



PE/Health Virtual Learning

7th & 8th Health Immune System

April 27, 2020



7th & 8th Grade Health
Lesson: [April 27th 2020]

Learning Target:

Students will be able to identify how our immune system works together to defend our body against diseases.

National Health Education Standard (3.8.2)
Access valid health information from home, school, and community.

Pre-Test

Test your current knowledge and see how many quiz questions you can get correct.

Visit the site linked below, click the blue button that says “Test Yourself”.

[Immune System Quiz](#)

Let's Get Started:

*Watch this intro video on the immune system

[How Your Immune System Works](#)

Practice

Go back to [this website](#), and go through the slideshow to gain more knowledge on the immune system. As you go through the slide show take notes of the following key vocabulary words...

Bacteria

Blood Vessels

Germ

White Blood Cell

Lymph

Bone Marrow

Post-Test

Test your knowledge again and see how many quiz questions you can get correct now.

Click the same blue button that says “Test Yourself” that you used for your pre-test.

[Immune System Quiz](#)

Review

- The immune system keeps you from getting sick and helps you get well when you are sick.
- The immune system is made up of skin, white blood cells, and lymph nodes.
- Your skin protects your insides from germs.
- White blood cells attack the germs in your body when you are sick.
- Lymph nodes are filters that trap bacteria and viruses.
- Lymph nodes under your jaw swell when you have a sore throat because there are more white blood cells there to fight germs.
- A virus causes chickenpox.

Self Assessment

3-2-1

What are 3 things you learned in today's lesson?

What are 2 things you liked or found interesting in this lesson?

What is 1 question you still have about this lesson?