

Immune System

Learning Objectives

- I can identify the major structures and functions of the immune system. (4.1a)
- I can describe how the immune system defends the body against germs and disease. (4.2a)
- I can describe the effects of nutrition, personal hygiene, and sleep on the immune system. (4.3a)

Teacher Notes

- This lesson will include many pauses that will involve student response or time to design. Please pause the video as instructed for as long as needed.
- Each student will need a piece of paper for the movement activity portion of this lesson.

Lesson Steps: Video Outline

Immune System Video

Step 1 Introduction

- Pre Assessment:
 - What parts of the body make up the immune system? (focus is on white blood cells)
 - What does the immune system do? Why is it so important?

Step 2 Activity

- Overhand Throwing: Students will ball up their piece of paper. This will be their white blood cell. When germs pop up on the screen, they will perform an overhand throw to attempt to hit the germ.

Step 3 Closure

- Post Assessment: This or That
 - What parts of the body make up the immune system?
 - Why is the job of the immune system so important?
 - What can you do to help your immune system keep you healthy?

Assessments

- Pre: Questions will introduce topic, engage learners, and access prior knowledge
- Post: This or That will demonstrate student understanding of material covered during class. Teacher will observe student choices to determine level of understanding.



Sample Lesson Plan
Virginia 2021 SOL Edition
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Immune System GR4-BOD-7
Fourth Grade - 4.1a,4.2a, 4.3a

Extensions/Connections/Applications

- Implementing teacher can have students discuss what things they do specifically to prevent illness and what they can do to prevent the spread when they are sick. Have students think about their everyday lives and habits. What has changed in our world with the spread of COVID-19? What have we done as a society to prevent its spread?
- Teacher can also change the type of throw used during activity and provide modifications or challenges as needed. (underhand toss, non-dominant hand, etc.)

Resources/References

- [Kids Health - Your Immune System](#)