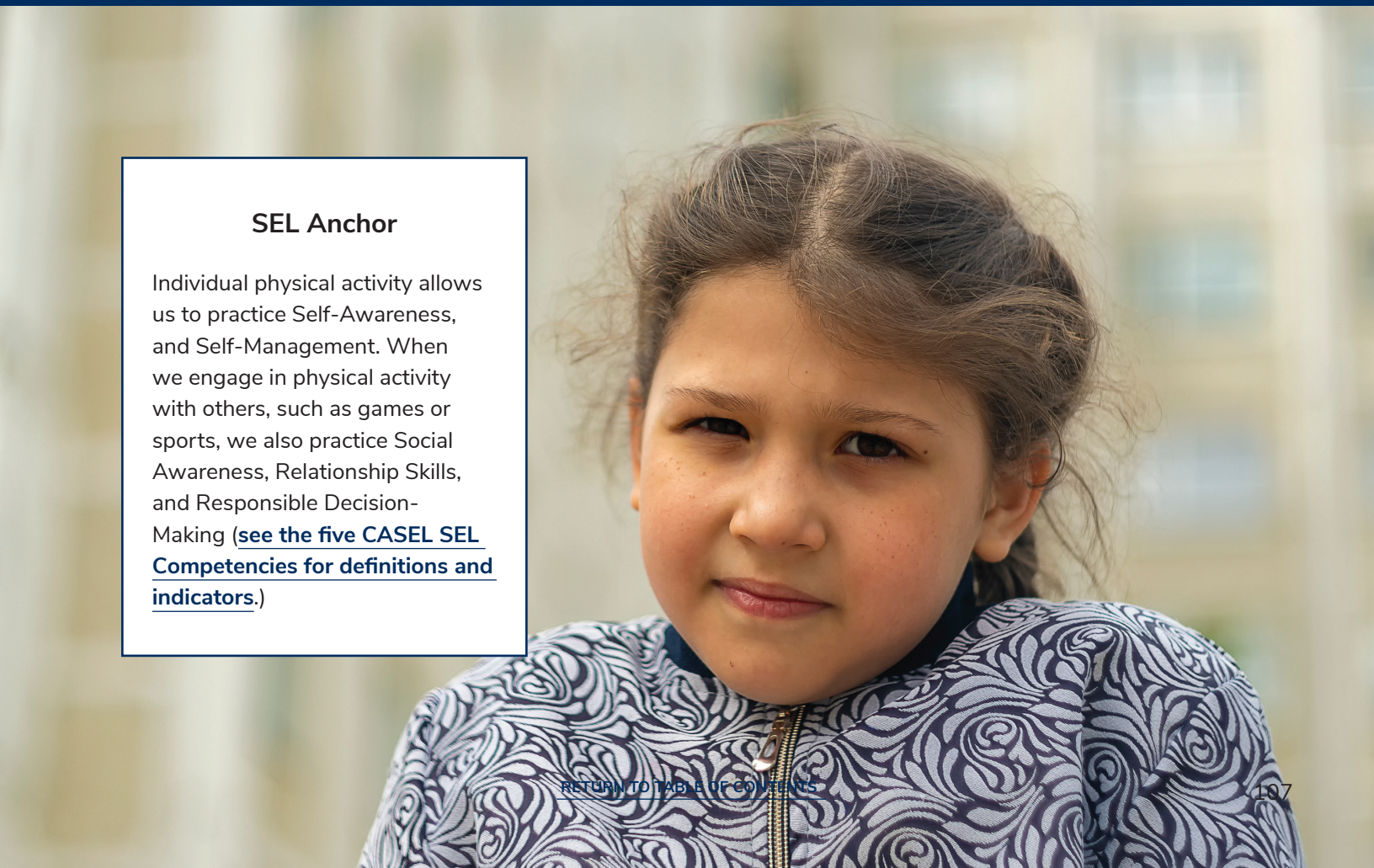
3 THIRD GRADE

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).

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) 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**.)

3 PERSONAL HEALTH AND WELLNESS

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 **Personal Health and Wellness** each time:

- ✔ Being physically active is one way we keep our bodies healthy and well, along with washing our hands, brushing our teeth, eating nutritious food, and getting enough sleep.
- ✔ It is important to keep our bodies clean, especially after being physically active.

InPACT at Home Integrations

Explain to students how physical activity and mind-fulness 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 need more information about classroom management during physical activity, here is a **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."

3

PERSONAL HEALTH AND WELLNESS

MMH™ LESSON 1

Hello Hygiene, Goodbye Germs

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video "Out, Out, In, In." This video shows a physical activity that can help keep us healthy, just like staying clear of germs can keep us from making ourselves and others sick.

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

MMH™ Lesson Procedure

Introduction: In the introduction, consider emphasizing the importance of good hygiene after physical activity. For instance, we need to clean our bodies if we are sweaty or dirty.

Teacher Input: None

Application: None

Closure: None

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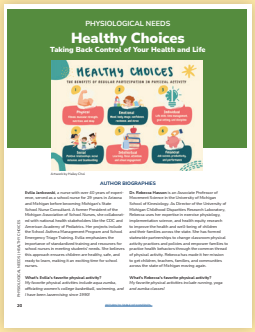
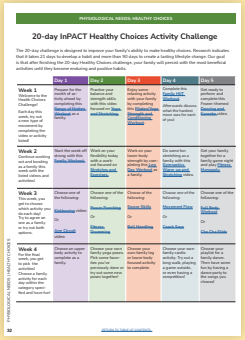
As an added Family Resource for this unit, suggest the **Healthy Choices Module and 20-Day Challenge** for use at home. This module covers taking control of our health and life and emphasizes that we have the agency to make choices; see the Resources section of the InPACT at Home website.





Be sure to invite caregivers to create an account on the **InPACT at Home website** 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.

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PERSONAL HEALTH AND WELLNESS

MMH™ LESSON 2

Keepin' It Clean

Continue reminding students and caregivers to visit the **InPACT at Home website**

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video "Ski Jumps." This video will help students get ready to learn. Being physically active is a key way to keep our bodies healthy and well, much like washing our hands, brushing our teeth, bathing, eating nutritious food, and getting enough sleep. Proper hygiene after exercise is important.

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

MMH™ Lesson Procedure

No Integrations

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