

Varsity College
Year 7 ADP - Semester 1, 2023

Week	Date	Topics	Assessment
1	23-27 January Australia Day PH - Thurs	<ul style="list-style-type: none"> Fitness and Health Fitness testing 	
2	30 Jan – 3 Feb Swimming Carnival - Mon	<ul style="list-style-type: none"> Advantages of active and passive leisure time Strength and conditioning 	
3	6-10 February	<ul style="list-style-type: none"> Health and Skill related fitness components Strength and conditioning 	
4	13-17 February	<ul style="list-style-type: none"> health and skill related components within specific sports Strength and conditioning 	
5	20-24 February	<ul style="list-style-type: none"> Influence of energy systems on fitness testing Strength and conditioning 	Project checkpoint
6	27 Feb – 3 Mar	<ul style="list-style-type: none"> Physical signs of fitness as a result of exercise Strength and conditioning 	
7	6-10 March GIPSA - Wednesday	<ul style="list-style-type: none"> Presentation skills Strength and conditioning 	Project & Performance
8	13-17 March NAPLAN 15-17 March	<ul style="list-style-type: none"> Cross Country 	
9	20-24 March NAPLAN 20-22 March	<ul style="list-style-type: none"> Cross Country 	
10	27-31 March Cross Country - Thurs	<ul style="list-style-type: none"> Sport and Games 	
School Holidays: Saturday April 1 – Sunday April 16			
1	17-21 April	<ul style="list-style-type: none"> Introduction to nutrition principles Speed and agility-based strength and conditioning 	
2	24-28 April ANZAC Day PH - Tues	<ul style="list-style-type: none"> The 5 food groups + Australian Guide to Healthy Eating Strength and Conditioning Training 	
3	1-5 May Labour Day PH - Monday GIPSA - Wednesday	<ul style="list-style-type: none"> Go Slow and Whoa Options/ Food Labelling Strength and Conditioning Training 	
4	8-12 May	<ul style="list-style-type: none"> Diet Strength and Conditioning Training 	
5	15-19 May GIPSA - Wednesday	<ul style="list-style-type: none"> Carbohydrates, Proteins and Fats Strength and Conditioning Training 	
6	22-26 May GIPSA - Wednesday	<ul style="list-style-type: none"> Health Related Problems Strength and Conditioning Training 	
7	29 May – 2 June	<ul style="list-style-type: none"> Eating for Sports Performance Strength and Conditioning Training 	
8	5-9 June GIPSA - Wednesday	<ul style="list-style-type: none"> Track & Field Training 	Exam – Lesson 2
9	12-16 June	<ul style="list-style-type: none"> Track & Field Training 	
10	19-23 June	Camp Week	
School Holidays: Saturday June 24 – Sunday July 9			