

# 3

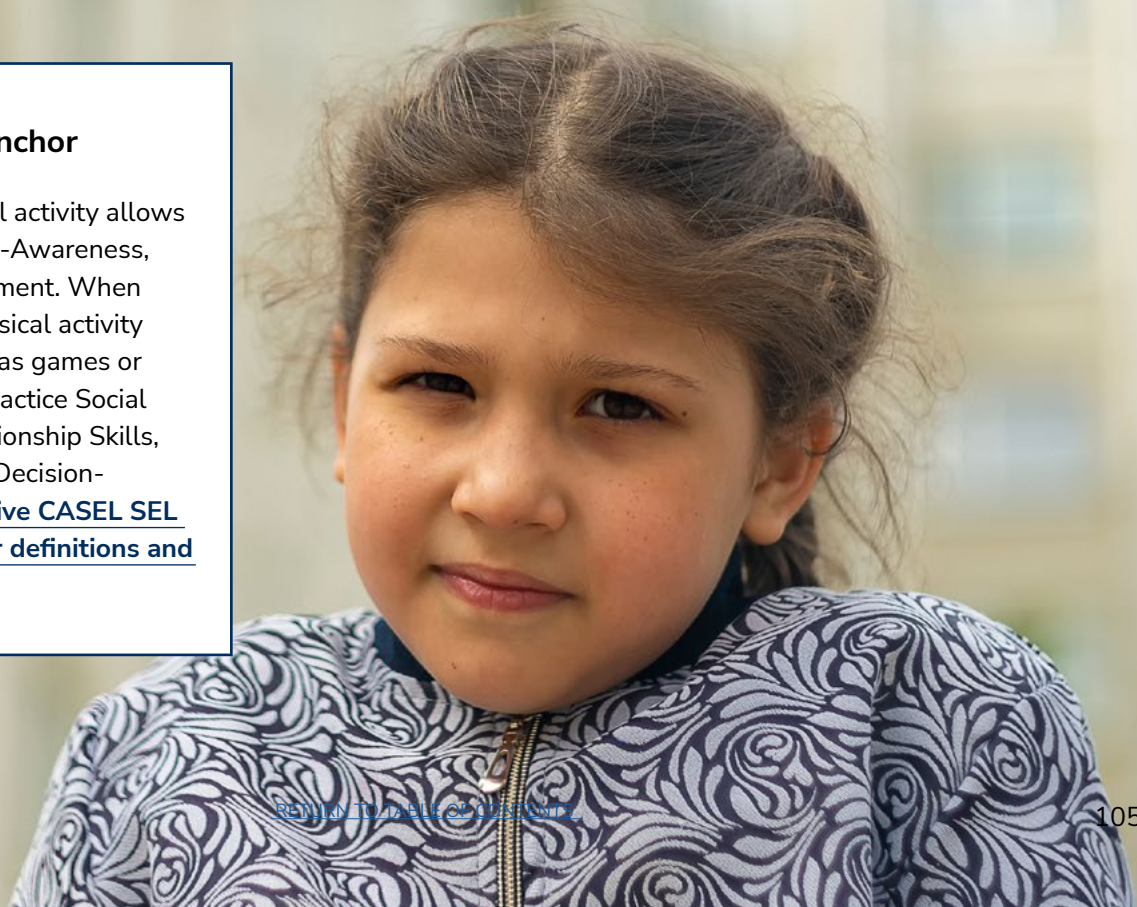
# THIRD GRADE

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.
- ✓ The physical activity you do contributes to the 60 minutes students need a day; you can tie this to the “Magic Numbers” 5 (food groups) and 60 (minutes of physical activity).
- ✓ Remind students that what we eat fuels our bodies to do physical activity. What foods might give us energy to do physical activities and to grow healthy and strong?
- ✓ Emphasize the importance of drinking plenty of water, especially when being active.
- ✓ Physical activity wakes up the brain and primes 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 “Mindful 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](#) ([inpactathome.umich.edu](http://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.”

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## NUTRITION AND PHYSICAL ACTIVITY

### MMH™ LESSON 1 The Magic Numbers

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

#### Nutrition Moment

Watch the InPACT at Home video “Spicy Veggie Wraps,” which models a recipe students can make with their families. This recipe contains three of the five food groups: grains, vegetables, and protein.

The nutrition videos on the [InPACT at Home website](#) feature many other healthy recipes for families. Make sure students know they can use non-spicy hummus in this recipe if they do not like spicy food.



