

Allergic Reactions and Movements

Learning Objectives

- I can explain what physical reactions may occur if someone is having an allergic reaction (1.1c)

Teacher Notes

- Video describes allergic reactions and then takes students through movements to help them remember the reactions.
- Vocabulary: itchy, sneezing, runny nose, cough, upset stomach, trouble breathing.
- Students will need some space to move for the activity.

Lesson Steps: Video Outline

<https://drive.google.com/file/d/1dNMiCB5JvtI8AH12IdXmwcbU0ALHdEzD/view?usp=sharing>

Step 1 Introduction

- Ask before the video: Does anybody have allergies or know someone that does? What happens when their allergies act-up?
- The six reactions listed above are explained in the video along with things that can cause allergic reactions.

Step 2 Activity

- Locomotor Movements- The students will perform different movements with the teacher in the video while remembering and reciting the different allergic reactions.

Step 3 Closure

- The video summarizes the six allergic reactions we covered.

Assessments

- Pre Assessment- Call and Response: Does anybody have allergies or know someone that does? What happens when their allergies act-up?
- Post Assessment- Call and Response: 1) Name something that can cause an allergic reaction, 2) Name one of the allergic reactions from the video.

Extensions/Connections/Applications

- Have students name other allergic reactions they know of that were not in the video.



Sample Lesson Plan
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First Grade- 1.1c

- Ask, “What should you do if you think you or a friend is having an allergic reaction?”

Resources/References

- <https://www.mayoclinic.org/diseases-conditions/allergies/symptoms-causes/syc-20351497>