

Category One: Let's workout wisely!

LEARNING OBJECTIVES

To understand why it is important to take care of our money

To understand why it is important to take care of our health

To recognise the choices that we can make that will help us take care of our health and our money

FINANCIAL EDUCATION PLANNING FRAMEWORK LINKS

I can make simple choices about how to spend my money (3-5)

I know I have choices about saving and spending my money (5-7)

CHALLENGE ENTRY OPTION

Introduce the Young Money Challenge:

Create something that helps people make healthy choices without spending too much money

Create something to help people exercise their bodies. For higher ability pupils, this could include exercises for the mind too. This could be a poster or sign, or even an exercise plan template that people can use to help them choose exercise activities that cost less money.

Q: HOW CAN WE MAKE HEALTHY CHOICES FOR OUR BODY AND OUR MONEY WHEN WE EXERCISE?

INTRODUCTION

Every day we make **choices**. Ask the children if they can think of some choices they've made today. You can share some to start e.g. what to eat for breakfast, what to wear, what to teach etc.

To take care of our bodies, we need to make choices. We need to make choices about the foods we eat and the exercise activities we do.

Then show the children this short video about keeping our bodies healthy.

<https://www.bbc.co.uk/teach/class-clips-video/science-ks1-keeping-my-body-healthy/zk4dwty>

Note: This is the same introduction and video as in *Let's shop sensibly!*

ACTIVITY

To be happy and healthy, we need to take care of our bodies and our money.

- *We need to take care of our bodies so we have enough energy to do the things we need e.g. go to school, do our chores, finish our homework, play with our friends, walk our dog etc.*
- *We need to take care of our money so we have enough to buy the things that we need e.g. house/flat, food, medicine etc.*

Did you know that we can make healthy choices that will help us take care of our bodies and our money?

1. **Share this example of a choice about a healthy activity that also involves money too and discuss as a class which choice Kabira should make to help him best take care of his money and his health.**

Kabira is going to see his friend who lives nearby. He can either take the bus which will cost him £1.50 or he can walk which will be free? Can you help him make a choice?

Kabira can take care of his money and his health by choosing to walk to his friend's house. He will be exercising, and spending less money too.

Explain that exercise is really important, it helps us use up the sugar and fat we get from all the different foods we eat. It keeps our heart healthy and also keeps us happy.

2. **Introduce Connor and Anna, who have been asked to help create a family exercise plan.**

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Their parents have asked them to think of activities that don't cost a lot of money – they will need to think of a short activity for each day of the week as it's important to do some exercise every day.

Working in pairs, ask the children to list all the different exercise options they can think of and then highlight the activities that they think will not cost a lot of money.

You could share the following examples:

Expensive exercise: dancing– there's shoes and sometimes costumes to buy too and if you wish to enter competitions then you'll need to spend money on lots of lessons!

Example of an exercise that doesn't cost a lot of money: running – you can run for free at a park and you just need some trainers and some comfy clothes.

Ask the children to share their ideas - why do they think that these exercise options will cost less? Maybe there's less equipment to buy or they can do them in their garden or a nearby park etc.

3. Then ask the children what advice they would give people who are choosing exercises for their exercise plan? How can they make healthy choices for their bodies and their money? Prompt them to come up with the following advice:

- a. Include an exercise activity for your body for each day of the week
- b. Choose exercise activities that don't cost a lot of money

LEARNERS' NEEDS

For higher ability children you could also discuss the ways we can keep our **minds healthy**.

Ask the children whether they think the following activities also help them stay healthy? Reading, spending time with family and friends, playing board games etc.

It is important for us to keep our minds healthy as well as our bodies. We need to exercise our brains everyday just like we need to exercise our bodies – this will help us stay happy.

What activities could Connor and Anna do to keep their minds healthy that do not cost a lot of money?

Suggestions could include e.g. make up a play, draw a picture, create a board game, talk about things you have learnt, talk about how you feel with your friends, talk to your family etc.