(Length: 4:30. Click on video.)

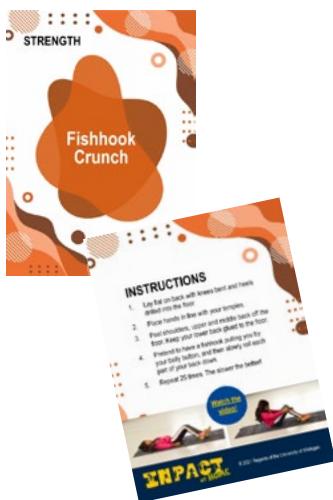
#### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* Consider asking students to recall what food groups were in the “Spicy Veggie Wraps” recipe (tortilla wrap = grains; red pepper, cucumber, spinach, chickpeas [legumes] = vegetables; hummus = protein).

*Application:* None

*Closure:* Consider using the InPACT at Home [Strength Play Cards](#), “Fishhook Crunch.” You can reinforce that eating healthy foods can give us energy to get 60 minutes of physical activity per day.





As an added Family Resource for this unit, suggest the [Focus Family Module](#) to use at home. The Focus Module addresses using various forms of physical activity and good nutrition to improve focus and overcome stress. It also discusses screen time; see the Resources section of the InPACT at Home website.



Along with the module, suggest the [Focus 20-day Challenge!](#)



Be sure to invite caregivers to create an account on the [InPACT at Home website](#) to access all resources



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

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## NUTRITION AND PHYSICAL ACTIVITY

### MMH™ LESSON 2 Don't Be Tricked by Advertising

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

#### Nutrition Moment

Before this lesson, watch the InPACT at Home video “Making Fruits and Vegetables Fun to Eat.” This video provides many examples of recipes students can try. Promoting healthy food choices can help students become more aware of how advertising might trick them into eating less nutritious foods.

The nutrition videos on the [InPACT at Home website](#) contain many other healthy combination food recipes for families to try.



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



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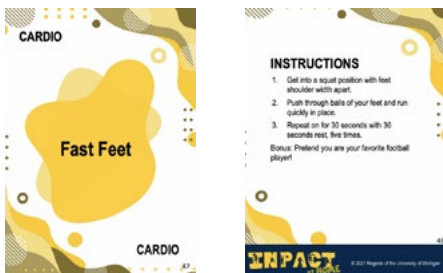
#### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* None

*Application:* None

*Closure:* When previewing the next lesson, consider adding the InPACT at Home [Cardio Play Cards](#), “Fast Feet.” You may explain to students, “We need to eat healthy food so we have the energy to be active. Healthy food and physical activity work together to build healthy bodies. Let’s do physical activity now!”





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## NUTRITION AND PHYSICAL ACTIVITY

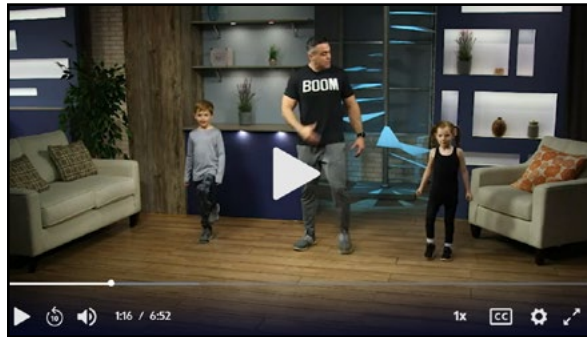
### MMH™ LESSON 3 Three Types of Physical Activity

InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the InPACT at Home video “Dynamic Stretching and Exercise.” This video models an activity students can also do at home.

Remind students to bring their BOOM (Brilliant Original Optimistic Me) to the activity!



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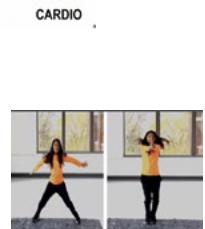
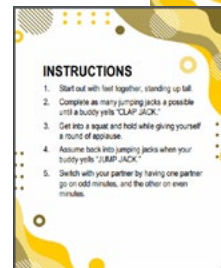
#### MMH™ Lesson Procedure

**Introduction:** In the introduction, consider telling students that they just completed about 6 minutes of physical activity, which counts towards their 60 minutes for the day (20 minutes in the classroom)!

**Teacher Input:** None

**Application:** None

**Closure:** Consider using the InPACT at Home [Cardio Play Cards](#) “Clap Jacks” to model another physical activity for students. You may wish to time the activity and tell students how much physical activity they have completed towards their 60 minutes for the day (20 minutes in the classroom)! Between the video and this activity, they will be well on their way to their goal!



