

5

FIFTH GRADE

The integrations below are meant to facilitate efficient MMHT™ and InPACT coordination. This joint effort aims to increase healthy behaviors among children and families. These additions are not intended to change the MMHT™ 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](http://inpactathome.umich.edu) (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](http://inpact.kines.umich.edu) (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 the **Alcohol, Tobacco, and Other Drugs** unit each time:

- ✓ Remind students that sometimes when we are active, such as when playing a game or riding a bike, we might get hurt. Sometimes we might even need medicine for an injury. Remind them to only take medicine from a parent/caregiver, doctor, or other trusted adult.
- ✓ Remind students that inhaling smoke (even secondhand) from cigarettes and e-cigarette aerosol, or using chemical inhalants, can hurt the lungs and heart. We might then find it harder to engage in physical activity that keeps us healthy and strong.
- ✓ Remind students that using alcohol and other drugs like marijuana can make it difficult and unsafe to be physically active.
- ✓ The use of alcohol, marijuana, and other drugs affects performance during physical activity such as sports. For instance, alcohol and marijuana can weaken hand-eye coordination and reduce reaction time. These substances can also cause fatigue that prevents us from performing at our best while active.
- ✓ Physical activity helps to protect against the development of substance use disorders, including tobacco and drug use.



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” 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

Inhalants and Medicines – More Dangerous Than You Think

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video “Mountain Climbers.” Using inhalants hurts the lungs and heart and can make it harder to do physical activity that keeps us healthy and strong.



(Length: 1:10. Click on video.)

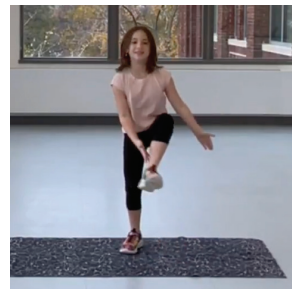
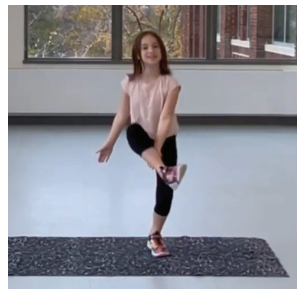
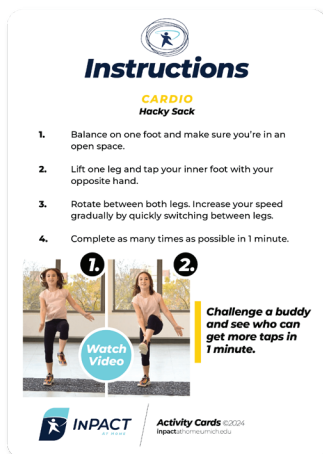
MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

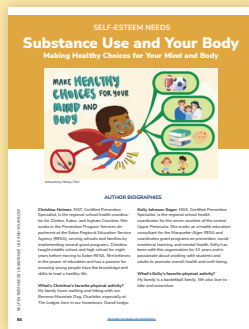
Application: None

Closure: Consider using the Cardio Play Card “[Hacky Sack](#)” as another example of a physical activity that can become more difficult if the lungs are irritated from inhaling secondhand cigarette smoke or e-cigarette aerosol. If you would like to see this activity modeled, [click here](#).





As an added Family Resource for this unit, suggest families use the [**Substance Use and Your Body Module and 20-Day Challenge**](#). This module outlines how parents and caregivers can be prevention superheroes for their children.



20-day InPACT Substance Use and Your Body Activity Challenges						
Week	Day	Activity	Goal	Parent/Caregiver Role	Child/Youth Role	Notes
Week 1	Day 1	Read the introduction and learn about the challenges.	Understand the purpose of the challenges.	Read the introduction and learn about the challenges.	Read the introduction and learn about the challenges.	
	Day 2	Learn about the different types of substances.	Identify the different types of substances.	Learn about the different types of substances.	Identify the different types of substances.	
	Day 3	Learn about the effects of substances on the body.	Identify the effects of substances on the body.	Learn about the effects of substances on the body.	Identify the effects of substances on the body.	
	Day 4	Learn about the effects of substances on the mind.	Identify the effects of substances on the mind.	Learn about the effects of substances on the mind.	Identify the effects of substances on the mind.	
	Day 5	Learn about the effects of substances on the behavior.	Identify the effects of substances on the behavior.	Learn about the effects of substances on the behavior.	Identify the effects of substances on the behavior.	
Week 2	Day 6	Learn about the effects of substances on the health.	Identify the effects of substances on the health.	Learn about the effects of substances on the health.	Identify the effects of substances on the health.	
	Day 7	Learn about the effects of substances on the relationships.	Identify the effects of substances on the relationships.	Learn about the effects of substances on the relationships.	Identify the effects of substances on the relationships.	
	Day 8	Learn about the effects of substances on the future.	Identify the effects of substances on the future.	Learn about the effects of substances on the future.	Identify the effects of substances on the future.	
	Day 9	Learn about the effects of substances on the community.	Identify the effects of substances on the community.	Learn about the effects of substances on the community.	Identify the effects of substances on the community.	
	Day 10	Learn about the effects of substances on the world.	Identify the effects of substances on the world.	Learn about the effects of substances on the world.	Identify the effects of substances on the world.	
Week 3	Day 11	Learn about the effects of substances on the environment.	Identify the effects of substances on the environment.	Learn about the effects of substances on the environment.	Identify the effects of substances on the environment.	
	Day 12	Learn about the effects of substances on the economy.	Identify the effects of substances on the economy.	Learn about the effects of substances on the economy.	Identify the effects of substances on the economy.	
	Day 13	Learn about the effects of substances on the culture.	Identify the effects of substances on the culture.	Learn about the effects of substances on the culture.	Identify the effects of substances on the culture.	
	Day 14	Learn about the effects of substances on the society.	Identify the effects of substances on the society.	Learn about the effects of substances on the society.	Identify the effects of substances on the society.	
	Day 15	Learn about the effects of substances on the future.	Identify the effects of substances on the future.	Learn about the effects of substances on the future.	Identify the effects of substances on the future.	



