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FIFTH GRADE

The integrations below are meant to facilitate efficient MMHTM and InPACT coordination. This joint effort aims to increase healthy behaviors among children and families. These additions are not intended to change the MMHTM 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 **Nutrition and Physical Activity** each time:

- ✓ You are reinforcing the importance of physical activity each time you do a video.
- ✓ The physical activity you do contributes to the 60 minutes students need a day; you can tie this to the “Magic Numbers” 5 (food groups) and 60 (minutes of physical activity).
- ✓ Remind students that what we eat fuels the body for physical activity. What foods can give us energy to engage in activity and grow healthy and strong?
- ✓ Emphasize the importance of drinking plenty of water, especially when being active.
- ✓ Physical activity wakes up the brain and primes it for learning.



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” or a “Nutrition 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.”

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NUTRITION AND PHYSICAL ACTIVITY

MMH™ LESSON 1 What's In Food

InPACT at Home Components with the MMH™

Nutrition Moment

Watch the InPACT at Home video “Berry Spinach Smoothie,” which models a recipe students can make with their families. This video reviews the dietary information/food labels of each ingredient while showing how to make this tasty, nutritious snack.

The nutrition videos on the [InPACT at Home website](#) feature many other healthy recipes for families to try.



(Length: 7:12. Click on video.)



Instructions
STRENGTH
Down, Down, Up, Up

1. Find a carpeted area. Start in a standing position with your hands behind your head.
2. Take your left knee down to the floor, and then take your right knee down to the floor.
3. From your knees, bring your left knee up. Then bring your right knee up, and come back to your original standing position. Switch your start leg.
4. Complete as many rounds as you can for 1 minute.

Watch Video

INPACT Activity Cards 10/2024



MMH™ Lesson Procedure

Introduction: When reviewing food groups, consider asking students about the food groups in the smoothie recipe from the video.

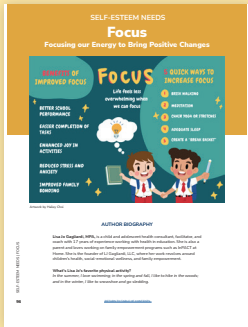
Teacher Input: After reviewing food labels, consider asking students in what ways the smoothie from the video would be a healthy choice for a snack or light meal.

Application: As students try to list healthy snacks, consider bringing their attention to the InPACT at Home Nutrition/Recipe videos on the [InPACT at Home website](#). You could also refer to [Michigan Harvest of the Month](#), which offers numerous healthy food ideas with recipes.

Closure: Consider using the Strength Activity Card, “[Down, Down, Up, Up](#).” You can reinforce that eating healthy foods can give us energy to be able to get 60 minutes of physical activity per day. If you would like to see this activity modeled, [click here](#).



As an added Family Resource for this unit, suggest the **Focus Module and 20-Day Challenge** to use at home. The Focus Module addresses using various forms of physical activity and good nutrition to improve focus and overcome stress. It also discusses screen time; see the Resources section of the InPACT at Home website.



SELF-ESTEEM NEEDS MODULE				
20-day InPACT Focus Challenge				
The 20-day challenge aims to encourage positive lifestyle change. You have 20 days to complete 20 days of focus. Each day has a goal and a video resource to help you achieve it. You have 20 days to complete 20 days of focus. Each day has a goal and a video resource to help you achieve it.				
Week 1	Day 1	Day 2	Day 3	Day 4
<p>Week 1</p> <p>Day 1</p> <p>Goal: Focus on your health and nutrition.</p> <p>Video: Focus on Your Health and Nutrition</p>	<p>Day 2</p> <p>Goal: Focus on your physical activity.</p> <p>Video: Focus on Your Physical Activity</p>	<p>Day 3</p> <p>Goal: Focus on your screen time.</p> <p>Video: Focus on Your Screen Time</p>	<p>Day 4</p> <p>Goal: Focus on your stress management.</p> <p>Video: Focus on Your Stress Management</p>	<p>Day 5</p> <p>Goal: Focus on your family harmony.</p> <p>Video: Focus on Your Family Harmony</p>
Week 2	Day 6	Day 7	Day 8	Day 9
<p>Week 2</p> <p>Day 6</p> <p>Goal: Focus on your health and nutrition.</p> <p>Video: Focus on Your Health and Nutrition</p>	<p>Day 7</p> <p>Goal: Focus on your physical activity.</p> <p>Video: Focus on Your Physical Activity</p>	<p>Day 8</p> <p>Goal: Focus on your screen time.</p> <p>Video: Focus on Your Screen Time</p>	<p>Day 9</p> <p>Goal: Focus on your stress management.</p> <p>Video: Focus on Your Stress Management</p>	<p>Day 10</p> <p>Goal: Focus on your family harmony.</p> <p>Video: Focus on Your Family Harmony</p>
Week 3	Day 11	Day 12	Day 13	Day 14
<p>Week 3</p> <p>Day 11</p> <p>Goal: Focus on your health and nutrition.</p> <p>Video: Focus on Your Health and Nutrition</p>	<p>Day 12</p> <p>Goal: Focus on your physical activity.</p> <p>Video: Focus on Your Physical Activity</p>	<p>Day 13</p> <p>Goal: Focus on your screen time.</p> <p>Video: Focus on Your Screen Time</p>	<p>Day 14</p> <p>Goal: Focus on your stress management.</p> <p>Video: Focus on Your Stress Management</p>	<p>Day 15</p> <p>Goal: Focus on your family harmony.</p> <p>Video: Focus on Your Family Harmony</p>
Week 4	Day 16	Day 17	Day 18	Day 19
<p>Week 4</p> <p>Day 16</p> <p>Goal: Focus on your health and nutrition.</p> <p>Video: Focus on Your Health and Nutrition</p>	<p>Day 17</p> <p>Goal: Focus on your physical activity.</p> <p>Video: Focus on Your Physical Activity</p>	<p>Day 18</p> <p>Goal: Focus on your screen time.</p> <p>Video: Focus on Your Screen Time</p>	<p>Day 19</p> <p>Goal: Focus on your stress management.</p> <p>Video: Focus on Your Stress Management</p>	<p>Day 20</p> <p>Goal: Focus on your family harmony.</p> <p>Video: Focus on Your Family Harmony</p>