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

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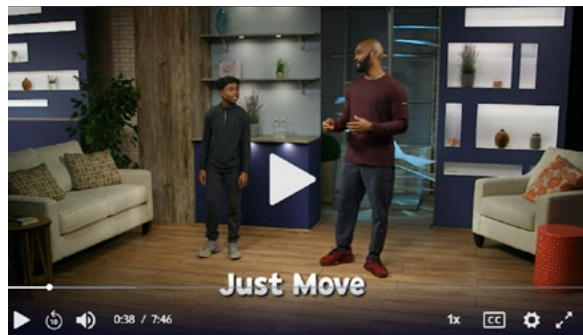
## NUTRITION AND PHYSICAL ACTIVITY

### MMH™ LESSON 4 My Plan to Be Physically Active

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

#### Movement Moment

Before this lesson, watch the InPACT at Home video “Just Move.” This video models movements students can use at home to be physically active.



(Length: 7:46. Click on video.)



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

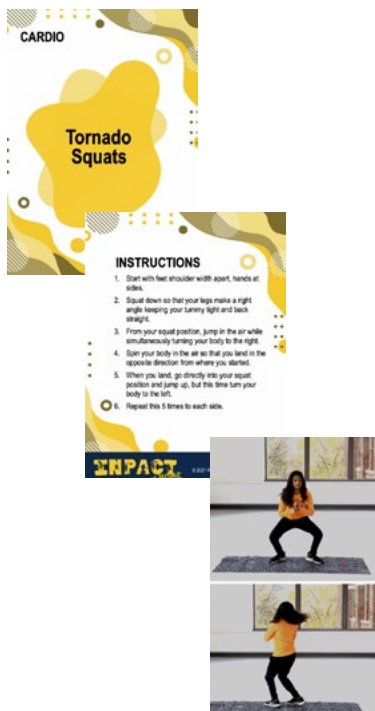
#### MMH™ Lesson Procedure

**Introduction:** In the introduction, consider telling students that they just completed about 7 minutes of physical activity, which counts towards their 60 minutes for the day (20 minutes in the classroom)!

**Teacher Input:** None

**Application:** None

**Closure:** Consider using the InPACT at Home [Cardio Play Cards](#) “Tornado Squats” to model another physical activity students can do. Time how long the activity takes and count it towards their 60 minutes for the day (20 minutes in the classroom)! Between the video and this activity, they will be well on their way to their goal!





**CARDIO**

### Tornado Squats

**INSTRUCTIONS**

1. Start with feet shoulder width apart, hands at sides.
2. Squat down so that your legs make a right angle keeping your torso tight and back straight.
3. From your squat position, jump in the air while simultaneously turning your body to the right.
4. Spin your body in the air so that you land in the opposite direction from where you started.
5. When you land, go directly into your squat position and jump up, but this time turn your body to the left.
6. Repeat this 5 times to each side.



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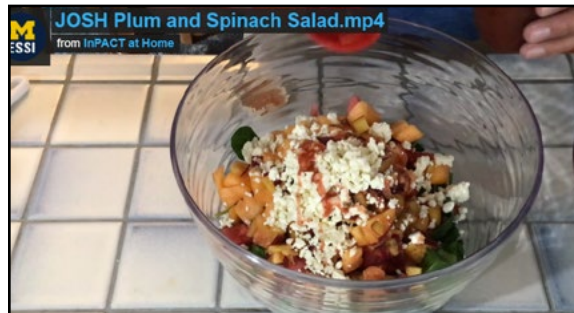
## NUTRITION AND PHYSICAL ACTIVITY

### MMH™ LESSON 5 Encouraging Healthy Habits

InPACT at Home Components with the MMH™

#### Nutrition Moment

Before this lesson, watch the InPACT at Home video “Plum and Spinach Salad.” This video shows a recipe students can make at home with their families. This recipe video, and others like it, can be found on the InPACT at Home website and is from [Michigan Harvest of the Month](#). This recipe is packed with nutrients we need to be active and healthy!



(Length: 4:30. Click on video.)

#### MMH™ Lesson Procedure

**Integrations:** Students could use the InPACT at Home activities in previous lessons to inform their Advocacy Projects.



Consider sharing the video “[Start Simple with MyPlate](#)”: start-simple-with-myplate | ESSI InPACT (umich.edu)







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