

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.



This guide can be accessed at the InPACT website www.inpact.kines.umich.edu under the teacher's tab. The online version has live links built in for ease of use.

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



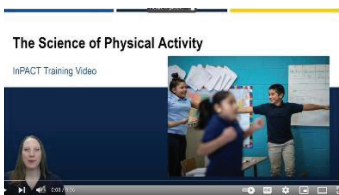
InPACT at School

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.

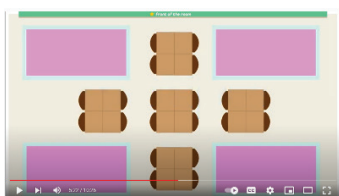
For support implementing InPACT at School, please contact [Dr. Rebecca Hasson](mailto:hassonr@umich.edu) (hassonr@umich.edu) or visit the [InPACT at School website](#).

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 Engagement Toolkit

Children's well-being improves when we take a holistic approach to physical activity and other health enhancing behaviors. The Family Toolkit consists of 12 Family modules to choose from – each with its own 20-day Challenge.



The toolkit is aligned to Maslow's Hierarchy of Needs and can be found on the website. The toolkit is meant to help enhance family wellness, empowering families to Move Together, Think Together, and Be Together!"



20-day IMPACT Lifelong Skills Activity Challenge

The 20-day challenge aims to empower over 100,000 youth and families. Youth, supported by their families, will complete the 20-day challenge by practicing the skills and activities listed in the challenge. The challenge is designed to be completed over 20 days, with each day focusing on a specific skill or activity. The challenge is designed to be completed over 20 days, with each day focusing on a specific skill or activity.

Day	Topic	Activity	Goal
Day 1	Positive Thinking	Write down three things you are grateful for.	Practice positive thinking.
Day 2	Healthy Habits	Brush your teeth and wash your hands.	Practice healthy habits.
Day 3	Supportive Relationships	Talk to a friend or family member about your day.	Practice supportive relationships.
Day 4	Emotional Regulation	Take deep breaths and count to 10.	Practice emotional regulation.
Day 5	Problem Solving	Think of a problem and come up with a solution.	Practice problem solving.
Day 6	Resilience	Think of a challenge you have overcome.	Practice resilience.
Day 7	Self-Confidence	Write down one thing you are proud of.	Practice self-confidence.
Day 8	Goal Setting	Write down one goal you want to achieve.	Practice goal setting.
Day 9	Time Management	Make a list of things to do and complete them.	Practice time management.
Day 10	Stress Management	Take a break and relax.	Practice stress management.
Day 11	Positive Thinking	Write down three things you are grateful for.	Practice positive thinking.
Day 12	Healthy Habits	Brush your teeth and wash your hands.	Practice healthy habits.
Day 13	Supportive Relationships	Talk to a friend or family member about your day.	Practice supportive relationships.
Day 14	Emotional Regulation	Take deep breaths and count to 10.	Practice emotional regulation.
Day 15	Problem Solving	Think of a problem and come up with a solution.	Practice problem solving.
Day 16	Resilience	Think of a challenge you have overcome.	Practice resilience.
Day 17	Self-Confidence	Write down one thing you are proud of.	Practice self-confidence.
Day 18	Goal Setting	Write down one goal you want to achieve.	Practice goal setting.
Day 19	Time Management	Make a list of things to do and complete them.	Practice time management.
Day 20	Stress Management	Take a break and relax.	Practice stress management.



- Family Modules and 20-Day Challenges** Each module covers an important family topic and provides family education, resources, and tools. Topics include Nutrition, Resilience, Health Behaviors, Substance Use Prevention, Schedules and Routines and more! Each Family Module ends with a 20-day Challenge Calendar. Studies suggest that it takes 21 days to form a habit and over 90 days to establish a lasting lifestyle change. Our hope is that by completing the 20-day challenges, families will continue practicing the most effective activities until they become a lasting and positive habit.

These modules are an excellent addition to the Michigan Model for Health™ (MMH™) Family Resource Sheets which accompany many MMH™ lessons, greatly expanding your family engagement work. In this document, we have aligned a set of family modules for grades K–3 and a different set for grades 4–5 to minimize the chances of families receiving multiple modules simultaneously. Please note that the integration guide does not include all 12 family modules from the toolkit. The remaining modules are excellent for sharing during months when MMH™ is not being taught and for encouraging summer family learning!

