What: Interrupting Prolonged sitting with ACTivity (InPACT)

Your daughter/son will work up to performing ten 3 minute physical activity breaks per school day.

Where: In three schools across Michigan!
- Columbia Upper Elementary
- Estabrook Learning Center
- Jesse L. Anderson Elementary

When: September-December. Starting with 1 activity break per day and increasing by 1 each week until the class reaches 10.

Who: 3rd-6th grade students

Why:
InPACT is a classroom-based physical activity intervention emphasizing children’s natural physical activity patterns (short, intermittent bouts of activity) to reduce sedentary behaviors. Through simple adjustments in teaching curriculum and classroom design, our intervention provides a low cost strategy to increase structured physical activity opportunities throughout the school day.

By creating “active” classrooms that facilitate both movement and learning, we aim to significantly improve obesity-related outcomes as well as academic achievement in children.
Activity breaks are 3 minutes in duration and moderate to vigorous intensity.

Frequently Asked Questions

What benefits will my child receive?
Research has consistently demonstrated that students who engage in regular physical activity both in and out of the classroom tend to show better academic performance along with better emotional, mental and physical health outcomes.

What if my student gets hurt during the activity break?
Safety comes first, and proper precaution should be taken by the instructor prior to the beginning of all the physical activity breaks. However, if in the unfortunate circumstance that a student is hurt during the activity break, make sure to follow the school’s appropriate guidelines to deal with the injury.

Can my students be more physically active outside of the time they spend at school with the activity breaks?
Yes? Students should get the recommended 60 minutes of physical activity on a daily basis. The activity breaks are meant as a means to supplement their physical activity during the school day.

Will these activity breaks interfere with my students’ learning?
No, these activity breaks when integrated correctly in the classroom, should not interfere with the students learning, rather it may improve their learning.

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