

Varsity College Year 7 ADP – Semester 1, 2024

Week	Date	Topics	Assessment
1	22-26 January O-Week Australia Day PH Fri	<ul style="list-style-type: none"> Fitness and Health Fitness testing 	
2	29 Jan-2 Feb	<ul style="list-style-type: none"> Advantages of active and passive leisure time Strength and conditioning 	
3	5-9 February Swimming Carnival - Thurs	<ul style="list-style-type: none"> Health and Skill related fitness components Strength and conditioning 	
4	12-16 February	<ul style="list-style-type: none"> health and skill related components within specific sports Strength and conditioning 	
5	19-23 February	<ul style="list-style-type: none"> Influence of energy systems on fitness testing Strength and conditioning 	
6	26 Feb-1 Mar GC24 - Wednesday	<ul style="list-style-type: none"> Physical signs of fitness as a result of exercise Strength and conditioning 	
7	4-8 March	<ul style="list-style-type: none"> Presentation skills Strength and conditioning 	Project draft
8	11-15 March NAPLAN	<ul style="list-style-type: none"> Presentation skills Cross Country 	
9	18-22 March NAPLAN GC24 - Thursday	<ul style="list-style-type: none"> Cross Country 	Project - Lesson 2 Performance
10	25-29 March Y7 Team Day - Wed, Thurs Good Friday PH	<ul style="list-style-type: none"> Sport and Games 	
School holidays: Friday March 29 - Sunday April 14			
1	15-19 April Cross Country - Wed	<ul style="list-style-type: none"> Introduction to nutrition principles Speed and agility-based strength and conditioning 	
2	22-26 April GC24 - Tuesday Anzac Day PH - Thurs	<ul style="list-style-type: none"> The 5 food groups + Australian Guide to Healthy Eating Strength and Conditioning Training 	
3	29 Apr-3 May	<ul style="list-style-type: none"> Go Slow and Whoa Options/ Food Labelling Strength and Conditioning Training 	
4	6-10 May Labour Day PH - Mon	<ul style="list-style-type: none"> Diet Strength and Conditioning Training 	
5	13-17 May	<ul style="list-style-type: none"> Carbohydrates, Proteins and Fats Strength and Conditioning Training 	
6	20-24 May	<ul style="list-style-type: none"> Health Related Problems Strength and Conditioning Training 	
7	27-31 May	<ul style="list-style-type: none"> Eating for Sports Performance Strength and Conditioning Training 	
8	3-7 June	<ul style="list-style-type: none"> Track & Field Training 	Exam – Lesson 2
9	10-14 June GC24 - Wednesday	<ul style="list-style-type: none"> Track & Field Training 	
10	17-21 June Athletics Carnival - Thurs	<ul style="list-style-type: none"> Track & Field Training 	
School holidays: Saturday June 22 - Sunday July 7			