

5

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).

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) 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 **Personal Health and Wellness** each time:

- ✓ Being physically active is one way we keep our bodies healthy and well, along with washing our hands, brushing our teeth, eating nutritious food, and getting enough sleep.
- ✓ It is important to keep our bodies clean, especially after being physically active.



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

Clean and Cool

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video “Out, Out, In, In.” It is important to keep our bodies clean, and we should pay special attention to hygiene after being physically active.



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

MMH™ Lesson Procedure

Introduction: None

Teacher Input: Consider emphasizing the importance of good hygiene after physical activity. For instance, we need to clean our bodies if we are sweaty or dirty.

Application: None

Closure: Consider closing with the [With a Buddy Play Card](#), “Dance Freeze.” Tell students that dancing is fun and a great way to be active—and if we work up a sweat, it’s important to have proper hygiene.





As an added Family Resource for this unit, suggest the [Health Choices Family Module](#) for use at home. This module covers taking control of our health and life and emphasizes that we have the agency to make choices; see the Resources section of the InPACT at Home website.



Along with the module, suggest to parents the [Health Choices 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 the site and look under the Schedule tab to see local times and stations.

5

PERSONAL HEALTH AND WELLNESS

MMH™ LESSON 2 Becoming a Savvy Consumer

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video “Ski Jumps.” This energizing video will get kids ready to learn. Being physically active is an important way to keep our bodies healthy, along with washing our hands, brushing our teeth, bathing, eating nutritious food, and getting enough sleep. Proper hygiene after exercise is important, and many hygiene products are available. It is helpful to know what is necessary and what works best for us.



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



(Length: 1 minute. Click on video.)

MMH™ Lesson Procedure

No Integrations



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.