



INPACT
AT SCHOOL



Support InPACT at School

Interrupting Prolonged sitting with ACTivity.



**Move together.
Be yourself.**

Incorporating purposeful movement in the classroom to prepare the brain for learning.



InPACT at School is a classroom-based, physical activity program designed for elementary school students. Many professionals partnered to develop and tailor the program for teachers to implement in their classrooms.

- > Michigan Elementary & Middle School Principals Association
- > Michigan School Health Coordinators' Association
- > Blue Cross/Blue Shield
- > Michigan Department of Education
- > University of Michigan Researchers
- > Michigan Department of Health & Human Services
- > Wayne State University Researchers

Free Online Resources

Providing teachers with online resources to lead healthy activity breaks:

- > Teacher Manuals
- > Active Learning Lessons
- > Online Printable Resources
- > Teacher Training Programs
- > Game Design Elements
- > Instructional Exercise Videos
- > Training Activity Videos
- > Online Implementation Guide
- > Compendium of Activities
- > Michigan Model for Health Integration Guide



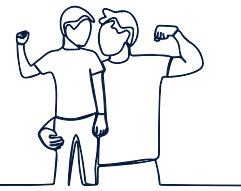
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Move together. Be yourself.



A summary of how physical activity offered in schools enhances academic performance, student health, and overall well-being.

Academic Performance



Physical activity breaks are positively linked to improved academic performance. It enhances attention span, increasing learning time, and boosts test scores and comprehension skills. These benefits apply to both boys and girls and support cognitive skills and attitudes across all ages.

Most teachers preferred fewer breaks that lasted **4** minutes.

4

Behavioral Management



Physical activity can serve as a tier-one behavioral approach for managing anxiety. It helps stabilize mood and reduce hyperactivity and impulsive behaviors, making it an effective strategy for calming difficult emotions. Additionally, physical activity breaks have been shown to improve social behavior among peers.

On average, teachers were able to implement **5** activity breaks per day.

5

Social-Emotional Learning



Physical activity breaks enhance student engagement in school activities and improve self-management of emotions. They also increase social cohesion within the school environment, boost student self-awareness, and raise self-confidence.

Students reported a **4.2** out of 5 on an enjoyment scale during activity breaks.

4.2

Within 30 seconds of completing an activity break,

99%

of students were on-task.

Student Health



InPACT is aligned with the Michigan Model for Health K-5 curriculum. Physical activity breaks help maintain stable blood sugar levels throughout the day. It supports the accumulation of 20 minutes of physical activity, which can improve memory and reduce depression. Additionally, physical activity breaks contributes to better blood pressure and stronger bones.

Students reported an **8** out of 10 on their confidence levels following physical activity every day at school.

8

