

2 SECOND GRADE

The integrations below are meant to facilitate efficient MMH™ and InPACT coordination. This joint effort aims to increase healthy behaviors among children and families. These additions are not intended to change the MMH™ curriculum, which is a standalone, evidence-based program; they are enhancements. Time spent using InPACT at Home videos counts towards your InPACT at School daily physical activity goal. The InPACT at Home resources accompanying each lesson are meant to be used with the class to model and promote use at home! If you want to use more InPACT resources in class, we encourage you to visit the [InPACT at Home website](http://inpactathome.umich.edu) (inpactathome.umich.edu).

If you are implementing InPACT at School, you will find overarching suggestions at the beginning of each topic area to reinforce physical activity and its relation to that topic (e.g., physical activity and social emotional health). We encourage you to visit the [InPACT at School website](http://inpact.kines.umich.edu) (inpact.kines.umich.edu) for more information.



SEL Anchor

Individual physical activity allows us to practice Self-Awareness, and Self-Management. When we engage in physical activity with others, such as games or sports, we also practice Social Awareness, Relationship Skills, and Responsible Decision-Making ([see the five CASEL SEL Competencies for definitions and indicators.](#))



InPACT at School Integrations

When implementing InPACT at School, using short bouts of physical activity throughout the day, you can make any of these connections to **Nutrition and Physical Activity** each time:

- ✓ You are reinforcing the importance of physical activity each time you do a video.
- ✓ Remind students that what we eat fuels the body for physical activity. What foods can give us energy to engage in activity and grow healthy and strong?
- ✓ Emphasize the importance of drinking plenty of water, especially when being active.
- ✓ Physical activity wakes up the brain and helps us prime it for learning.



InPACT at Home Integrations

Explain to students how physical activity and mindfulness are important to staying healthy in body, mind, and heart. To learn more, watch the short video [“Science of Physical Activity.”](#)

You will be doing a “Movement Moment” or a “Nutrition Moment” before each lesson using an InPACT at Home video. Some lessons also include an Activity Card to model activities students and families can do at home. Be sure your [classroom floorplan](#) is activity friendly. If you are curious about classroom management during physical activity, check out this [classroom management video](#).

Students’ parents/caregivers can sign up on the [InPACT at Home website](http://inpactathome.umich.edu) (inpactathome.umich.edu) to access resources used with each lesson for children to enjoy at home, including the Family Engagement Modules. Be sure to review the InPACT at Home Connections!

Please note: the “MMH™ Lesson Procedure” illustrates InPACT at Home integrations with an actual MMH™ lesson. It follows the structure of the MMH™ lesson procedure (Introduction, Teacher Input, Application, and Closure) and can be useful when following MMH™ Lessons. If there are integrations to consider, they will be noted; otherwise, the integration step will say “none.”

MMH™ LESSON 1

The Food Groups: Building Blocks for Health

InPACT at Home Components with the MMH™

Nutrition Moment

Watch the InPACT at Home video “Mr. Miller’s Power Bowl,” which models a recipe students can make at home.

**Have students remember the ingredients used in the recipe.*

The nutrition videos on the InPACT at Home website feature many other healthy recipes for families.



(Length: 4:39. Click on video.)

MMH™ Lesson Procedure

Introduction: None

Teacher Input: Consider asking students if they remember the food groups in Mr. Miller’s Power bowl. You could then ask them which food group each ingredient belongs to (berries = fruit, yogurt = dairy, granola = grains).

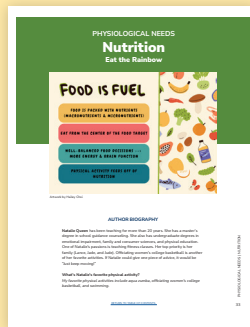
Application: None

Closure: Consider using the Strength Activity Card, “[Down, Down, Up, Up.](#)” Remind students that eating healthy foods can give us the energy we need to be strong and active. If you would like to see this activity modeled, [click here](#).





As an added Family Resource for this unit, suggest the **Nutrition Module and 20-Day Challenge** to use at home; see the Resources section of the InPACT at Home website.



Be sure to invite caregivers to create an account on the **InPACT at Home website** to access all resources (inpactathome.umich.edu).



Ensure families know that InPACT at Home videos, like the one featured in this lesson, also air on PBS's **Michigan Learning Channel** and look under the Schedule tab to see local times and stations.

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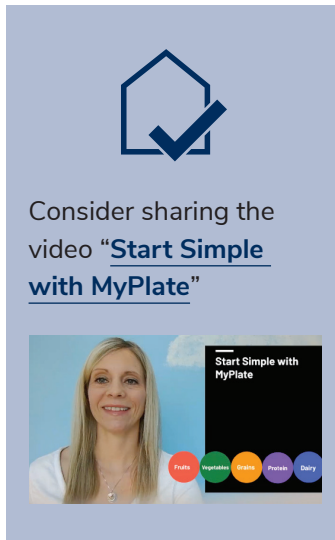
NUTRITION AND PHYSICAL ACTIVITY

MMH™ LESSON 2 Combination Foods and Foods to Limit

InPACT at Home Components with the MMH™

Nutrition Moment

Before this lesson, watch the InPACT at Home video “Banana Berry Splits.” This recipe is a great example of a simple combination food. It also models a recipe students can make with their families. The nutrition videos on the InPACT at Home website feature many other healthy combination food recipes as well.



(Length: 3:47. Click on video.)

MMH™ Lesson Procedure

Introduction: Consider reviewing the food groups used in the Banana Berry Splits recipe (dairy, fruit, grains).

Teacher Input: None

Application: None

Closure: When previewing the next lesson during the closure section, consider adding the Cardio Play Card, “[Fast Feet](#).” You might tell students, “We need to eat healthy food so we have the energy to be active. Let’s do physical activity now!” If you would like to see this activity modeled, [click here](#).



MMH™ LESSON 3

Physical Activity, Rest, and Sleep

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Up, Down, Stop, Go” to model an activity students can also do at home. This video showcases how physical activity games are a fun way to be healthy.

For the activities in this lesson, consider adding phrases such as “Good job” and “Nice try” like Ms. Jamie uses in the video.



Continue reminding students and caregivers to visit the [InPACT at Home website](#)



(Length: 7:52. Click on video.)

MMH™ Lesson Procedure

Introduction: When asking students about what makes something a physical activity, consider asking them to explain how the game “Up, Down, Stop, Go” is a physical activity.

Teacher Input: None

Application: None

Closure: Consider using the Cardio Activity Card, “[Cross Jacks](#)” to model another physical activity for students. If you would like to see this activity modeled, [click here](#).

Instructions

CARDIO
Cross Jacks

1. Start with your feet shoulder-width apart. Extend your arms out to either side with your palms facing down.
2. Jump and cross your right arm over your left, and your right foot over your left. Then jump back into the starting position.
3. Repeat the process on the opposite side.
4. Repeat as many times as possible in 1 minute. Repeat for 3 rounds.

Pair with an upbeat song like “Try Everything” by Shakira.

Watch Video

INPACT
Activity Cards ©2024
expectationsofexcellence.org



Funding for this document was provided in part by the Michigan Health Endowment fund, which supports the implementation and dissemination of the InPACT programs. More information at: mihealthfund.org.

Funding for this document was provided in part by the MDHHS Adolescent School Health Grant, which supports the implementation of the Michigan Model for Health Curriculum, Michigan's tier 1, evidence-based curriculum, for preK-12 schools. More information at: www.michiganmodelforhealth.org.