

The Body's Superhero Team

(Year 3 - Ages 8-9):

Lesson 4 of 9

Lesson Summary

This lesson introduces students to their internal organs as a team of incredible superheroes, using the official Donate Buddies characters. Students will meet heroes like Harriet the Heart, the super-strong pumper, and Lenny the Lungs, the master of super-breath. Through a fun "Meet the Heroes" activity and a creative task where they design a superhero logo for an organ, students will learn about the basic functions of major organs and the importance of teamwork. The lesson gently introduces the idea that these superheroes are the most precious team we have, working together to give us the gift of a healthy, active life.

Learning Intentions

Students will

- Understand that our organs work together like a team of superheroes.
- Identify some major organs and their "superpowers" (functions), using the Donate Buddies characters.
- Recognise that the teamwork of our organs is a precious gift that keeps us healthy.

Success Criteria

Students can

- Name one Donate Buddies organ superhero and describe its superpower.
- Explain that organs need to work together to keep us healthy.
- Design a superhero logo for an organ that represents its job.

Lesson Details

Time:	30 minutes
Year Level:	Year 3 (Ages 8-9)
Unit:	This is Lesson 4 of 9 in the series.
Educational Partner:	This lesson is adapted from resources provided by Donatelife

General Capabilities

Personal and Social Capability, Critical and Creative Thinking, Health and Physical Literacy.

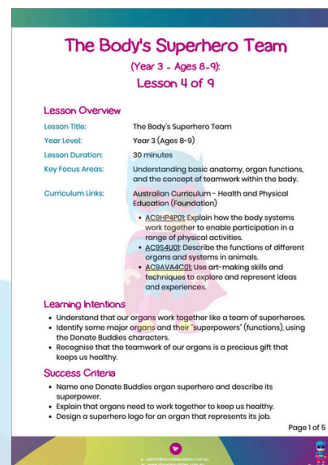
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Lesson Guides and Printables

Lesson Plan

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The Body's Superhero Team
(Year 3 - Ages 8-9)
Lesson 4 of 9

Lesson Overview

Lesson Title: The Body's Superhero Team
Year Level: Year 3 (Ages 8-9)
Lesson Duration: 30 minutes
Key Focus Areas: Understanding basic anatomy, organ functions, and the concept of teamwork within the body.
Curriculum Links: Australian Curriculum - Health and Physical Education (Foundation)

- **AC9E5E02** Explain how the body systems work together to enable participation in a range of physical activities.
- **AC9E5E03** Describe the functions of different organs and systems in animals.
- **ACMAVA02** Use art-making skills and techniques to explore and represent ideas and experiences.

Learning Intentions

- Understand that our organs work together like a team of superheroes.
- Identify some major organs and their "superpowers" (functions), using the Donate Buddies characters.
- Recognise that the teamwork of our organs is a precious gift that keeps us healthy.

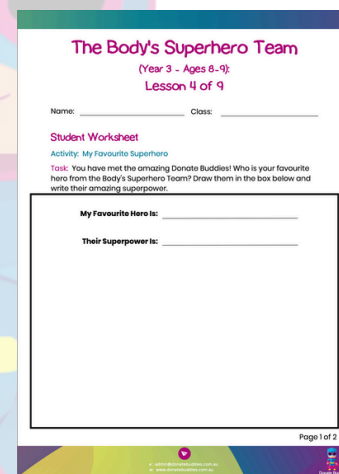
Success Criteria

- Name and Donate Buddies organ superhero and describe its superpower.
- Explain that organs need to work together to keep us healthy.
- Design a superhero logo for an organ that represents its job.

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Student Worksheet

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The Body's Superhero Team
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Lesson 4 of 9

Name: _____ Class: _____

Student Worksheet

Activity: My Favourite Superhero

Task: You have met the amazing Donate Buddies! Who is your favourite hero from the Body's Superhero Team? Draw them in the box below and write their amazing superpower.

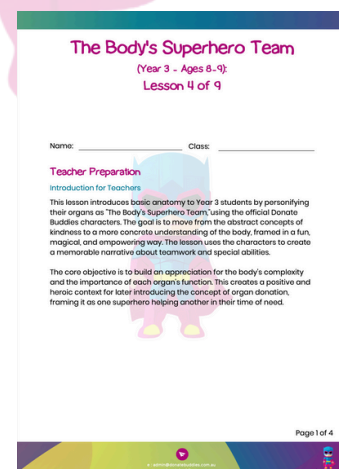
My Favourite Hero is: _____

Their Superpower is: _____

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Teacher Content Info

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Lesson 4 of 9

Name: _____ Class: _____

Teacher Preparation

Introduction for Teachers

This lesson introduces basic anatomy to Year 3 students by personifying their organs as "The Body's Superhero Team" using the official Donate Buddies characters. The goal is to move from the abstract concepts of kindness to a more concrete understanding of the body, framed in a fun, magical, and empowering way. The lesson uses the characters to create a memorable narrative about teamwork and special abilities.

The core objective is to build an appreciation for the body's complexity and the importance of each organ's function. This creates a positive and heroic context for later introducing the concept of organ donation, framing it as one superhero helping another in their time of need.

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Curriculum Mapping and Links

Australian Curriculum (v9.0)

Subject	Strand	Content Descriptor
Health and Physical Education	Personal, Social and Community Health	AC9HP4P01 : Explain how the body systems work together to enable participation in a range of physical activities.
Science	Biological sciences	AC9S4U01 : Describe the functions of different organs and systems in animals.
The Arts (Visual Arts)	Creating	AC9AVA4C01 : Use art-making skills and techniques to explore and represent ideas and experiences.

Queensland Curriculum (QCAA)

Subject	Syllabus	Content Description
Health and Physical Education	Year 3	Describe how the body reacts to participating in physical activities.
Science	Year 3	Living things, including plants and animals, have life cycles. (Can be linked to body functions).
The Arts (Visual Arts)	Year 3	Create artworks that communicate ideas, concepts, observations, feelings and experiences.



Resources Required

- A set of "Superhero Organ" trading cards featuring the official Donate Buddies characters (Harriet the Heart, Lenny the Lungs, Larry the Liver, etc.).
- A large outline of a human body on poster paper ("Superhero Headquarters").
- An "Organ Superhero Logo" worksheet for each student.
- Markers, crayons, and coloured pencils.
- A picture book about the human body (e.g., The Magic School Bus Inside the Human Body by Joanna Cole).

Skills

- Scientific literacy (basic anatomy)
- Teamwork
- Creative design
- Critical thinking
- Communication

Teacher Preparation

- Create the "Superhero Organ" cards using the official Donate Buddies images and simple descriptions of their "superpowers" (e.g., Harriet the Heart – Super-Strength Pumping Power!).
- Prepare the large body outline poster.
- The core of this lesson is the "Superhero Team" metaphor, brought to life by the official Donate Buddies characters. This personifies the organs, making them memorable and fun, and creating a positive foundation for understanding the body's value.

Additional Information

This lesson has been created as part of Donate Buddies, a program designed to help young children explore kindness, sharing, and the importance of helping others. By introducing these concepts in a fun, age-appropriate, and engaging way, children begin to understand the power of kindness and how their actions can make a big difference.

Organ, eye, and tissue donation is a real-life example of this kindness, where one person can help save the lives of many others. While most people can donate tissue, only a small number of people who pass away in hospitals can become organ donors. One organ donor alone can save up to seven lives and help many more people through eye and tissue donation.

