

## Varsity College Year 7 ASPIRE BASKETBALL – Semester 1, 2024

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