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# 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](http://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](http://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 the body for physical activity. What foods can give us energy to engage in activity and 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 “Nutrition 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

# What's In Food

InPACT at Home Components with the MMH™

### Nutrition Moment

Watch the InPACT at Home video “Berry Spinach Smoothie,” which models a recipe students can make with their families. This video reviews the dietary information/food labels of each ingredient while showing how to make this tasty, nutritious snack.

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



(Length: 7:10. Click on video.)

### MMH™ Lesson Procedure

**Introduction:** When reviewing food groups, consider asking students about the food groups in the smoothie recipe from the video.

**Teacher Input:** After reviewing food labels, consider asking students in what ways the smoothie from the video would be a healthy choice for a snack or light meal.



**Application:** As students try to list healthy snacks, consider bringing their attention to the InPACT at Home Nutrition/Recipe videos on the [InPACT at Home website](#). You could also refer to [Michigan Harvest of the Month](#), which offers numerous healthy food ideas with recipes.

**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.



Encourage families to use 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 the site and look under the Schedule tab to see local times and stations.

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## NUTRITION AND PHYSICAL ACTIVITY

### MMH™ LESSON 2 More about Nutrients and Using Food Labels

InPACT at Home Components with the MMH™

#### Nutrition Moment

Before this lesson, watch the InPACT at Home video “Nutrition Fact Labels.” This video compares food labels for a fruit juice smoothie and soda pop.



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



(Length: 5:33. Click on video.)



Consider sharing this video on nutrition fact labels with families. [Nutrition News with Ms. Hatfield](#)



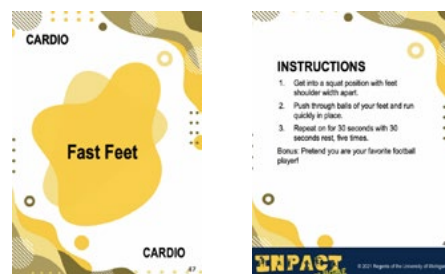
#### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* None

*Application:* None

*Closure:* Consider adding the InPACT at Home [Cardio Play Cards](#), “Fast Feet.” You may want to 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 Guidelines for Healthy Eating



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



Consider sharing the video [“Start Simple with MyPlate”](#)

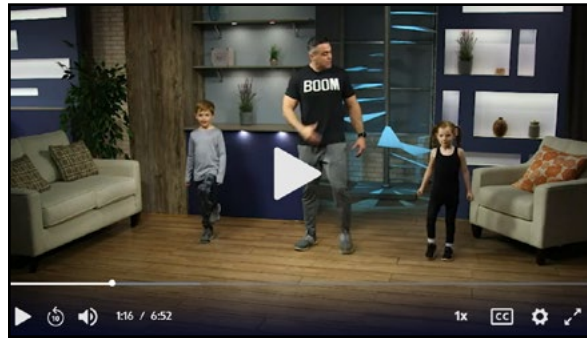


#### InPACT at Home Components with the MMH™

#### 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 that physical activity goes hand in hand with good nutrition to keep our bodies healthy and strong.



(Length: 6:52. Click on video.)

#### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* None

*Application:* None

*Closure:* Consider using the InPACT at Home [Cardio Play Cards](#) “Clap Jacks” to model a physical activity students can do. Good nutrition and physical activity work together to keep our bodies healthy.

**CARDIO**

### Clap Jacks

**INSTRUCTIONS**

1. Start out with feet together, standing up tall.
2. Complete as many jumping jacks as possible until a buddy yells “CLAP JACK.”
3. Get into a squat and hold while giving yourself a round of applause.
4. Assume back into jumping jacks when your buddy yells “JUMP JACK.”
5. Switch with your partner by having one partner go on odd minutes, and the other on even minutes.



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## MMH™ LESSON 4 Planning A Healthy, Scrumptious Meal

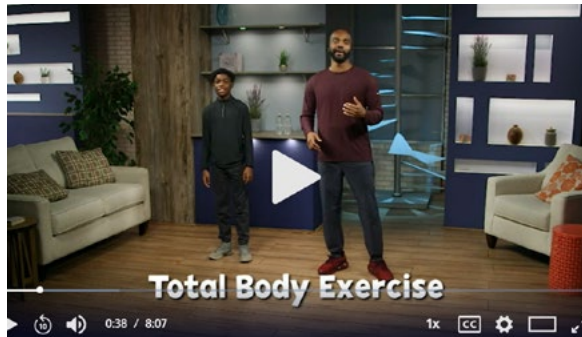
### InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the InPACT at Home video “Total Body Exercise.” The lesson emphasizes the importance of physical activity and healthy nutrition. This video models physical activity.



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



(Length: 8:07. Click on video.)

#### MMH™ Lesson Procedure

**Introduction:** In the introduction, consider telling students that they have completed about 7 minutes of physical activity by doing the exercises in the video. This amount counts towards their 60 minutes for the day!

**Teacher Input:** None

**Application:** None

**Closure:** Consider telling students to try the InPACT at Home [Mindfulness Play Card](#) “Snack Time Focus” next time they are enjoying a nutritious snack.





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