

ALL SYSTEMS GO

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Dear Parents/Carers,

Today your child participated in *All Systems Go*, one of the modules from the Life Education program.

The students joined their class on a fascinating tour of the human body. Travelling through the blood, the students explored and discovered how magnificent the human body really is. They learnt about the functions of various body systems and how to keep these systems working well.

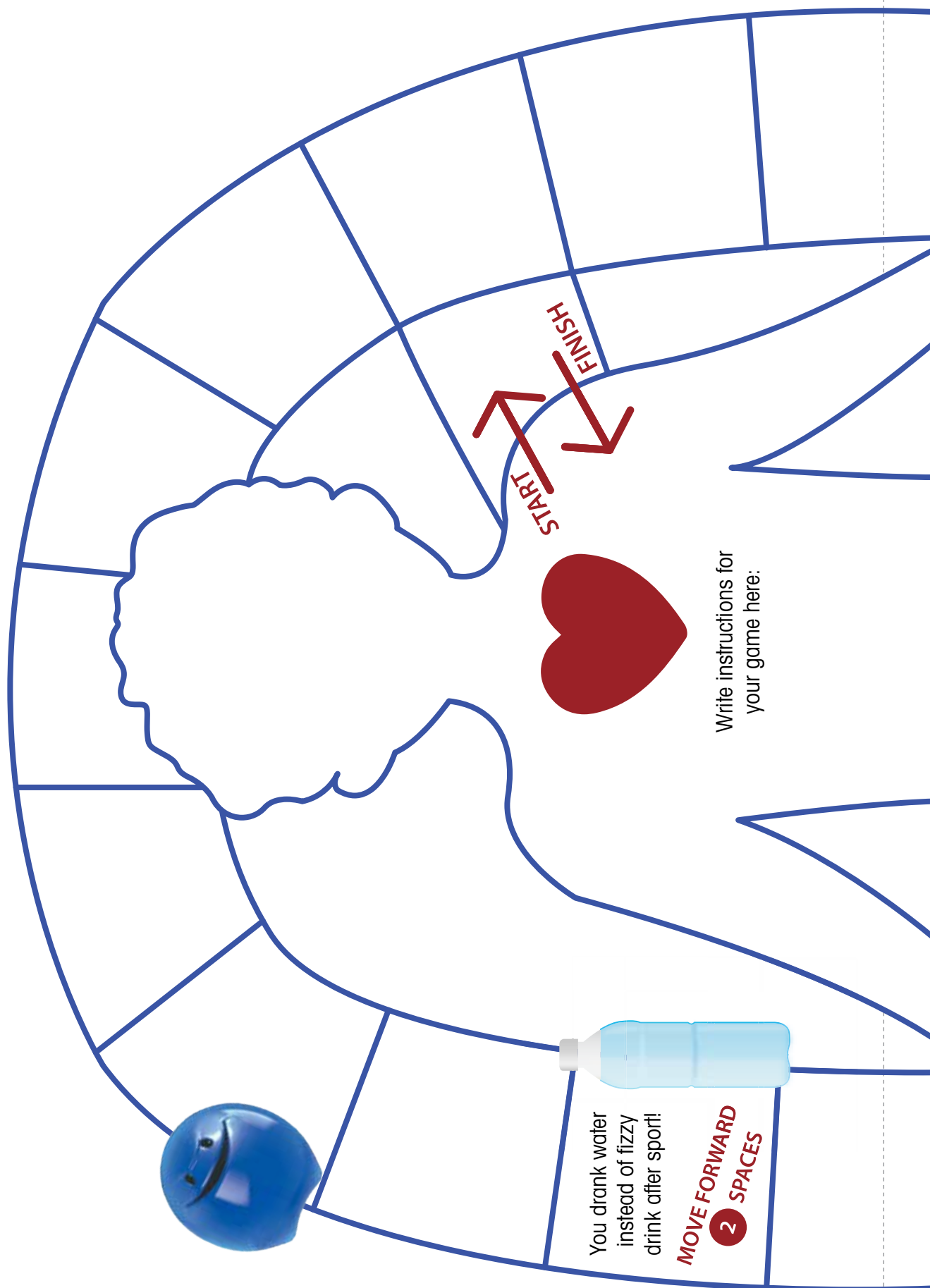
For more information about the Life Education program, visit www.lifeeducation.org.au

To complement the learning from the module, we have created *Ready, Set, All Systems Go* - a fun, educational and interactive game for the whole family. Students get to learn about and build all the parts of the human body while on an exciting race to be the champion! Our coach follows you through the race and helps you every step of the way.

