

# Exploring financial sustainability through Health and PE

**This resource encourages students to explore the concept of healthy, wealthy and wise communities. Students explore these concepts through the themes of investment/whakangao, insurance/inihua, KiwiSaver and retirement/whakata.**

This is an integrated, cross-curricular resource, supporting the theme sustainability and can be used in multiple ways. Related resources are available for maths and social sciences. This resource is designed for flexibility and choice.

There are a range of resources to choose from, so schools and teachers can design programmes that allow:

Students to work at their own pace using a student planner

Teachers to design a programme that suits department, faculty or whole-school planning over a few weeks or a term. This will vary from school to school.

## Important readings:

[Financial sustainability resource](#) introduction.

[Pedagogy and methodology overview](#) for the frameworks underpinning the development of this resource.

## Health achievement objectives

### Level 4

#### Healthy communities and environments

Societal attitudes and values: Investigate and describe lifestyle factors and media influences that contribute to the wellbeing of people in New Zealand

Community resources: Investigate and/or access a range of community resources that support wellbeing and evaluate the contribution made by each to the wellbeing of community members.

## Level 5

### Healthy communities and environments

Community resources: Investigate community services that support and promote people's wellbeing and take action to promote personal and group involvement.

Rights, responsibilities, and laws: Identify the rights and responsibilities of consumers and use this information to evaluate health and recreational services and products in the community.

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## Specific learning objectives

### Students will:

Explore the links between financial wellbeing and sustainability and personal and community wellbeing

Identify different interpretations of the word "home"

Analyse influences on financial situations on personal and social wellbeing

Identify the impact of privilege and risk factors on wellbeing, including financial wellbeing

Evaluate community resources that support the wellbeing of elderly people

Compare personal and social responsibility with financial responsibility

Analyse strategies to help people manage significant change in their lives.

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