

Interrupting Prolonged Sitting with Activity

InPACT

MICHIGAN MODEL FOR HEALTH
CURRICULUM INTEGRATION GUIDE (K5)



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Introduction

This integration document illustrates ways to efficiently use Interrupting Prolonged Sitting with ACTivity (InPACT) together with the Michigan Model for Health™ (MMH™). This guide aims to facilitate implementation of both programs in the classroom and to enhance family engagement.

After these programs were aligned in 2020, it became clear that the combined use of InPACT and MMH™ showed promise for improving overall health outcomes for children and families without duplicate efforts.

To promote joint implementation, this document integrates **InPACT at School** with MMH™ content areas in each grade. It also provides an **InPACT at Home** integration for each lesson per grade. Complementary materials include InPACT at Home videos modeling physical activity, Activity Cards, and Family Engagement Modules.



Commonalities between InPACT and MMH™

- Intended to enhance the overall health of students and their families
- Health-specific education at school with a strong at-home component
- Applicable to multiple grade levels
- Accessible: InPACT is available online and on the Michigan Learning Channel, and the MMH™ curriculum has an online or print option for teachers.
- Research-based; the MMH™ is also evidence-based
- Professional learning and support for teachers
- Affordable: InPACT is free, and the MMH™ is offered free or at low cost to Michigan Schools.

InPACT components used in this integration document:



- Short bouts of physical activity in the classroom throughout the school day, working towards a goal of 20 minutes of classroom-based physical activity per day
- Examples in the form of high-quality physical activity videos, sample classroom layouts to promote movement, classroom management guidance about activity breaks, and recommendations for curriculum integration
- Interactive website for educators and families
- Streamed physical activity videos for classroom modeling and at-home use via the [InPACT at Home website](#) and [Michigan Learning Channel](#).
- Family Modules covering 12 health-enhancing topics
- 20-day Family Challenges corresponding to the Family Modules
- Activity Play Cards



INTEGRATING INPACT ACTIVITY BREAKS



InPACT at School

InPACT at School uses physical activity breaks to prime students' brains for learning. This document illustrates how to implement physical activity while reinforcing the MMH™ and using InPACT at Home Resources when teaching MMH™ lessons.

InPACT at School promotes 20 minutes of physical activity in the classroom through short bouts of activity throughout the day. If you already use resources like GoNoodle, Cosmic Kids, Move to Learn, or others, that's great! In this integration, we use InPACT videos during MMH™ lessons to model activities students can access at home through the InPACT at Home website or on the Michigan Learning Channel. You can count activity time during each MMH™ lesson towards your 20-minute activity goal for the day. We also provide messaging linking MMH™ topics and physical activity for you to use in the classroom when taking other physical activity breaks.

For support implementing InPACT at School, please contact [Dr. Rebecca Hasson](mailto:hassonr@umich.edu) (hassonr@umich.edu) or visit the [InPACT at School website](#).

InPACT at School emphasizes the importance of activity breaks in the classroom throughout the school day. Here are some of the resources you will find on the InPACT at School website.



Why are quality physical activity breaks important?

Physical activity helps regulate emotions and behavior, primes the brain for learning, and keeps students physically healthy. Healthy students are better learners. You can learn more about the science of physical activity in this [short video](#).



Is my classroom environment set up for movement?

Successful use of classroom-based physical activity breaks requires space that accommodates movement. If you need help, check out this [10-minute video](#) showing classroom floor designs proven to prepare your classroom for movement. Which one might work best for you?

How do I manage my classroom during physical activity breaks?

Getting kids up and moving can seem tricky. You might worry about how to manage your classroom effectively during physical activity or how to get students back on task after an activity break. This [16-minute video](#) reviews nine

classroom management techniques that can help you implement physical activity breaks with limited behavior problems.

How do I integrate InPACT at School with the Michigan Model for Health (MMH)[™] curriculum?

Within this integration document, we lay out how to reinforce MMH[™] content while doing physical activity breaks throughout the day. For example, to reinforce the Nutrition and Physical Activity unit, you might discuss the importance of eating healthy food to fuel the body to be active. We also integrate resources from InPACT at Home to use when teaching MMH[™] lessons—including activity videos, Activity Cards, and Family Engagement Modules—as you will see on the next page.

Integrating InPACT at Home

InPACT at Home is a home-based physical activity program designed to motivate students and their families to get moving for 60 minutes a day. Below are the components of InPACT at Home which are included in this integration document.

Website (inpactathome.umich.edu)

Schools/educators should share the link to the [InPact at Home website](http://inpactathome.umich.edu) at the start of the school year and encourage families to register. This website houses all InPACT at Home resources, including those listed below. There is also an Educator portal. InPACT at Home emphasizes the importance of physical activity along with health-related concepts such as social emotional learning, family cohesion, physical health, and more!

Videos

After logging in, videos can be found under the Topics section of the website. Proper InPACT at School implementation involves multiple rounds of physical activity in class each day, with the goal of reaching 20 minutes per day. In this integration, we ask you to model InPACT at Home videos before each MMH[™] lesson. The time spent modeling these videos counts towards your daily activity goal. The InPACT at Home program includes 130 videos. If you would like to choose a different video, you can search for other options on the InPACT at Home website.

Family Modules

These modules provide family education, resources, and tools. They are found on the InPACT at Home website in the Resources section. We realize a cookie-cutter approach does not work for everyone. If you would like to use a





different Family Engagement Module than the one suggested with an MMHT™ unit, you can find other options on the website—there are 12 to choose from. These modules are an excellent addition to the MMHT™ Family Resource Sheets accompanying some lessons, greatly expanding your family engagement work.

