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# FIFTH 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 ([inpactathome.umich.edu](http://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 ([inpact.kines.umich.edu](http://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 **Safety** each time:

- ✓ Discuss ways to be safe when being physically active indoors (e.g., maintaining personal space, keeping a clear area, and not being destructive).
- ✓ Discuss ways to be safe when being physically active outdoors (e.g., pedestrian safety, bike helmets, being safe around unknown people, and not going places a parent/caregiver does not allow).
- ✓ Remind students that where they play (e.g., outside, at a friend's house) should be well lit and free of unsafe objects or people acting in unsafe ways nearby. Students should also always inform a trusted adult of their whereabouts.
- ✓ Remind students that if someone is injured while being physically active, a trusted adult must be notified right away.
- ✓ Sometimes when we are active, we may get hurt. Sometimes when we get hurt, we need medicine. We should only take medicine a parent, doctor, or another trusted adult gives us.
- ✓ When being active outside, the sun can damage our skin, including causing sunburns. To stay safe, we should use sunscreen and wear a hat and long-sleeved shirt when possible.



## 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” 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](#) 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

# Having Fun and Staying Safe

InPACT at Home Components with the MMH™

### Movement Moment

Before this lesson, watch the InPACT at Home video “Foot Dribble” to get students ready to learn. Soccer is usually played outside. When outdoors, we need to practice sun safety to protect ourselves from sun damage.

If students cannot make a sock or hoodie ball in class, try a crumpled-up ball of paper from the recycling bin.



(Length: 8:17. Click on video.)

### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* None

*Application:* None

*Closure:* Consider using the [Cardio Play Card](#) “Jumping Jack Touch-Downs.” Jump roping is another activity that is often done outside. It is important to remember to protect ourselves from the sun





As an added Family Resource for this unit, suggest the [Family Team Building](#) Module for use at home. This module covers how to be successful and to conquer obstacles as a team. Building a strong family team is a positive factor in keeping students safe; see the Resources section of the InPACT at Home website.



Encourage families to use the [Family Team Building 20-day Challenge!](#)



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](#). Visit the site and look under the Schedule tab to see local times and stations.

# 5

## SAFETY

# MMH™ LESSON 2 Staying Safe at Home

InPACT at Home Components with the MMH™

## Movement Moment

Before this lesson, watch the quick InPACT at Home video “Jump Roping.” This video will get students energized and ready to learn.



(Length: 1:10. Click on video.)



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

## MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* None

*Application:* None

*Closure:* Consider closing with some physical activity by using the “Side Hops” [Cardio Play Cards](#). Remind students to be safe. Before starting this activity, kids should ensure there are no objects on the floor they could trip over. Students should also be spaced far enough apart that they will not run into each other or any items that could break.



# 5

## SAFETY

### MMH™ LESSON 3 Staying Safe in Public

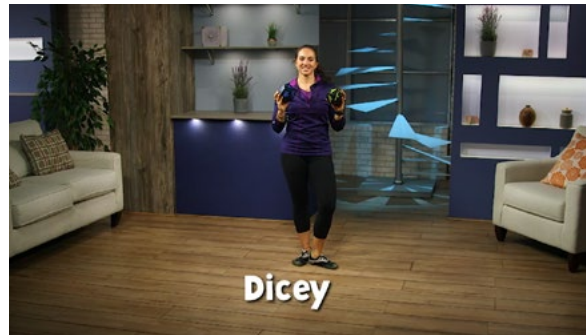
#### InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the InPACT at Home video “Dicey.” Students can play this game at home. The word “dicey” can mean unpredictable, possibly dangerous, or risky. Students should avoid dicey situations when playing outside (e.g., biking, playing ball at a local park). For example, they should ensure they wear a bike helmet, cross the street safely, and avoid dangerous objects like broken glass.



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



*(Length: 8 minutes. Click on video.)*

#### MMH™ Lesson Procedure

No Integrations

## MMH™ LESSON 4 Learning About Personal Safety

InPACT at Home Components with the MMH™

### Mindful Moment

Before this lesson, watch the quick InPACT at Home video “All About the Breath.” Because the lesson addresses personal safety, a calming video can be helpful.



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



(Length: 8:22. Click on video.)

### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* None

*Application:* None

*Closure:* Consider closing with the [Mindfulness Play Cards](#) “Body Scan”. The topic of personal safety may make some kids anxious. This activity can help them feel calm.



**MINDFULNESS**

**Body Scan**

**INSTRUCTIONS**

1. Begin by bringing your attention to your body. Close your eyes and sit in a comfortable position, whether in a chair or on the floor.
2. Feel the weight of how you're seated and take a deep breath.
3. Notice the sensations of your feet touching the floor, the pressure, heaviness, lightness or pulsing of your legs in the chair.
4. Notice your hands, arms, and softness in your shoulders.
5. Let your face and facial muscles be soft. Notice your whole body present and your breath.

**MINDFULNESS**

**INPACT at HOME**

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