

# 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:	<p>Australian Curriculum – Health and Physical Education (Foundation)</p> <ul style="list-style-type: none"><li>• <u>AC9HP4P01</u>: Explain how the body systems work together to enable participation in a range of physical activities.</li><li>• <u>AC9S4U01</u>: Describe the functions of different organs and systems in animals.</li><li>• <u>AC9AVA4C01</u>: Use art-making skills and techniques to explore and represent ideas and experiences.</li></ul>

### 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 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.



# Teaching Sequence

Work through this lesson in the following sequence:

Duration	Part	Focus
5 minutes	Part A. Superhero Headquarters	Introduction, "Call to Action" Hook & The Team Metaphor
10 minutes	Part B. Meet the Heroes	Character Introductions & Superpower Discovery
10 minutes	Part C. Designing Our Superhero Logos	Creative Activity & Connecting to the Big Idea
5 minutes	Part D. The Team Assembles	Reflection and Sharing

## Part A. Superhero Headquarters (5 minutes)

### Step 1. Review and Introduction

- Gather students on the floor. Have the large body outline poster displayed, referring to it as "Superhero Headquarters."
- Say: "Hello, everyone! Last time, we became inventors. Today, we're going on a new mission **inside our own bodies**, which are like the headquarters for an amazing team of superheroes!"

### Step 2. The Call to Action

- Say: "Inside each of us, a team of incredible heroes is working day and night to keep us healthy and strong. They have amazing superpowers, and today, we're going to meet them! They are the Donate Buddies, and they are our body's very own superhero team."
- Ask: "What makes a good superhero team?" (Guide them to ideas like 'working together,' 'everyone having a special job,' 'communicating').
- Say: "Exactly! And our organ heroes are the best team there is. Let's meet some of them."



## Part B. Meet the Heroes (10 minutes)

### Step 1. Introducing the Donate Buddies

- Introduce the "Superhero Organ" trading cards one by one, using the official Donate Buddies characters.
- Say: "First up, meet Harriet the Heart! Her superpower is Super-Strength Pumping! She works tirelessly to pump blood all around your body, delivering energy to every single part of you." (Place Harriet's card on the chest of the body outline).
- Say: "Next, meet Lenny the Lungs! His superpower is Super-Breath! He breathes in all the fresh air your body needs and gets rid of the old air." (Place Lenny's card on the lungs area).
- Say: "And here is Larry the Liver! His superpower is being a Super-Cleaner! He has over 500 jobs, including cleaning your blood and storing energy." (Place Larry's card on the liver area).
- Continue with Katie & Kenny the Kidneys (Super-Filters) and Izzy the Intestine (Super-Digester).

### Step 2. Brainstorming Teamwork

- Ask: "How do these heroes need to work together? What would happen if Harriet the Heart stopped pumping blood to Lenny the Lungs?" (Guide them to understand the connections).
- Say: "They are the ultimate team! They all rely on each other to keep the headquarters running perfectly. This amazing teamwork is the gift that keeps us healthy and lets us run, play, and learn every day."

## Part C. Designing Our Superhero Logos (10 minutes)

### Step 1. Creative Activity

- Students move to tables. Distribute the "Organ Superhero Logo" worksheet.
- Instruct: "Every superhero needs a cool logo! Your mission is to choose your favourite organ hero from the Donate Buddies team and design a powerful superhero logo for them. Your logo should be a symbol that shows off their superpower."
- As they work, circulate and talk about their designs.
  - "You chose Larry the Liver! How does your logo show his super-cleaning powers?"
  - "That's a great logo for Harriet the Heart! Why did you choose those colours?"



## Step 2. Connecting to the Bigger Idea

- As they are finishing, gently introduce the connection.
- Say with a caring tone: "These logos are incredible! They really celebrate how amazing our organ superheroes are. This team is the most precious gift we have."
- Continue with a sense of wonder: "Sometimes, a hero on someone's team can get tired or unwell and can't use their superpowers anymore. The kindest and most heroic act in the world is when a person shares the gift of a healthy organ superhero to help another team become strong and whole again. It's the ultimate act of superhero teamwork."

## Part D. The Team Assembles (5 minutes)

### Step 1. Sharing Our Logos

- Say: "It's time for our superhero team to assemble! I'd like each of you to come to the front, tell us which hero you chose, and place your logo on their spot in our Superhero Headquarters."
- One by one, have students come up and tape their logo onto the correct area of the large body outline poster.

### Step 2. Reflection

- Admire the now-decorated body outline, full of their superhero logos.
- Ask: "Look at our amazing superhero team! How does it feel to know you have all these powerful heroes working inside you right now?"
- Say: "It's incredible! Our bodies are a gift, and this team of heroes works together every second to keep us safe and healthy. Let's give a big cheer for our Body's Superhero Team!"

## Differentiated Learning

- Extension:
  - Challenge students to write a short "catchphrase" or motto for their chosen superhero on the back of their worksheet (e.g., Harriet the Heart: "Pumping up the power!").
  - Ask them to think of a "super-villain" their organ might have to fight (e.g., for Lenny the Lungs, the villain could be "Smoky Smog").
- Learning Support:
  - Provide simple, traceable outlines of the organs for students to decorate as their logo.
  - Work with a small group, giving each student one hero to focus on and helping them brainstorm symbols for that hero's superpower.

Page 4 of 5



## Teacher Reflection

- Did the "Superhero Team" metaphor and the official Donate Buddies characters effectively engage the students with basic anatomy?
- Were students able to identify an organ and its corresponding function (superpower)?
- Did the connection between the "superhero team" and the gift of donation feel gentle, positive, and heroic?
- How can I use the language of the Donate Buddies characters in future health lessons to reinforce these concepts?

## Assessment

- Observation of participation in the "Meet the Heroes" activity.
- Ability to name a Donate Buddy character and describe its function.
- Creative expression in the "Superhero Logo" worksheet, showing a symbolic understanding of the organ's role.
- Verbal understanding that organs work together as a team to maintain health.

## Additional Notes:

The success of this lesson relies on the fun and empowering personification of the organs using the official Donate Buddies characters. Framing their functions as "superpowers" and their collaboration as "teamwork" makes complex biology accessible and exciting. This lesson builds a strong, positive appreciation for the body, which is a crucial foundation for understanding the significance of the gift of donation in later lessons.

