

## **TEF Grant Final Report**

All Thompson Education Foundation (TEF) grant recipients must submit a final report to TEF by **May 31, 2025**. The final report is required. If you do not submit a final report for this grant by the due date, you will not be allowed to apply for future TEF grants.

**Name:** Amanda Moore

**School:** Thompson Valley High School

**Grant Type:** Great Idea Grant

**Project Name:** Powerlift Students Up

### **Objective of project as stated in the grant application:**

This project goal is to create a space where students feel safe to pursue their true potential physically and mentally through the sport of powerlifting. With my experience and qualifications I will be able to help teach students the 3 main lifts of powerlifting, squat, bench, and deadlift. Research has shown the benefits of physical activity can improve individuals lives physically and mentally. Some benefits are, but not limited to, improved strength, focus, memory, and mood. But, through a safe and progressive powerlifting training program, students will also learn skills they can transfer and use outside of the gym. Such as, patience, work ethic, self perseverance, and self-efficacy. My goal is to create confidence and strength in these movements to prepare students for a non-official meet at the end of the school year at TVHS, where the community will be able to see their hard work as well as show the students themselves they are capable of something they might have never thought they could accomplish before this program. Powerlifting is an inclusive and equitable sport that will give all students the opportunity to be a part of a team, give them a sense of purpose and achievement throughout the program and be able to take these skills learned after secondary education and apply them for the rest of their life.

### **1. Describe how you implemented your project.**

Students were given the opportunity to train Monday, Wednesday, Thursday after school in the weightroom at TVHS. They were given a work out plan during these days and were supervised and given instruction on how to perform their exercises in a safe environment.

### **2. Please provide the results of your project. This information needs to correlate to the "measurements" provided on your original grant application. If you changed your measurements of success, please detail the reason for the change with your results.**

Comparing the amount of weight students were initially able to lift on the first day of training to our last day on May 2nd was an extreme difference and their confidence in their movement and strength showed subjectively as well. I have attached their

Attempt cards for reference. Their 1st attempt on their meet card is a weight in pounds they were able to do for 3 repetitions or more consistently during their training program. Their 2nd and 3rd attempts were weights they have never lifted before and set personal records.

**3. Did anything surprise you or your students during the implementation of your project?**

Staff members at TVHS showed interest in the opportunity and decided to join the students in the training program. I think the students and staff enjoyed being around each other outside of the classroom setting, building deeper relationships, and improving themselves together.

**4. Please provide a copy of the final budget for the grant (you may attach a separate sheet of paper). All copies of receipts must be submitted.**

Attached

**5. Do you feel the project can be easily replicated in additional classrooms in Thompson School District, and, if so, is there any advice you can share?**

Yes, I believe all high schools have the space to implement a training program for their students. I believe this could also be implemented at the middle school level as a developmental program for younger students. I believe the earlier we share the physical wellness space the more likely individuals will be open to learning and continuing physical activity throughout their life.

Optional:

**6. Comments for the grant committee or TEF board.**

Students and staff accomplished more than physical strength. I believe they built confidence and self worth through this program and to have the opportunity to see and be a part of that will be irreplaceable. Thank you for the opportunity to help me begin something amazing and I hope to expand this program to more individuals in the District.