Download the app and do your best to become the *All Systems Go* winner!



1. Tear out board game template.
2. Complete the board game by filling the spaces on the game board with things that improve a person's wellbeing to move forward, and those that reduce wellbeing by moving backwards (e.g. "Congratulations! You have eaten a piece of fruit today - Move Ahead 2 Spaces", or "You only drank one glass of water - Miss a Turn."
3. To make it interesting, create 'pick-up' cards with challenges where the correct answers result in extra turns, moving forward or acquiring a token.
4. Now invite your family and friends to play your Healthy Lifestyles board game.





Body Fuel

4



Body Systems Review

5



Medicines

6



Snack Stall

7



Secondhand Smoke

8



Think, Say, Do

9

On the inside of the body, write some of your healthy lifestyle habits.



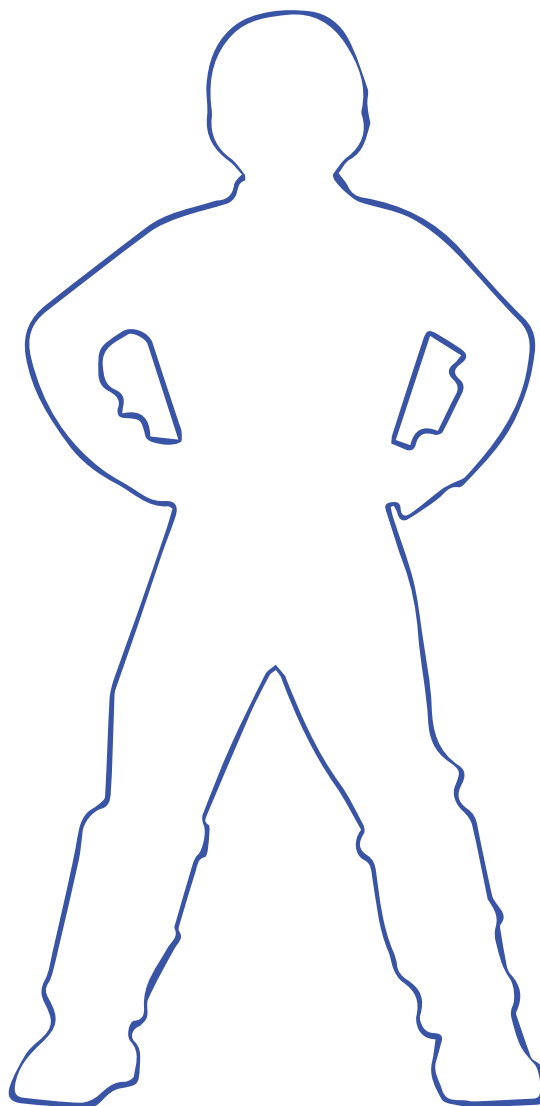
Do you have a healthy lifestyle?
YES/NO

List 4 things that would improve your health:

- 1
- 2
- 3
- 4

To improve my health this week, I am going to:

<div></div>
<div></div>
<div></div>
<div></div>
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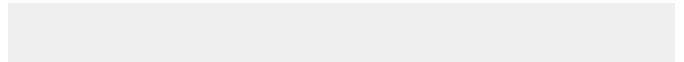
Choose a body part.
Answer the questions and fill in the spaces below.



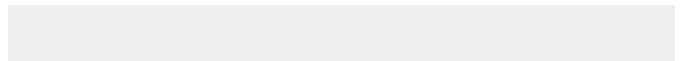
Draw a picture of the body part:



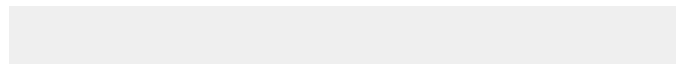
Which body part are you?



