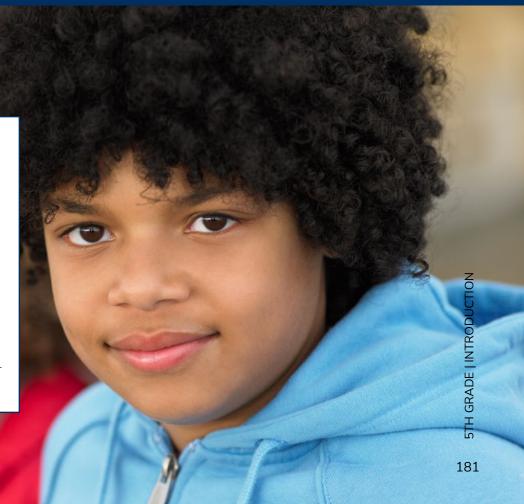
5 FIFTH GRADE

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.)



HIV AND PUBERTY

If your school is using the MMHTM HIV Lesson and/or teaching a puberty curriculum, consider using the module <u>Family Discussions</u> and the <u>Family Discussions</u> and the <u>Family Discussions</u> as an added family resource. This module and accompanying challenge guide families in having meaningful discussions with their children, which is imperative when talking about challenging or uncomfortable topics.

Family Discussion Activity Calendar					INPACT
Week	Day	Day	Day	Day	Day
Week 1	1	2	3	4	5
Welcome to the Family Discussion Challenge! Each day there is a workout for your family to complete. During or after exercise, use the daily prompt to start a family discussion.	Friendship Start strong with this Finnily HUT video and encourage each other as friends! Prompt: How would a friend describe you?	Strengths Embrace your inner superhere with this Power Punching video! Prompt: If you could have any superpower, what would it be?	Travel Travel around your space with this Grunnastics Floor Skills video. Prompt: If you could go anywhere, where would you go?	Friendship Support each other through this <u>Total Body</u> Exercise routine. Prompt: What are 3 traits you look for in a friend?	Feelings Get active and have fun with this <u>Fitness</u> <u>Drumming</u> video. <u>Prompt: What color</u> <u>describes how you are</u> <u>feeling?</u>
Week 2	1	2	3	4	5
	Feelings Have fun with this Basketball Skills video. Prompt: Share something that makes you happy!		Feelings Work hard through this Family HIIT workout! Penalty HIIT workout! Feel about a topic of your choice using weather terms (ex: sumy with clear skies).		Feelings Challenge yourself with this <u>Volleybull Skills</u> video. Prompt: What is something that scares you?
Week 3	1	2	3	4	5
	Friendship Get stronger together with this Lower Body and Abs HIT routine. Prompt: Talk about a time when a friend hurt you and how you handled it.	The Future Try something new and complete this <u>Water</u> <u>Rottle Fitness</u> workout. Prompt: What do you want to be when you grow up?	Prompt: What makes you feel loved?	Favorites Work on your balance skills with this <u>Gymnistics</u> <u>Ream Skills</u> video. Prampt: What is your favorite candy? (tell a special memory while eating it!)	Favorites Complete this basketball Rall Handling workout perfect for summer. Prompt: What's your favorite season?
Week 4	1	2	3	4	5
	Memories Have fun with this <u>Gymnastics Strength and</u> <u>Conditioning</u> video. Prompt: What was the best part of your day today?	Favorites Complete this <u>Just Move</u> workout! Prompt: Describe your favorite character from a book.	Strengths Work on your physical strength with this <u>Push-lip Challenge</u> . Prompt: What's your star power?	Favorites Keep it simple with this Total Body Cardio and Strength workout. Prompt: What would be the best pet and why?	The Future Test out your sports skills with this Sports Theme workout. Prompt: What sport that you have never tried would you like to try?





5TH GRADE | PERSONAL HEALTH AND WELLNESS



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