



Teaching *for*  
**TRANSFORMATION**

# Workout Lessons Middle/High PE

Denver Christian School  
Sam Jones/Jordan Quinn





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## Deep Hope:

**My deep hope is that as image bearers we use our God-given abilities to glorify Christ and boldly run the race set before us.**



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## Essential Learning Targets:

- I can... properly teach the lifting techniques to middle school students and help them use their God-given abilities to glorify God.
- I can... properly perform the lifting techniques, as taught to me by the high school students, and use my abilities to glorify God.



## Curricular Outcomes:

- **Physical and Personal Wellness:** Understand and apply principles of physical fitness to create a personal fitness plan and set personal physical fitness goals; demonstrate fitness knowledge and skills that maintain a health-enhancing lifestyle, while actively engaging in the participation of lifetime physical activities.



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## Habit(s) of Learning:

Gracious Communicating- High school students graciously taught middle school students and built relationships through the learning process.

Joy-Filled Collaborating- Through the teaching process of the workout, the middle school and high school students worked together to properly execute the techniques and learned how fitness can be a lifelong, enjoyable experience.



## See God's Story:

Creation	Fall	Redemption	Restoration
God created us perfectly, each with individual gifts.	We become aware of our flaws and shortcomings physically.	Through Christ, we have freedom to grow physically while now worrying about what the world might consider "flaws."	God doesn't make mistakes. He made each of us perfectly and with a purpose. There is peace and freedom in knowing that.



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# Storyline: Run the Race

Our FLEx is an example of running the race. We want to run our race to the best of our ability, not worrying what others think but seeking to honor and glorify God with our attitude and effort.



My deep hope is that as image bearers we use our God-given abilities to glorify Christ and boldly run the race set before us.

**RUN THE RACE**

**Win The Day.**

HEBREWS 12  
**LET US RUN WITH END THE RACE GOD HAS SET BEFORE**



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## Throughlines:

### Image Reflectors

Students walked away from this FLEx understanding how God made them and who they are in Christ. Their understanding of how their freedom in Christ allows them to go boldly into the world and run their race well.

### Community Building

This FLEx created a culture of grace and a welcoming community. It exemplifies what it means to be #OneThunder.





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## **Formational Learning Experience:**

**Real needs:** We all need to understand the importance of taking care of the bodies that God gave us.

**Real people:** Our high school and middle school students struggle with body image, just like most of the world.

**Real work:** Understanding how to take care of our bodies allows us to take back the narrative on health and wellness and glorify God with our effort.



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## INVITE

High school students taught middle school students how to work out and care for their bodies.





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## NURTURE

The high school students were encouraging and positively coaching the middle school students.





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## EMPOWER

Students were tasked with teaching and learning the workouts.





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## Student Reflections:

Students were asked to reflect on their experiences of teaching and learning and how it will impact the way that they care for the bodies that God has given them.



The leader was nice and helpful. He made sure that we were doing the set right, and that we could improve. I was able to challenge myself and learn my limits. Some parts were challenging. The hardest set for me was the rubber bands and bench lifts. My arms were already sore and I was tired. I learn how to lift and how to get stronger. I liked my leader and how he was able to help me and I learned my limits and now I know what I can do.





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## Teacher Reflections:

Students experienced what it looks like to use their abilities to glorify God and not themselves or to look for the approval of others.





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