

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.](#))



HIV AND PUBERTY

If your school is using the MMHT™ HIV Lesson and/or teaching a puberty curriculum, consider using the module **Family Discussions** and the **Family Discussions Challenge** 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



| 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 | Strengths | Travel | Friendship | Feelings |
| | Start strong with this Family HIIT video and encourage each other as friends! <i>Prompt: How would a friend describe you?</i> | Embrace your inner superhero with this Ezraer Animation video! <i>Prompt: If you could have any superpower, what would it be?</i> | Travel around your space with this Gauguin's Postcard video. <i>Prompt: If you could go anywhere, where would you go?</i> | Support each other through this Tatiana Bole Exercise routine. <i>Prompt: What are 3 traits you look for in a friend?</i> | Get active and have fun with this Ezraer Examining video. <i>Prompt: What color describes how you are feeling?</i> |
| Week 2 | 1 | 2 | 3 | 4 | 5 |
| | Feelings | Strengths | Feelings | The Future | Feelings |
| | Have fun with this Basketball Skills video. <i>Prompt: Share something that makes you happy!</i> | Focus on your strengths with this Ezraer Self-Launch workout. <i>Prompt: What is something that you are good at?</i> | Work hard through this Family HIIT workout! <i>Prompt: Describe how you feel about a topic of your choice using weather terms (ex: sunny with clear skies).</i> | Relax today with this Yoga and Stretching routine. <i>Prompt: What is something that you are looking forward to?</i> | Challenge yourself with this Basketball Skills video. <i>Prompt: What is something that scares you?</i> |
| Week 3 | 1 | 2 | 3 | 4 | 5 |
| | Friendship | The Future | Feelings | Favorites | Favorites |
| Get stronger together with this Lemon Body and the HIIT routine. <i>Prompt: Talk about a time when a friend hurt you and how you handled it.</i> | Try something new and complete this Ezraer Body, Fitness, and Fun workout. <i>Prompt: What do you want to be when you grow up?</i> | Complete this Stretching and Exercise video. <i>Prompt: What makes you feel loved?</i> | Work on your balance skills with this Ezraer Balance Skills video. <i>Prompt: What is your favorite candy? (tell a special memory while eating it!)</i> | Complete this basketball Ball Juggling workout perfect for summer. <i>Prompt: What is your favorite season?</i> | |
| Week 4 | 1 | 2 | 3 | 4 | 5 |
| | Memories | Favorites | Strengths | Favorites | The Future |
| Have fun with this Ezraer Stretch and Conditioning video. <i>Prompt: What was the best part of your day today?</i> | Complete this Just Men workout! <i>Prompt: Describe your favorite character from a book.</i> | Work on your physical strength with this Ezraer Fun and Fun Challenge workout. <i>Prompt: What is your super power?</i> | Keep it simple with this Tatiana Bole, Catie, and Strength workout. <i>Prompt: What would be the best pet and why?</i> | Test out your sports skills with this Ezraer Theme workout. <i>Prompt: What sport that you have never tried would you like to try?</i> | |



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.