

INPACT in the COMMUNITY



Strengthening community connections through movement, sport, and learning activities

The need: Summer is a time when many students tend to lose achievement and health gains, they made during the previous school year. Summer is also a time when children have fewer opportunities to interact with their peers.

The partnership: The University of Michigan, Detroit Lions Football Education, Michigan Learning Channel and local parks and recreation departments have partnered to offer a series of summer activities to keep students moving and learning during the months of June, July, and August.

The programs:

- The Detroit Lions Football Education offers summer camps. Visit the program website at www.detroitlions.com/summercamps.
- The Michigan Learning channel provides fun activity books. Visit the program website at: <https://www.michiganlearning.org/>.
- The Interrupting Prolonged sitting with ACTivity (InPACT) team offers activity calendars events hosted by parks and recreation. Visit our program website at: inpect.kines.umich.edu.

InPACT at Home August Preseason Challenge

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	2	3	4	5	6	7
Activity Focus: Olympics	Balance Skills: Have your child challenge themselves with this gymnastics skills video!	Cardio Circuit: Practice moves like Olympic heaves with this kicking cardio video!	Mindful Movement: Get energized for the month ahead with this mindfulness video!	Strength: Build strong legs like an Olympian with this lower body strength video!	Family Fun: Practice your Olympic baseball skills with this overhand throw video!	
Week 2	9	10	11	12	13	14
Activity Focus: Olympics	Balance skills: Think like an Olympian during this gymnastics floor skills video!	Cardio Circuit: Try out an Olympic sport with this soccer skills video!	Mindful Movement: Practice connecting to movement during this movement flow video!	Strength: Build up your strength with this Pilates and yoga video!	Family Fun: Get your family in the Olympic spirit with this sports themed video!	
Week 3	16	17	18	19	20	21
Activity Focus: Fun with the Detroit Lions!	Sport skills: Have fun with Roary the lion learning quarterback skills with this video!	Cardio Circuit: Get your heart rate up with Roary with this lower body workout!	Mindful Movement: Try this dynamic warm-up exercise to get your body ready to move!	Strength: Be strong like a wide receiver with this fun video!	Family Fun: Check out this article that tells you all about Roary the Detroit Lion!	
Week 4	23	24	25	26	27	28
Activity Focus: Fun with the Detroit Lions	Sport skills: Run fast with this running back skill video!	Cardio Circuit: Be fast as your feet with these agility drills!	Mindful Movement: Run around the house at a comfortable pace during this video!	Strength: Pump up those arms with Roary's upper body workout!	Family Fun: Watch this video to get excited for the Lions season!	
Week 5	30	31				
Activity Focus: Fun with the Detroit Lions	Sport skills: Jump over hurdles with Roary the Lion during this video!	Cardio Circuit: Can you beat Roary during the agility ladder? Give it a try!				

Ferdale P&R in partnership with InPACTatHome "Summer Activity & Event Calendar"
 For more events and activities visit: [Ferdale Parks & Recreation](http://FerdaleParks&Recreation.com) and inpectathome.umich.edu



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