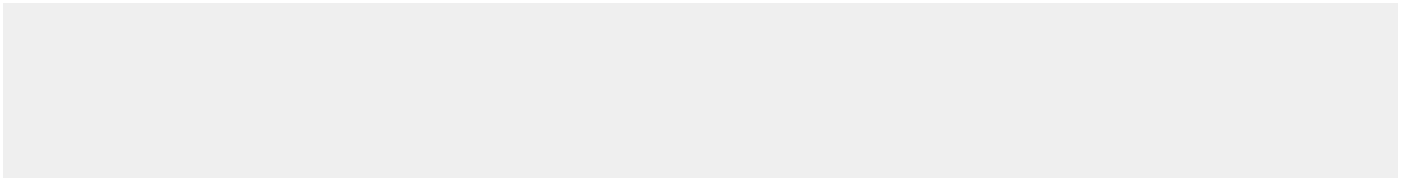
Where are you located in the body?



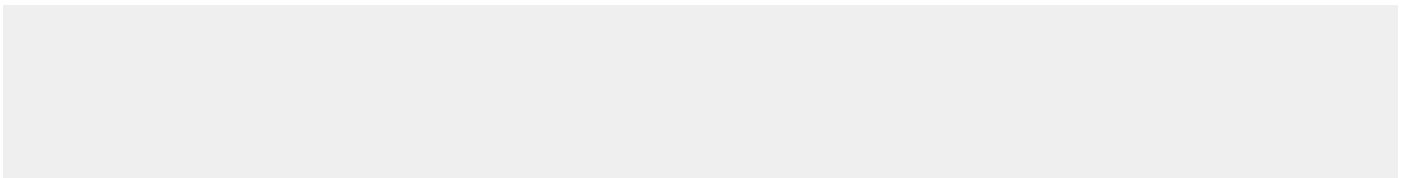
Which system of the body are you a part of?



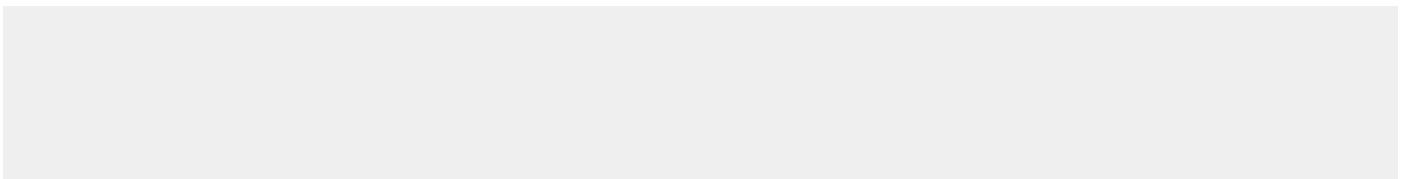
What makes you important to the body?



What would happen to the body if you weren't in it?



What do you want The Captain to do?



Use your notes above and the words below to help you write your letter to The Captain.

lungs
oxygen
liver
waste
nervous system
heart
transport
nutrients

important
water
medicine
red blood cells
circulatory system
human body
arteries
veins

pumping
cells
respiratory system
blood vessels
vital
delivering
carbon dioxide
tiny

breathe
deposit
muscles
used up
energy
digestive system
quickly
beating



Design a package for The Captain's 'Shrinking Pills'.
Remember to include all the information you believe is vital for the safe use of the pills.





Use the space below to draft your ideas for your design:

At the back of this book, you will find a template to cut out and create your final package.

Write down everything you ate and drank today or yesterday.
Place a tick under the food group you have eaten or drank from throughout that day.



I drank ____ glasses of water

I ate and drank	Grains (carbohydrates, vitamins)	Fruit (vitamins, fibre)	Vegetables (vitamins, fibre)	Milk, Cheese, Yoghurt & Alternatives (calcium)	Meat, Fish, Chicken, Eggs, Tofu, Nuts, Beans (protein)	Sometimes Foods (salt, fat sugar)
Breakfast 						
Lunch 						
Dinner 						
Snacks 						
Total						

List 2 ways that you can improve your diet/food intake - e.g. *I will have fruit for a snack at recess.*

1

2

List 3 ways to avoid secondhand smoke for each of the scenarios below.

