

Varsity College
Year 7 - Athlete Development Program - Semester 2 - 2023

Term 3, 2023

Week	Date	Topics	Assessment
1	10-14 July Athletics Carnival - Wed	<ul style="list-style-type: none"> Fitness Testing Prac: Strength and Conditioning 	
2	17-21 July	<ul style="list-style-type: none"> Introduction- sports psychology Prac: Strength and Conditioning 	
3	24-28 July	<ul style="list-style-type: none"> Goal setting and Motivation Prac: Strength and Conditioning 	
4	31 July – 4 August	<ul style="list-style-type: none"> Imagery & Concentration Prac: Strength and Conditioning 	
5	7-11 August	<ul style="list-style-type: none"> Prac: Strength and Conditioning 	
6	14-18 August	<ul style="list-style-type: none"> Self-Talk & Arousal Prac: Strength and Conditioning 	
7	21-25 August	<ul style="list-style-type: none"> Guest Speaker Bond University 	
8	28 August – 1 Sept. GC Show PH - Fri	<ul style="list-style-type: none"> Exam Preparation- Essay Writing 	Exam L2
9	4-8 September	<ul style="list-style-type: none"> Prac: Fun Fitness Games (focus: teamwork and communication) 	
10	11-15 September	<ul style="list-style-type: none"> Prac: Fun Fitness Games (focus: teamwork and communication) 	
School Holidays: Saturday September 16 – Monday October 2			

Term 4, 2023

Week	Date	Topics	Assessment
1	2-6 October King's Birthday PH - Mon	<ul style="list-style-type: none"> Introduction- know my sport Prac: Fitness check in 	
2	9-13 October	<ul style="list-style-type: none"> History – Where has my sport come from? Prac: Swim fitness 	
3	16-20 October	<ul style="list-style-type: none"> Athletes- What athletes have shaped my sport? Prac: Swim fitness 	
4	23-27 October	<ul style="list-style-type: none"> Governing bodies- Who are they, what is their role, what do they mean for me? Prac: Team sports 	
5	30 Oct – 3 Nov	<ul style="list-style-type: none"> Technology- How has it shaped my sport? How can I utilise it to my advantage? Prac: Game play – Team sports 	
6	6-10 November	<ul style="list-style-type: none"> Future- What does the future of my sport look like? What will the future champions need? Prac: Game play – Team sports 	
7	13-17 November	<ul style="list-style-type: none"> Assessment Revision and Preparation Prac: Game play – Team sports 	Draft Due
8	20-24 November	<ul style="list-style-type: none"> Assessment Preparation Prac: Team Challenges 	
9	27 Nov – 1 Dec	<ul style="list-style-type: none"> Assessment Submission Prac: Team Challenges 	Investigation Report Due
10	4-8 December	Final Week 2023 – Alternate Program	
School Holidays: Saturday December 9 – Sunday January 21, 2024			