



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 4 – Body Systems

Unit 2

SOLs:

- 4.1.a** Identify the major structures and functions of the immune system.
- 4.1.j** Describe how viruses, bacteria, parasites, and fungi are spread.
- 4.2.a** Describe how the immune system defends against germs.
- 4.3.a** Identify ways to boost the immune system to reduce risk of communicable or noncommunicable disease

Title: Germs and the Immune System

Objectives/ Goals:

- The student will examine major structure and functions of the immune system
- The student will describe how virus, bacteria, parasites, and fungi are spread
- The student will describe how the immune system fights germs
- The student will identify ways to boost the immune system to reduce the risk of communicable diseases

Materials:

- PowerPoint: 4th Grade All About Me Immune System and Communicable Diseases
- Worksheet: My Germ-Free Plan

Procedure:

Step 1	Using the Powerpoint as a guide, begin the lesson with an activity on slide 2. Use the provided link to guide you through the activity. This activity will teach students about germs and how to prevent the spread of germs. Materials needed include: Glo Germ Gel or Powder, UV black light, sink, soap and water Note: If these materials are not available, skip the activity and go to the next slide.
Step 2	Slide 3: Introduce the immune system by showing the video clip. After viewing the video clip, ask students to summarize the function and major structures of the immune system.
Step 3	Slide 4: Review the body fluids that carry germs.
Step 4	Slide 5: Review other places germs can live. Show the video clip on germs.
Step 5	Slide 6: As a class, read the scenario, What Should I Do? Allow students to share their answers. Show the video clip to watch the path of a germ.
Step 6	Slide 7: As a class, read the scenario, What Should I Do? Allow students to share their answers.
Step 7	Slide 8: As a class, read the scenario, Can You Help Me? Allow students to share their answers.
Step 8	Slide 9: Review how to prevent the spread of germs. Show the video clip to reinforce prevention techniques.
Step 9	Slide 10: Ask students to look at the pictures and describe how the picture could prevent the spread of germs.
Step 10	Pass out the worksheet: My Germ-Free Plan. Students will summarize the lesson and relate it to their lives. Allow students to collaborate with a partner to expand on their essays.
Step 11	End the lesson with a classroom energizer.

Assessments, References & Sources:

- Mary McCarley, 2018
- <http://www.instructables.com/id/Teach-a-Glo-Germ-Lesson-for-Improved-Hand-Washing-/>