In a car:



Action Plan:

- 1
- 2
- 3

At the bus stop:



- 1
- 2
- 3

In a house:



- 1
- 2
- 3

List 3 effects of second hand smoking.

- 1
- 2
- 3



How would you feel?

What could happen?

What would you do?

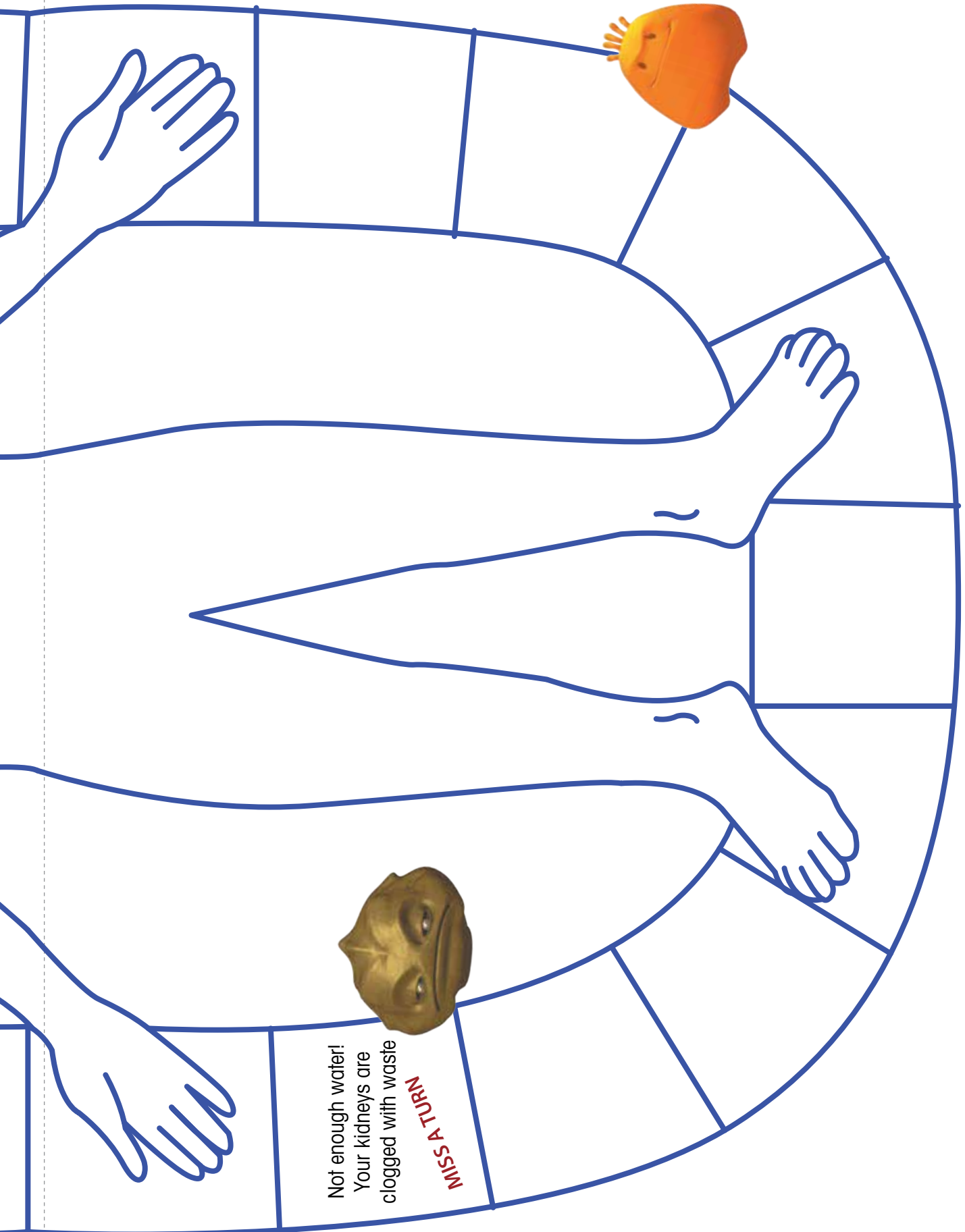


How would you feel?

What could happen?

