**Project Based Learning** is a teaching method in which students gain knowledge and skill by working for an extended period of time to investigate and respond to an authentic, engaging and complex question, problem, or challenge.

**Inquire**
- Choose your group, 2-3 students per group
- Define Functional Training
- Share ideas and discuss these with your group for a common purpose/goal

**Create**
- Design functional training program to align with your goal, using available equipment in fitness center. (See below)
- Program should include the following: 5-10 minute warm-up, 30 minute workout, 5-10 minute cool down and stretch.
- Design workout log sheet, include information like name of exercise, skill-related component of fitness, muscle/s targeted, equipment needed, sets, reps, date, time, reflection, etc.
- Share log for teacher approval on GoogleDocs aranskya@newton.k12.ma.us

**Experience**
- Workout for three weeks, six classes
- Follow your program and record progress on log sheet
- Make any adjustments to program as needed

**Share**
- Share completed log with teacher on GoogleDocs or hardcopy
- Provide a video of one of your functional exercises. This is a video of one of your group members or a YouTube video found through a search.
- Write a reflection on this project based learning and its advantages and disadvantages, related to your definition of Functional Training and your group goal. Share with your group and teacher.

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**PBL Functional Training Resources:**

**Functional Training Equipment Available:**
- Stability ball, medicine ball, exercise bands, kettle bells, balance boards, plyometric boxes, dumbbells, cables machines, benches, Olympic bars, pull-up bars, exercise mats, rings,

Project Grading: **Inquire** (5 pts.), **Create** (10 pts.), **Experience** (25 pts.), **Share** (10pts) = 50 pts.
D1/3 Groups
1. Anna, Halley, and Izzy
2. Gabe and Samson
3. Nick, Ray, Joey
4. Jessica and Gordon
5. Abby and Tamar
6. Amanda, Jaden and Ashley
7. Celeste and Grace
8. Jason and Anderson
9. Sean and Eddie
10. Brad and Jay, Jamin and Isaac

C2/4 Groups
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.