

# Our Body's Super-Mechanics

(Year 1 - Ages 6-7):

## Lesson 3 of 9

### Lesson Summary

This lesson introduces students to the amazing "machinery" of the human body and the community helpers who act as "super-mechanics" (doctors and nurses). Students will learn the simple functions of key body parts like the heart, lungs, and eyes. Through an interactive "body blueprint" activity, they will explore how these parts work together and understand that sometimes, when a part is not working well, the gift of donation provides a new, healthy part to help the body run smoothly again.

### Learning Intentions

Students will ....

- Identify some important parts of our body and their jobs (heart, lungs, eyes).
- Understand that doctors and nurses are like "body mechanics" who help keep us healthy.
- Recognise that the gift of donation can give someone a new body part that works.

### Success Criteria

Students can ....

- Name one body part and what it does.
- Describe one way a doctor or nurse helps our bodies.
- Draw a picture of a healthy body part working correctly on my "body blueprint."

### Lesson Details

Time:	30 minutes
Year Level:	Year 1 (Ages 6-7)
Unit:	This is Lesson 3 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 Movement Literacy.

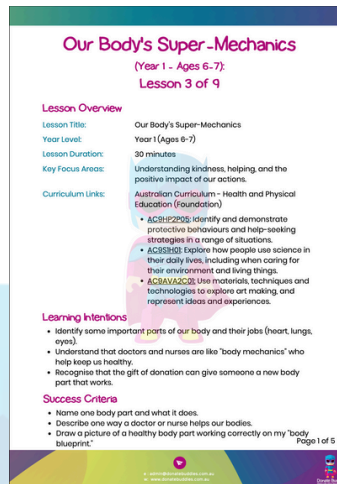
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# Lesson Guides and Printables

## Lesson Plan

[Download PDF](#)



**Our Body's Super-Mechanics**  
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Lesson 3 of 9

**Lesson Overview**

Lesson Title: Our Body's Super-Mechanics  
Year Level: Year 1 (Ages 6-7)  
Lesson Duration: 30 minutes  
Key Focus Areas: Understanding kindness, helping, and the positive impact of our actions.  
Curriculum Links: Australian Curriculum - Health and Physical Education (Foundation)  
• ACHEP2205: Identify and demonstrate protective behaviours and help-seeking strategies in a range of situations.  
• ACSSU2203: Explore how people use science in their daily lives, including when caring for their environment and living things.  
• ACMAU2002: Use materials, techniques and technologies to explore art making, and represent ideas and experiences.

**Learning Intentions**

- Identify some important parts of our body and their jobs (heart, lungs, eyes).
- Understand that doctors and nurses are like "body mechanics" who help keep us healthy.
- Recognise that the gift of donation can give someone a new body part that works.

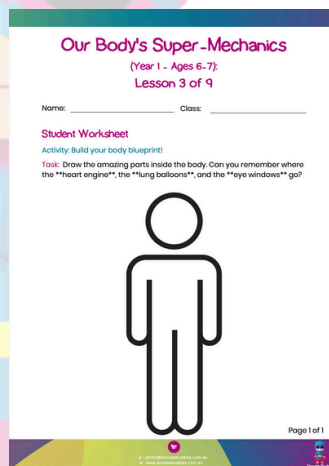
**Success Criteria**

- Name one body part and what it does.
- Describe one way a doctor or nurse helps our bodies.
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## Student Worksheet

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Name: \_\_\_\_\_ Class: \_\_\_\_\_

**Student Worksheet**

Activity: Build your body blueprint!

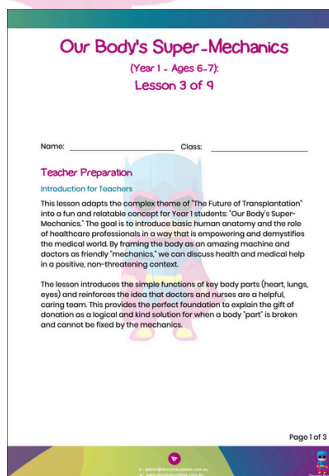
Task: Draw the amazing parts inside the body. Can you remember where the "heart engine", the "lung balloons", and the "eye windows" go?



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## Teacher Content Info

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Name: \_\_\_\_\_ Class: \_\_\_\_\_

**Teacher Preparation**

Introduction for Teachers

This lesson adopts the complex theme of "The Future of Transplantation" into a fun and relatable concept for Year 1 students: "Our Body's Super-Mechanics". The goal is to introduce basic human anatomy and the role of healthcare professionals in a way that is empowering and demystifies the medical world. By framing the body as an amazing machine and doctors as friendly "mechanics", we can discuss health and medical help in a positive, non-threatening context.

The lesson introduces the simple functions of key body parts (heart, lungs, eyes) and reinforces the idea that doctors and nurses are a helpful, caring team. This provides the perfect foundation to explain the gift of donation as a logical and kind solution for when a body "part" is broken and cannot be fixed by the mechanics.

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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	<a href="#">AC9HP2P05</a> : Identify and demonstrate protective behaviours and help-seeking strategies in a range of situations.
Science	Science as a Human Endeavour	<a href="#">AC9SIH01</a> : Explore how people use science in their daily lives, including when caring for their environment and living things.
The Arts (Visual Arts)	Creating	<a href="#">AC9AVA2C01</a> : Use materials, techniques and technologies to explore art making, and represent ideas and experiences.

## Queensland Curriculum (QCAA)

Subject	Syllabus	Content Description
Health and Physical Education	Year 1	Identify people and actions that help them stay safe and healthy.
Science	Year 1	Explore how science is used in people's daily lives to care for living things.
The Arts (Visual Arts)	Year 1	Use materials, techniques and technologies to make artworks that represent ideas.



## Resources Required

- A picture book about the human body (e.g., *Me and My Amazing Body* by Joan Sweeney).
- A large outline of a person drawn on the whiteboard or butcher's paper.
- Pre-cut paper shapes of a heart, a pair of lungs, and a pair of eyes, with sticky tack on the back.
- A worksheet for each student featuring a large, simple outline of a person.
- Crayons, markers, and glue sticks.

## Skills

- Scientific literacy (basic anatomy)
- Body awareness
- Critical thinking (problem-solving)
- Communication

## Teacher Preparation

- Draw the large body outline and prepare the cut-out organ shapes.
- Have the student worksheets ready.
- The "body mechanic" metaphor is the key to this lesson. It frames the body as an amazing machine and medical care as a positive, helpful process of "tune-ups" and "repairs." This demystifies illness and frames donation as a logical and kind solution when a "part" can't be fixed.

## 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.

