

## Varsity College Year 7 ASPIRE Football – Semester 2, 2024

Week	Date	Topics	Assessment
1	8-12 July Athletics Carnival - Wed	Growth & Development I Prac: Strength and Conditioning	
2	15-19 July	Growth & Development II Prac: Strength and Conditioning	
3	22-26 July GC24 - Thursday	Introduction- sports psychology Prac: Strength and Conditioning	
4	29 Jul- 2 Aug	Goal setting and Motivation Prac: Strength and Conditioning	
5	5-9 August	Imagery & Concentration Prac: Strength and Conditioning	
6	12-16 August GC24 Finals – Wed.	Self-Talk & Arousal Prac: Strength and Conditioning	
7	19-23 August	Guest Speaker Bond University	
8	26-30 August	Exam Preparation- Essay Writing	
9	2-6 September	Prac: Fun Fitness Games (focus: RR teamwork and communication)	<b>Exam</b>
10	9-13 September	Prac: Fun Fitness Games (focus: RR teamwork and communication)	
<b>School holidays: Saturday September 14 – Sunday September 29</b>			
1	30 Sept – 4 Oct	Introduction- know my sport Prac: Fitness check in	
2	7-11 October King's B'day PH - Monday	History – Where has my sport come from? Prac: Swim fitness	
3	14-18 October	Athletes- What athletes have shaped my sport? Prac: Swim fitness	
4	21 - 25 October	Governing bodies- Who are they, what is their role, what do they mean for me? Prac: Swim Fitness	
5	28 Oct – 1 Nov	Technology- How has it shaped my sport? How can I utilise it to my advantage? Prac: Game play – Team sports	
6	4-8 November	Future- What does the future of my sport look like? What will the future champions need? Prac: Game play – Team sports	Project Draft
7	11-15 November	Project Preparation Round 1: Year 7 Aspire Sport GALA teams sport challenge promoting Respectful Relationships – Respectful Interactions focus: Proactive Communication & Inclusion	
8	18-22 November	Project Preparation Round 2: Year 7 Aspire Sport GALA teams sport challenge promoting Respectful Relationships – Respectful Interactions focus: Proactive Communication & Inclusion	<b>Project Due</b>
9	25-29 November	Round 3: Year 7 Aspire Sport GALA teams sport challenge promoting Respectful Relationships – Respectful Interactions focus: Proactive Communication & Inclusion	
10	2-6 December	<b>Alternative Program</b>	
11	9-13 December	<b>Supervision only week</b>	
<b>School holidays: Saturday December 14 – Tuesday January 28</b>			