Family Monthly Challenges

These challenges are found in the Resources section and align with the Family Modules. It is best practice to use the challenges and modules together. If you would like to share more than one module in a month, you may want to have families choose one challenge and not both. You might also consider coordinating with other teachers in your building to ensure you are not sending several modules home within the same time frame. In this document, we align the same modules and challenges with each unit at K-3 and at 4-5 to reduce the likelihood of families receiving multiple modules. Other modules are great to share during months you may not be teaching the MMHT™ and to promote summer family learning!

20-Day Resilience Challenge

Week	Day	Challenge
Week 1	1	Practice deep breathing for 5 minutes.
	2	Write a letter to someone you love.
	3	Read a book for 15 minutes.
	4	Practice gratitude journaling.
	5	Help someone in need.
	6	Practice mindfulness for 10 minutes.
	7	Write a list of things you are proud of.
Week 2	8	Practice deep breathing for 5 minutes.
	9	Write a letter to someone you love.
	10	Read a book for 15 minutes.
	11	Practice gratitude journaling.
	12	Help someone in need.
	13	Practice mindfulness for 10 minutes.
	14	Write a list of things you are proud of.
Week 3	15	Practice deep breathing for 5 minutes.
	16	Write a letter to someone you love.
	17	Read a book for 15 minutes.
	18	Practice gratitude journaling.
	19	Help someone in need.
	20	Practice mindfulness for 10 minutes.



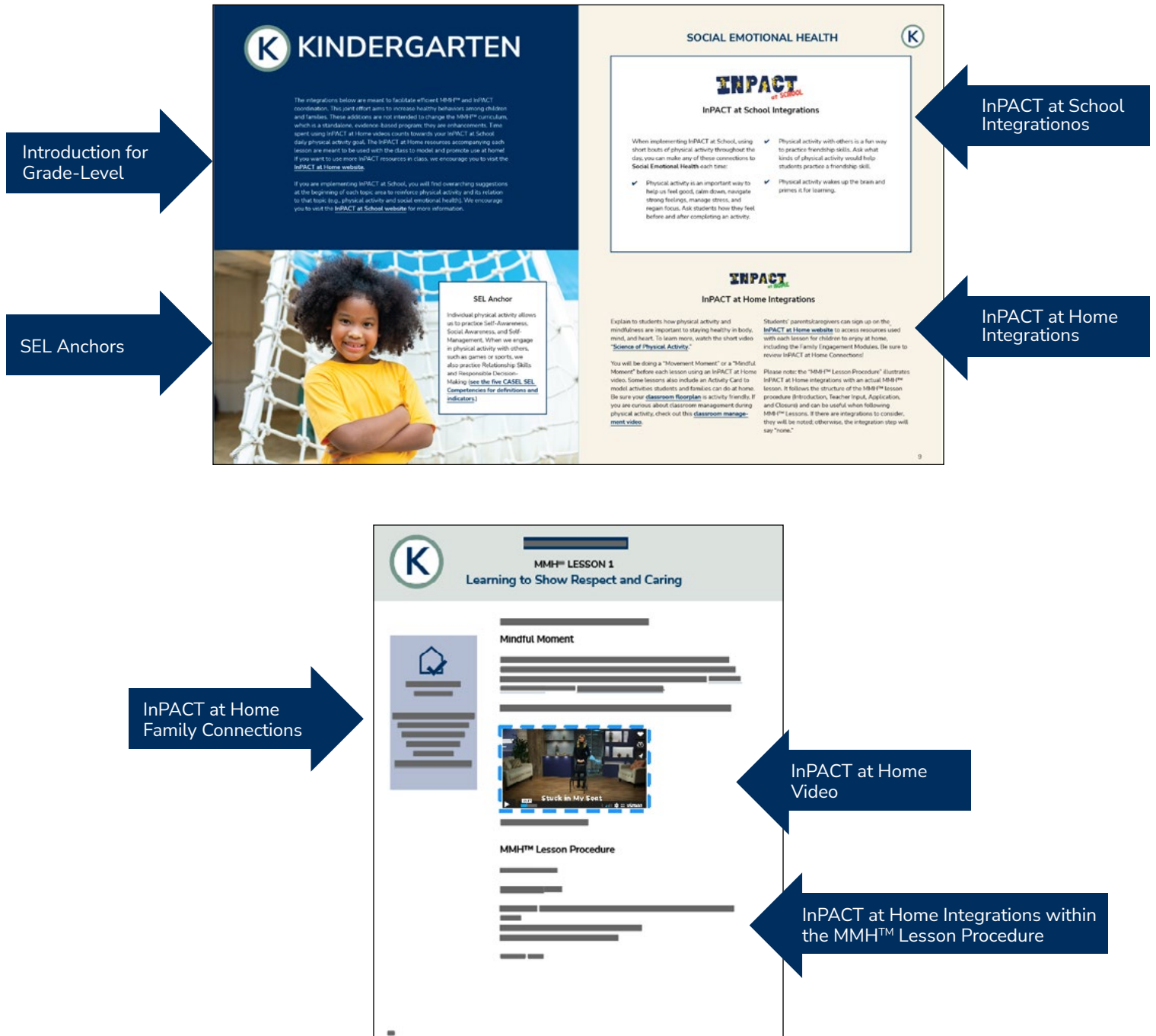
Activity Cards

Activity Cards are in the Resources section and can be used in class to model an activity kids can also do at home. There are 250 Activity Cards to browse. Many include physical activities, and some contain pictures that model the activity for better understanding.



HOW TO USE GRADE-LEVEL INTEGRATIONS

The box below provides a snapshot of how this integration document is organized: by grade level, then MMH™ unit, then individual MMH™ lesson (see blue arrows).





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.