

# 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.](#))





### 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:

- ✓ Explain to students that 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 cigarette smoke and e-cigarette aerosol (even secondhand) 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.”

# 4

## MMH™ LESSON 1 Dangers of Secondhand Smoke and E-Cigarette Aerosol

InPACT at Home Components with the MMH™

### Movement Moment

Before this lesson, watch the quick InPACT at Home video “Mountain Climbers.” When we inhale secondhand smoke and e-cigarette aerosol, 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 InPACT at Home [Cardio Play Cards](#) “Hacky Sack” as another physical activity that could be harder to do if the lungs are irritated from inhaling secondhand smoke or e-cigarette aerosol.





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



Also share the [Substance Use and Your Body Challenge](#) for families to practice the healthy activities in the module.



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.

# 4

## MMH™ LESSON 2 Why Not Alcohol?

### InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the quick InPACT at Home video “Shuffles” to get kids moving and ready to learn. Alcohol can make it unsafe and difficult to be physically active. This activity requires coordination, which alcohol impairs.



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



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

#### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* None

*Application:* None

*Closure:* Consider using the InPACT at Home [With a Buddy Play Cards](#) “High Five Planks.” This activity requires physical effort, which can become more difficult when inhaling smoke or aerosol. It also requires balance and coordination, each of which alcohol impairs.

WITH A BUDDY

### High Five Planks

WITH A BUDDY

**INSTRUCTIONS**

1. Get into plank position with your buddy!
2. Switch over to a side plank on your left side and high five your partner.
3. Rotate back to normal plank position.
4. Switch over to a side plank on your right side and high five your partner.
5. Repeat 40 times total.

**INPACT**  
© 2021 Regents of the University of Michigan



[RETURN TO TABLE OF CONTENTS](#)

## MMH™ LESSON 3 Influences of Friends and Families

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.



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 [With a Buddy Play Cards](#) “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.

**WITH A BUDDY**

### Finder's Keeper

**WITH A**

**INSTRUCTIONS**

1. Both partners get into a plank position on forearms or on hands shoulder-width apart. Face each other.
2. Put a small object in between you and your buddy.
3. Count to 5 out loud and whoever can grab the item wins. Repeat 10 times.



[RETURN TO TABLE OF CONTENTS](#)

# 4

## MMH™ LESSON 4 Advertising and Drugs

InPACT at Home Components with the MMH™

### Movement Moment

Before this lesson, watch the quick InPACT at Home video “Cross Punches.” Remind students that physical activity is a healthy way to feel good.

Ask students if they were breathing heavier after the video. Tell students that their lungs and heart were working hard to play the game. This video also requires substantial coordination, which alcohol impairs.



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 5 Marijuana: What's Fact? What's Fiction?

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.)



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

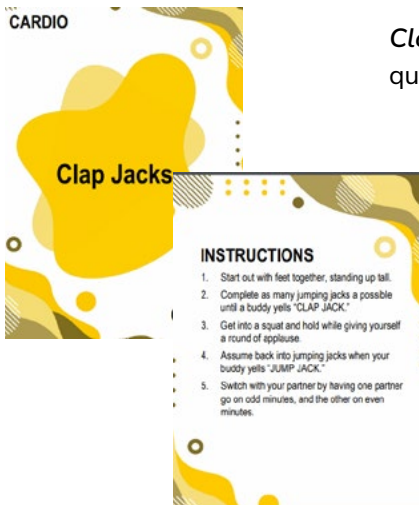
### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* None

*Application:* None

*Closure:* Consider using the [Cardio Play Cards](#) “Clap Jacks.” This activity requires coordination, which can become impaired when using marijuana.





# 4

## MMH™ LESSON 6 How to Say “No” to Drugs

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.



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



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

### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* When using the third method, *suggesting something else to do*, consider asking students if they remember which sport they were practicing in the video “Jump Shots.” You might then ask what other games or sports they could suggest as alternatives when refusing drugs.

*Application:* None

*Closure:* None



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](https://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](https://www.michiganmodelforhealth.org).