

Strength & Conditioning

STORYLINE
Chase the Challenge

THROUGHLINES
Servant Hearted Worker

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Deep Hope

I hope that we cultivate a community that encourages growth and development in strength and skills so that we may serve God and others

Learning Target

I can design and lead a family member through a thoughtful and purposeful workout

Formational Learning

Students identify a family member they can serve by developing a personalized structured workout. They then select the proper progression or regression of each basic human movements (squat, hinge, push, pull, carry), and craft an efficient and effective workout for them. The students are required to account for many variables such as time and space, access to equipment, and experience and strength levels.

Student Reflections

"I hope my gifts and strengths can be used to bring others closer to God. I hope my knowledge brings me to serve others instead of myself. I so often get caught up praising myself for what I have, but I want that praise to be shifted upon God and others."

"It felt great because I have been wanting to serve people in that area; I know my family wants to be more healthy, and I am glad to be able to serve those I love most."

"I consider health and fitness to be a hobby of mine and to be able to share what I know about it with someone close to me is a joy. It was fun to be able to be active together and also to converse while working out"

Teacher Reflection

Is so encouraging to see the students take the knowledge they are learning in class, and apply it in a way that is helpful and specific to their family member. This is a practical way to steward the gifts, strengths, and knowledge that God has given us.