

# The Helping Hero Team

(Year 4 - Ages 9-10):

## Lesson 3 of 9

### Lesson Overview

Lesson Title:	The Helping Hero Team
Year Level:	Year 4 (Ages 9-10)
Lesson Duration:	60 minutes
Key Focus Areas:	Understanding donation as a process of teamwork, kindness, and scientific collaboration.
Curriculum Links:	Australian Curriculum - Health and Physical Education (Foundation) <ul style="list-style-type: none"><li>• <u>AC9HP4P02</u>: Analyse how behaviours and actions influence the connections and relationships people have with others.</li><li>• <u>AC9HP4P05</u>: Describe and apply problem-solving and help-seeking strategies in a range of situations.</li><li>• <u>AC9HS4K08</u>: The diversity of cultural, religious, and/or social groups in the local community and the importance of cooperation.</li><li>• <u>AC9TDE4P01</u>: Investigate a problem and different ways of solving it through design and technologies.</li></ul>

### Learning Intentions

- Understand that helping someone through donation is a team effort.
- Identify the different roles people play in the "Helping Hero Team" (e.g., donor family, doctors, recipient).
- Recognise that this teamwork is a real-life example of science and kindness working together.

### Success Criteria

- Name at least two different "teams" or "heroes" involved in the gift of donation.
- Explain why teamwork is essential for the "spare part" gift to happen.
- Create a "Relay Chain" that shows the order of the team's actions.



# Teaching Sequence

Work through this lesson in the following sequence:

Duration	Part	Focus
10 minutes	Part A. The Great Relay	Introduction, Hook, and Metaphor
15 minutes	Part B. Meet the Hero Team	Brainstorming and Introducing Roles
20 minutes	Part C. Mapping the Relay Chain	Group Activity and Worksheet
15 minutes	Part D: The Finish Line	Sharing, Connecting to the Big Idea, & Reflection

## Part A. The Great Relay (10 minutes)

### Step 1. Review and Introduction

- Gather students on the floor.
- Say: "Hello, heroes! In our last lessons, we became 'Helping Heroes' and 'Communication Detectives.' We learned what the 'spare part' gift is and how to talk about important ideas. Today, we're going to learn how this amazing gift actually happens. And it's all about one thing: incredible teamwork."

### Step 2. The Relay Metaphor

- Hold up the "Relay Baton" prop.
- Ask: "Who has seen a relay race in sports? What is the goal?" (To pass the baton from one team member to the next to win the race).
- Say: "Exactly! One person starts, passes the baton to the next person, who runs their part and passes it to the next. The "spare part" gift is exactly like a 'Helping Hero Relay.' It's not one person doing everything; it's an amazing team working together to pass a wonderful gift—the gift of life—from one person to another."



## Part B. Meet the Hero Team (15 minutes)

### Step 1. Brainstorming the Team

- Ask: "If this is a 'Helping Hero Relay,' who do you think is on the team? Who would need to be involved to make this miracle of teamwork happen?"
- Brainstorm a list on the board. Students will likely say "doctors" and "the person who is sick." Acknowledge these and probe deeper.
- Ask: "Who makes the first, most important choice to give the gift?" (Guide them to "the family"). "Who organises the whole thing, like a team manager?" "Who is the team working to help?"

### Step 2. Introducing the "Hero Team Role Cards"

- Say: "You're right, there's a whole team! Let's meet the main players in the 'Helping Hero Relay.'"
- Introduce the four key roles, using the simple, positive language (refer to Teacher Content):
  - "The First Heroes (The Donor Family): They start the relay with their brave, kind choice."
  - "The Team Managers (The Coordinators): They get the call and organise the whole team."
  - "The Super-Mechanics (The Doctors): They use their amazing 'Repair Shop' skills."
  - "The Heroic Recipient: Their job is to be ready and get strong."

## Part C. Mapping the Relay Chain (20 minutes)

### Step 1. Group Activity

- Divide students into small groups of 3-4.
- Give each group a copy of the "The Helping Hero Relay Chain" worksheet and a "Hero Team Role Card" (you can give all groups the same card, or different ones to focus on).
- Say: "Your mission is to map out the 'Helping Hero Relay.' As a team, you need to use your role card and our discussion to fill in your 'Relay Chain' worksheet. For each hero on the team, write or draw what their special job is to help pass the baton to the next person."

### Step 2. Creative Collaboration

- Allow 15-20 minutes for groups to work. Circulate and help them, reinforcing the simple, non-medical language.
- Prompt: "Great! So, what do the 'Team Managers' do? How do they help the 'First Heroes' pass the baton to the 'Super-Mechanics'?"

### Step 3. Connecting to the Bigger Idea (while they work)

- As groups are finalising their chains, reinforce the key concept.
- Say: "This isn't just a game. This is a real-life miracle of teamwork. It's not magic; it's even better—it's real people, all working together with skill and kindness. The most important part is that every single person on the team is a hero, and the relay can't happen without them."



## Part D. The Finish Line (15 minutes)

### Step 1. Group Presentations

- Ask 2-3 groups to come to the front and share their "Relay Chain" map.
- Ask: "Can you walk us through your relay? Who has the baton first? Who do they pass it to, and what does that person do?"
- Celebrate each group's presentation, highlighting how they understood the process and the teamwork.

### Step 2. Reflection

- Gather the class's attention.
- Ask: "What was the most surprising thing you learned about the 'Helping Hero Team' today?"
- Ask: "Why is teamwork so important for this gift to happen?"
- Say: "You've all done an amazing job understanding one of the most special and kind acts of teamwork in the world. It shows how science and a family's brave, kind choice can work together as a team to save a life."

## Differentiated Learning

- Extension:
  - Challenge students to add a fifth hero to their relay chain (e.g., "The Community" who supports the families, or "The Scientist" who discovers new ideas) and explain their role.
  - Have students write a short "Newspaper Report" (on the back of their worksheet) celebrating the successful "Relay" of the "Helping Hero Team."
- Learning Support:
  - Provide a "Word Bank" on the board with key jobs (e.g., "Makes the kind choice," "Organises the team," "Does the repair," "Gets healthy").
  - Complete the "Relay Chain" worksheet as a whole class, with you filling in a large version on the board while students copy it down.

## Teacher Reflection

- Did the "relay race" metaphor work to explain the process of donation in a positive, active, and non-medical way?
- Were students able to identify and understand the different (non-medical) roles of the "Helping Hero Team"?
- Did the lesson successfully frame donation as a real-life example of amazing teamwork, science, and kindness working together?
- How can I use this "teamwork" language in the future to reinforce that complex problems are solved by many people working together?



## Assessment

- Worksheet (Activity): Observe the "Helping Hero Relay Chain" worksheet for a logical sequence of events (e.g., Family > Coordinator > Doctor > Recipient) and a basic understanding of each role.
- Group Presentation: Listen for the group's ability to explain the process using the core "relay" metaphor and the positive "hero" language.
- Class Discussion: Listen for students' ability to use the terms "teamwork" and the names of the "hero roles" in the context of the lesson.

## Additional Notes:

This lesson is a critical step in demystifying the how of donation. The focus must remain entirely on the process and teamwork, not on any medical or technical details. It translates the 16+ curriculum's "Future of Transplantation" theme (which focuses on science and careers) into an age-appropriate lesson about collaboration. By framing everyone as a "hero" on a "team," we celebrate the scientific and human elements as equal partners in a wonderful, kind act.

