

INPACT at SCHOOL

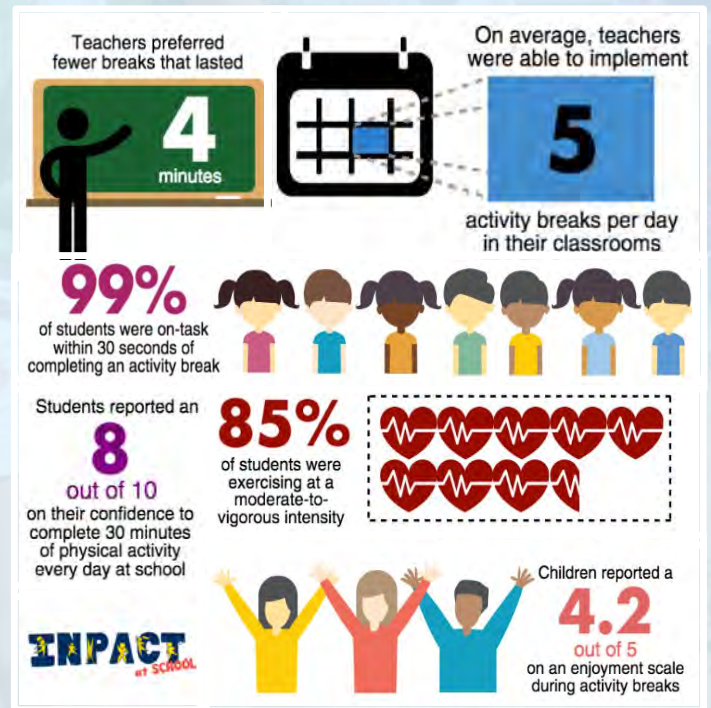


Incorporating purposeful movement into the classroom to prepare the brain for learning

The need: Today's kids are dropping out of sport and physically active play at a young age. Evidence-based physical activity interventions implemented in school classrooms hold great potential for increasing physical activity opportunities for K-12 students.

The partnership: Saginaw Intermediate School District and researchers from the University of Michigan, Wayne State University, and Eastern Michigan University came together to develop and tailor a program for teachers to implement in their classrooms.

The program: Interrupting Prolonged sitting with ACTivity (InPACT) is a tailored classroom physical activity intervention delivered with a comprehensive set of strategies designed to provide teachers with the necessary resources to lead their classes in 5 x 4-minute activity breaks throughout the school day. Strategies include classroom curriculum and management resources, instructional exercise videos, floor plans, district-wide implementation guide and a teacher training program. Visit our program website at: inpact.kines.umich.edu.



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