Be sure to invite caregivers to create an account on the [InPACT at Home website](http://inpactathome.umich.edu) to access all resources (inpactathome.umich.edu).



Ensure families know that InPACT at Home videos, like the one featured in this lesson, also air on PBS's [Michigan Learning Channel](#) and look under the Schedule tab to see local times and stations.

MMH™ LESSON 2

Tobacco and Your Health?

InPACT at Home Components with the MMH™

Movement Moment

Before the lesson, try this quick 1-minute InPACT at Home video “Shuffles” to get kids moving and ready to learn. Tobacco use can hurt our lungs and heart and make it hard to be physically active.



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



(Length: 1:10. Click on video.)

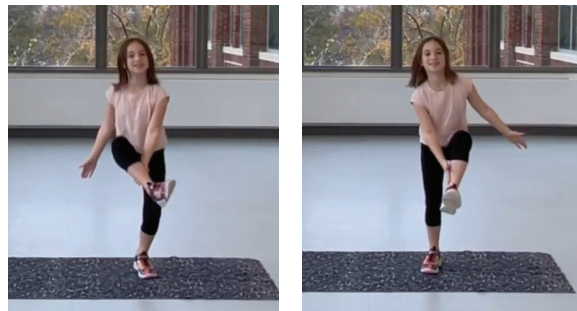
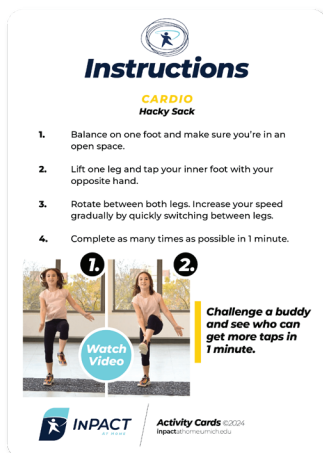
MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: None

Closure: Consider using the Buddy Activity Card “[Hacky Sack](#).” This activity requires physical effort, which can become more difficult after inhaling cigarette smoke or e-cigarette aerosol. If you would like to see this activity modeled, [click here](#).



5

ALCOHOL, TOBACCO, AND OTHER DRUGS

MMH™ LESSON 3 What's in an Ad

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video “Out, Out, In, In.” When we inhale cigarette smoke from the air, our lungs might not work as well as usual. It can then become harder to do physical activity that keeps us healthy and strong.



(Length: 1:10. Click on video.)

MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: None

Closure: Consider using the With a Buddy Play Card “[Finder's Keeper.](#)” Remind students that, as a way to decline when offered substances, they can suggest fun activities to do with friends such as games. If you would like to see this activity modeled, [click here.](#)

Instructions

WITH A BUDDY
Finder's Keeper

- Both partners face each other and get into a plank position on your forearms or hands. Shoulder-width apart.
- Put a small object in between you and your partner or group.
- Everyone count to 5 out loud. Whoever can grab the item the quickest after the count, wins!
- Repeat 10 times. Complete 3 rounds of 10.

Watch Video

Activity Cards 102024
inpatc@turnkeymedia.com



MMH™ LESSON 4

Marijuana: Know the Facts!

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video “Cross Punches.”

Using marijuana can affect coordination, motivation, and the ability to learn new skills, including physical activities.



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



(Length: 1:10. Click on video.)

MMH™ Lesson Procedure

No Integrations

5

ALCOHOL, TOBACCO, AND OTHER DRUGS

MMH™ LESSON 5

Saying “No” to Tobacco, Marijuana, Inhalants, and Taking Medicines Unsafely

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Ski Jumps.” When people use marijuana, their coordination is impaired and they may struggle to think clearly. These circumstances can make it unsafe to participate in physical activities such as skiing, basketball, or soccer.



(Length: 1:10. Click on video.)

MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: None

Closure: Consider using the Cardio Activity Card “[Cross Jacks](#).” This activity requires coordination, which can be impaired when using alcohol or marijuana. It also requires the lungs and heart to work well. Inhaling substances such as tobacco, e-cigarette aerosol, or chemical inhalants can compromise these functions as well. If you would like to see this activity modeled, [click here](#).

Instructions

CARDIO
Cross Jacks

1. Start with your feet shoulder-width apart. Extend your arms out to either side with your palms facing down.
2. Jump and cross your right arm over your left, and your right foot over your left. Then jump back into the starting position.
3. Repeat the process on the opposite side.
4. Repeat as many times as possible in 1 minute. Repeat for 3 rounds.

Pair with an upbeat song like “Try Everything” by Shakira.

Watch Video

INPACT
Activity Cards ©2024
inpat.at/home/mhchadu



MMH™ LESSON 6

The Power of Choice

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Jump Shots.” One option when saying “No” to drugs is simply to say “No” and then suggest a fun physical activity to do instead, like a game of basketball.



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



(Length: 1:10. Click on video.)

MMH™ Lesson Procedure

No Integrations

MMH™ LESSON 7

Impaired Driving: How to Stay Safe

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Lunge Matrix.”

These exercises require intense coordination and balance; they would be unsafe to do if impaired by substances. *Students do not need a bucket like the one used in the video; they can just use their hands.



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



(Length: 8:03. Click on video.)

MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: None

Closure: Consider using the Flexibility Activity Card “[Pretzel Stretch](#).” This activity requires coordination, which is impaired when using alcohol or drugs. If you would like to see this activity modeled, [click here](#).





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