

4

FOURTH 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](#).

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](#) 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.](#))



While there are no Personal Health and Wellness lessons at this grade level, you can still use the following Integrations that are based on what is taught in this unit at other grades.



InPACT at School Integrations

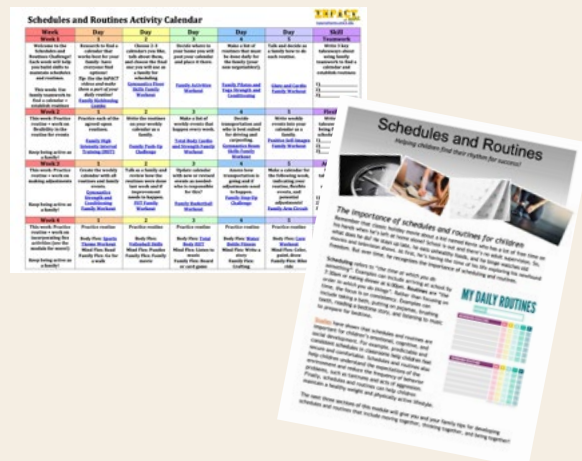
When implementing InPACT at School, using short bouts of physical activity throughout the day, you can make any of these connections to **Personal Health and Wellness** each time:

- ✓ 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

As an additional Family Resource, share the [“Activities, Schedules, and Routines” Family Module](#) and its accompanying [Monthly Challenge](#) with families. Schedules can promote students’ personal health and wellness along with their success in school and at home.





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