students know where the line starts.

3. Place dollar amount signs on the cones beside each activity.