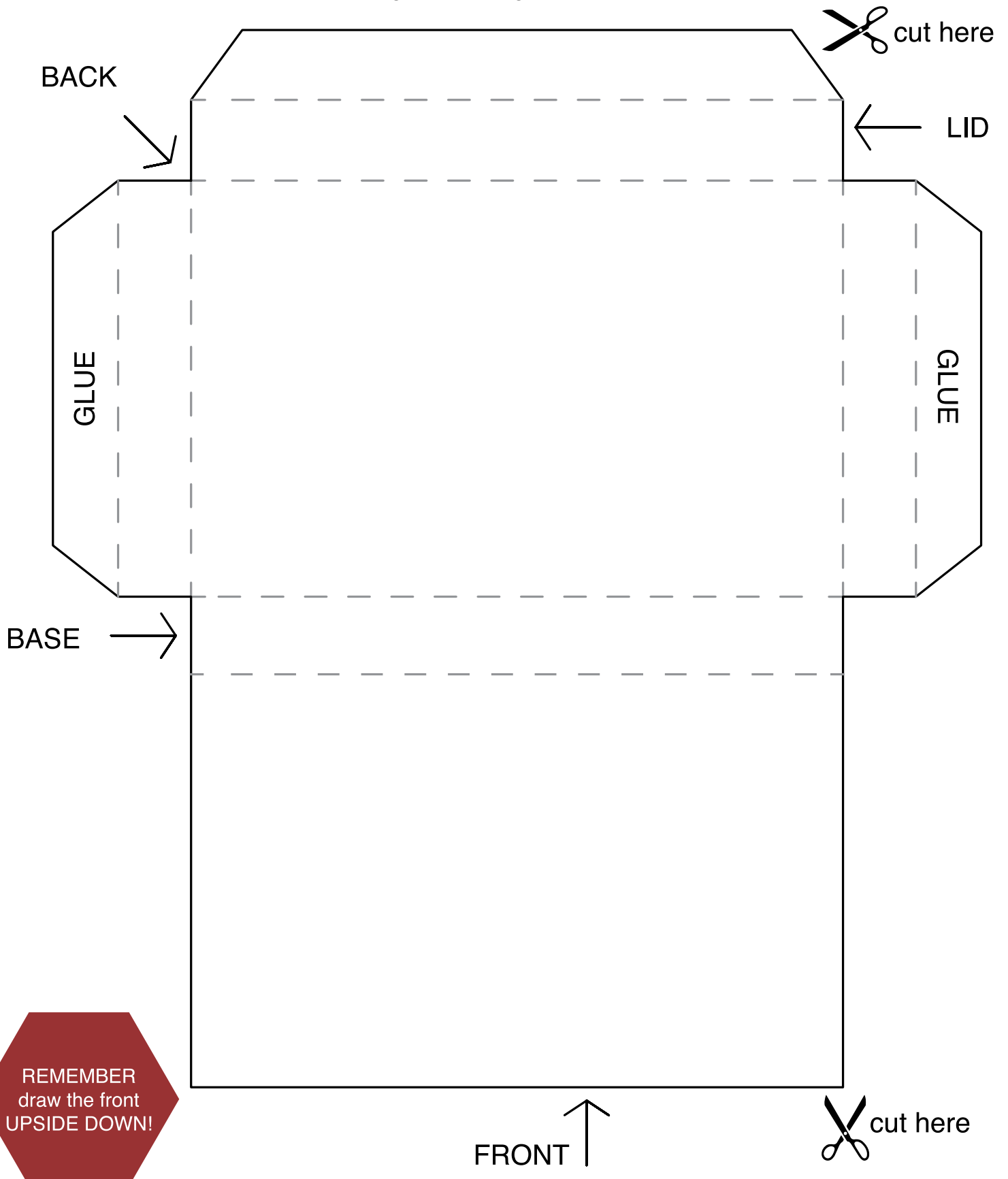
What would you do?

ALL SYSTEMS GO



Instructions

1. Design your packaging.
2. Cut out the shape (along the solid black line).
3. Fold along all the grey dashed lines (fold outwards - away from your design).
4. Glue tabs on the left and right labelled 'glue'.



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LIFE EDUCATION AUSTRALIA

Phone: 1300 HAROLD

Email: info@lifeeducation.org.au

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