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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NUTRITION AND PHYSICAL ACTIVITY

MMH™ LESSON 2 More about Nutrients and Using Food Labels

InPACT at Home Components with the MMH™



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

Nutrition Moment

Before this lesson, watch the InPACT at Home video “Nutrition News #4 with Ms. Hatfield.” This video compares food labels for a fruit juice smoothie and soda pop.



(Length: 9:10. [Click on video.](#))

MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: None

Closure: Consider adding the Cardio Play Card, “[Fast Feet](#).” You may want to explain to students, “We need to eat healthy food so we have the energy to be active. Healthy food and physical activity work together to build healthy bodies. Let’s do physical activity now!” If you would like to see this activity modeled, [click here](#).

Instructions

CARDIO
Fast Feet

1. Start in a squat position with your feet shoulder-width apart. This is your “rest” position.
2. Push off the balls of your feet and run in place quickly. This is your “on” position.
3. Alternate between 30 seconds of “on” and 30 seconds of “rest”, repeating for 5 rounds.

Pretend you are your favorite football player!

[Watch Video](#)

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NUTRITION AND PHYSICAL ACTIVITY

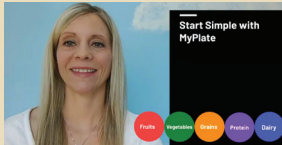
MMH™ LESSON 3 Guidelines for Healthy Eating



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



Consider sharing the video [“Start Simple with MyPlate”](#)



InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Dynamic Stretching.” This video models an activity students can also do at home.

Remind students that physical activity goes hand in hand with good nutrition to keep our bodies healthy and strong.



(Length: 8:18. [Click on video.](#))

MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: None

Closure: Consider using the Cardio Activity Card [“Cross Jacks”](#) to model a physical activity students can do anytime. Good nutrition and physical activity work together to keep our bodies healthy. 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](#)

 **Activity Cards** 5/2024
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NUTRITION AND PHYSICAL ACTIVITY

MMH™ LESSON 4 Planning A Healthy, Scrumptious Meal



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 InPACT at Home video “Total Body Exercise.” The lesson emphasizes the importance of physical activity and healthy nutrition. This video models physical activity.



(Length: 8:08. [Click on video.](#))

MMH™ Lesson Procedure

Introduction: In the introduction, consider telling students that they have completed about 7 minutes of physical activity by doing the exercises in the video. This amount counts towards their 60 minutes for the day!

Teacher Input: None

Application: None

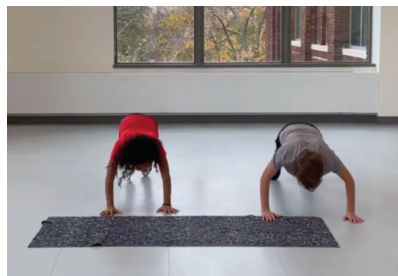
Closure: Consider closing with the Strength Activity Card “[Oh My Gosh](#)”. Food gives us fuel to be active and build our body’s strength. If you would like to see this activity modeled, [click here](#).

Instructions
STRENGTH
Oh My Gosh

1. With your feet together and your hands to the ceiling, jump up towards the sky. Then say “Oh!” as you jump.
2. Place your hands on the floor and jump your feet out into a plank. Say “My!” as you do it.
3. Then pop back into your starting position and say “Gosh!” as you do. Repeat 30 times.

[Watch Video](#)

INPACT Activity Cards 03/2024
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