



DRIVING QUESTION

How can we design and lead a team based workout that safely improves fitness while building teamwork and accountability?

PROJECT SUMMARY

In this project, students will work in small groups to design and lead a team-based strength and conditioning workout. Each group will create a safe and effective workout that focuses on a specific fitness goal while also emphasizing communication, teamwork, and accountability. Students will plan, test, and lead their workout for the class, showing proper technique, leadership, and an understanding of how working together improves performance and safety in the weight room.

REAL-WORLD CONTEXT

This project reflects how workouts are planned and led in real weight rooms and athletic programs. Students experience the importance of teamwork, communication, and leadership when training with others. Students use actual weight room equipment and follow basic strength and conditioning principles such as proper form, exercise selection, pacing, and safety. They also practice giving clear instructions and spotting, similar to what coaches and trainers do. Students lead workouts for their classmates, which directly affects effort, safety, and engagement during class. Most students are interested in getting stronger, improving performance, or training with others. This project connects to those goals while building confidence, leadership, and responsibility in the weight room.

PRODUCTS & AUDIENCE

The culminating product is a student-designed and student-led team-based strength and conditioning workout.

STUDENT REFLECTIONS

- “I learned that making a workout plan is harder than expected when it comes to target certain muscle groups.”
- “We did practice presentations and did the Glows & Grows Protocol, which helped us give feedback but also take into account how to fix our own products.”

NC PORTRAIT OF A GRADUATE SKILLS GAINED

 COLLABORATION

 COMMUNICATION

 CRITICAL THINKING

 PERSONAL RESPONSIBILITY

 LEARNER'S MINDSET

TEACHER REFLECTION

“This project helped students apply strength and conditioning concepts while developing leadership and teamwork. Students benefited from feedback during the planning process, which helped improve the quality and safety of their workouts. Overall, it increased engagement and gave students a better understanding of how to train effectively with others.”