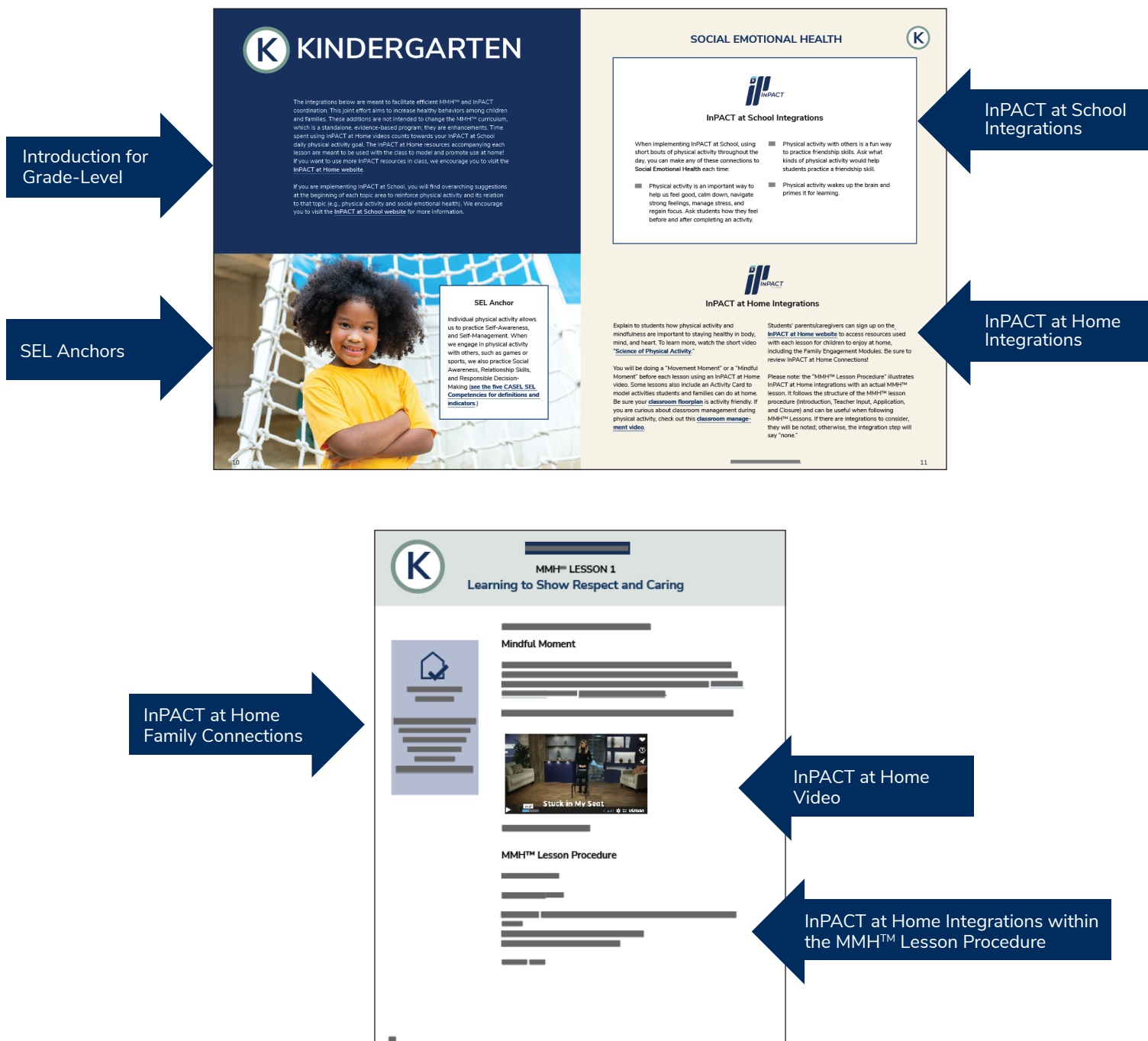
Activity Cards

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).



TIPS AND FLEXIBILITY

The Curriculum Integration Guide was designed as a high-impact tool for schools implementing the Michigan Model for Health™, incorporating physical activity and family engagement options. While teachers may face challenges in following the integration guide with full fidelity—such as classroom space limitations, technology issues, time constraints, or adapting to student needs—there is flexibility. This document provides strategies for making adjustments when needed.

Screening Videos - We recommend previewing the video before each lesson to ensure it aligns with student needs, abilities, classroom space, and other relevant factors. Some videos require students on the floor as part of the exercise, so you may choose to have parents send towels or mats, or use a classroom carpet for these videos.

Changing Videos - Using InPACT at Home videos models activities students can access at home. However, there may be times when teachers are unable to use the recommended video for various reasons. In such cases, they can choose a different InPACT video or another physical activity break that best fits their classroom before the lesson. For lessons where an InPACT video was specifically selected for its connection to the content, we encourage its use whenever possible. Regardless of any substitutions, we ask that teachers remind students about the InPACT at Home videos available on the website - www.inpactathome.umich.edu.





Activity Cards - As part of the integration, over fifty percent of lessons end with an InPACT at Home Activity Card. While it is recommended to use the cards that are aligned, it is more important not to miss the opportunity for a short bout of physical activity at the end of a lesson. Teachers can choose a different activity card or another physical activity their students love. You can find more activity play cards at the InPACT at home website (<https://inpactathome.umich.edu/>) or using the [Activity Cards Direct Link](#).

Family Engagement Toolkit: Modules - There are 12 total learning modules, each with a 20-day challenge, in the Family Engagement Toolkit. To minimize the likelihood of families receiving multiple modules simultaneously, a set of family modules were assigned to units for grades K–2 and a different set for grades 3–5. Moreover, not all 12 modules are used in the integration guide. While modules were chosen to align to a given MMH™ unit, you may adjust these selections if preferred or needed. All modules are found in the Family Toolkit at www.inpactathome.umich.edu.

Michigan Model for Health™ Lesson Procedure Integrations - The Michigan Model for Health™ Lesson Procedure sections in the guide offer suggestions for integrating more physical activity into the actual lesson or ways of tying the video or activity card into the lesson. These are optional.

Links - When clicking on links in the guide, how they open depends on your browser or whether you downloaded the guide. If you're viewing it online, some links may open in the same tab instead of a new one. This can be frustrating if you're on a specific page in the module and need to click the back button, as it may return you to page 1. To avoid this, right-click the link and select "Open in new tab."



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