

## Varsity College Year 7 ASPIRE FOOTBALL – 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>BP – Ball possession (back third)</li> </ul>	
2	29 Jan-2 Feb	<ul style="list-style-type: none"> <li>Advantages of active and passive leisure time</li> <li>BP – Ball possession (midfield)</li> </ul>	
3	5-9 February Swimming Carnival - Thurs	<ul style="list-style-type: none"> <li>Health and Skill related fitness components</li> <li>BP – Ball possession (attacking third)</li> </ul>	
4	12-16 February	<ul style="list-style-type: none"> <li>Health and skill related components within specific sports</li> <li>BPO – Ball possession opposition (pressing front third)</li> </ul>	
5	19-23 February	<ul style="list-style-type: none"> <li>Influence of energy systems on fitness testing</li> <li>BP- conditioning game</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>Set pieces</li> </ul>	
7	4-8 March	<ul style="list-style-type: none"> <li>Presentation skills</li> <li>BP – playing with width</li> </ul>	Project draft
8	11-15 March NAPLAN	<ul style="list-style-type: none"> <li>Presentation skills</li> <li>Gameplay quality of movement</li> </ul>	
9	18-22 March NAPLAN GC24 - Thursday	<ul style="list-style-type: none"> <li>Presentation skills</li> <li>Gameplay</li> </ul>	Project - Lesson 2 Performance
10	25-29 March Y7 Team Day - Wed, Thurs Good Friday PH	Cross Country	
<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>BPO- Defensive Principals</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>BPO- Midfield block</li> </ul>	
3	29 Apr-3 May	<ul style="list-style-type: none"> <li>Go Slow and Whoa Options/ Food Labelling</li> <li>BP – Ball possession (attacking third)</li> </ul>	
4	6-10 May Labour Day PH - Mon	<ul style="list-style-type: none"> <li>Diet</li> <li>BP - Playing through the lines</li> </ul>	
5	13-17 May	<ul style="list-style-type: none"> <li>Carbohydrates, Proteins and Fats</li> <li>BPO - Midfield Block</li> </ul>	
6	20-24 May	<ul style="list-style-type: none"> <li>Health Related Problems</li> <li>Conditioning Cycle 1</li> </ul>	
7	27-31 May	<ul style="list-style-type: none"> <li>Eating for Sports Performance</li> <li>BP – Creating Attack</li> </ul>	
8	3-7 June	<ul style="list-style-type: none"> <li>Gameplay quality of movement</li> </ul>	Exam – Lesson 2
9	10-14 June GC24 - Wednesday	<ul style="list-style-type: none"> <li>Small Sided Games/Gameplay</li> </ul>	
10	17-21 June Athletics Carnival - Thurs	<ul style="list-style-type: none"> <li>Small Sided Games/Gameplay</li> </ul>	
<b>School holidays: Saturday June 22 - Sunday July 7</b>			