

**Varsity College
Year 7 HPE - Semester 1, 2023**

Week	Date	Topics	Assessment
1	23-27 January Australia Day PH - Thurs	<ul style="list-style-type: none"> • Introduction to adolescence. • Minor Games – Skills, strategies, teamwork 	
2	30 Jan – 3 Feb Swimming Carnival - Mon	<ul style="list-style-type: none"> • Self-esteem, self-concept and their benefits. • Minor Games – Skills, strategies, teamwork 	
3	6-10 February	<ul style="list-style-type: none"> • Social and emotional development. • Minor Games – Skills, strategies, teamwork 	
4	13-17 February	<ul style="list-style-type: none"> • Stages of growth and the sequence order. • Minor Games – Skills, strategies, teamwork 	
5	20-24 February	<ul style="list-style-type: none"> • Menstruation and the role hormones play in the development of adolescents. • Minor Games – Skills, strategies, teamwork 	
6	27 Feb – 3 Mar	<ul style="list-style-type: none"> • Conception, pregnancy and how it occurs. • Minor Games – Skills, strategies, teamwork 	
7	6-10 March GIPSA - Wednesday	<ul style="list-style-type: none"> • Understanding development during the infancy stage. • Identifying changes during the childhood stage. • Minor Games – Skills, strategies, teamwork 	Exam – Lesson 3
8	13-17 March NAPLAN 15-17 March	<ul style="list-style-type: none"> • Team Sports 	
9	20-24 March NAPLAN 20-22 March	<ul style="list-style-type: none"> • Team Sports 	
10	27-31 March Cross Country - Thurs	<ul style="list-style-type: none"> • Team Sports 	
School Holidays: Saturday April 1 – Sunday April 16			
1	17-21 April	<ul style="list-style-type: none"> • Systems of the body and their functions. • Ball Games – Skills, gameplay and teamwork 	
2	24-28 April ANZAC Day PH - Tues	<ul style="list-style-type: none"> • Function of the Skeletal System and the different types of bones. • Ball Games – Skills, gameplay and teamwork 	
3	1-5 May Labour Day PH - Monday GIPSA - Wednesday	<ul style="list-style-type: none"> • Major bones of the Skeletal System. • Ball Games – Skills, gameplay and teamwork 	
4	8-12 May	<ul style="list-style-type: none"> • Joints and movements of the Skeletal System. • Ball Games – Skills, gameplay and teamwork 	
5	15-19 May GIPSA - Wednesday	<ul style="list-style-type: none"> • Major muscles of the body. • Ball Games – Skills, gameplay and teamwork 	
6	22-26 May GIPSA - Wednesday	<ul style="list-style-type: none"> • Muscle types and how they move the body. • Athletics 	
7	29 May – 2 June	<ul style="list-style-type: none"> • Revision • Athletics 	
8	5-9 June GIPSA - Wednesday	<ul style="list-style-type: none"> • Athletics 	Exam – Lesson 2
9	12-16 June	<ul style="list-style-type: none"> • Athletics 	
10	19-23 June	Camp Week	
School Holidays: Saturday June 24 – Sunday July 9			