

**Varsity College**  
**Year 7 - Health + Physical Education - Semester 2 - 2023**

**Term 3, 2023**

Week	Date	Topics	Assessment
1	10-14 July Athletics Carnival - Wed	<ul style="list-style-type: none"><li>• T: What makes a person fit and healthy?</li><li>• P: Fitness Testing</li></ul>	
2	17-21 July	<ul style="list-style-type: none"><li>• T: Identify the advantages of active and passive leisure time.</li><li>• P: Fitness Testing</li></ul>	
3	24-28 July	<ul style="list-style-type: none"><li>• T: What are Health and Skill related fitness components?</li><li>• P: Fitness Testing</li></ul>	
4	31 July – 4 August	<ul style="list-style-type: none"><li>• T: Identify the level of importance of health and skill related components within specific sports</li><li>• P: Fitness Rotations (Teacher Led)</li></ul>	
5	7-11 August	<ul style="list-style-type: none"><li>• T: How do energy systems influence Fitness Testing?</li><li>• P: Fitness rotations (Teacher led)</li></ul>	
6	14-18 August	<ul style="list-style-type: none"><li>• T: What are the physical signs of fitness levels in the body as a result of exercise?</li><li>• P: Fitness rotations (Teacher led)</li></ul>	
7	21-25 August	<ul style="list-style-type: none"><li>• T: How can I produce an effective presentation to accurately demonstrate a Fitness Test?</li><li>• P: Fitness rotations (Teacher led)</li></ul>	
8	28 August – 1 Sept. GC Show PH - Fri	<ul style="list-style-type: none"><li>• Sports and Games</li></ul>	Project and Performance
9	4-8 September	<ul style="list-style-type: none"><li>• Sport and Games</li></ul>	
10	11-15 September	<ul style="list-style-type: none"><li>• Sport and Games</li></ul>	
School Holidays: Saturday September 16 – Monday October 2			

**Term 4, 2023**

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Week	Date	Topics	Assessment
1	2-6 October King's Birthday PH - Mon	<ul style="list-style-type: none"><li>T: What are the Australian Healthy Eating Guidelines?</li><li>P: Striking Games</li></ul>	
2	9-13 October	<ul style="list-style-type: none"><li>T:What type of foods are included in the 5 food groups?</li><li>P:Striking Games</li></ul>	
3	16-20 October	<ul style="list-style-type: none"><li>T:What are Macronutrients?</li><li>P:Striking Games</li></ul>	
4	23-27 October	<ul style="list-style-type: none"><li>T:What is the function of Carbohydrates, Proteins and Fats?</li><li>P:Striking Games</li></ul>	
5	30 Oct – 3 Nov	<ul style="list-style-type: none"><li>T:What does my current eating routine look like? And how does it compare to healthy eating guidelines?</li><li>P:Striking Games</li></ul>	
6	6-10 November	<ul style="list-style-type: none"><li>T: Health Related Eating Problems</li><li>P:Striking Games</li></ul>	
7	13-17 November	<ul style="list-style-type: none"><li>T:Asessment Due</li><li>P: Striking Games</li></ul>	Investigation Report Due
8	20-24 November	<ul style="list-style-type: none"><li>P: Striking Games</li></ul>	
9	27 Nov – 1 Dec	<ul style="list-style-type: none"><li>P: Striking Games</li></ul>	
10	4-8 December	Final Week 2023 – Alternate Program	
School Holidays: Saturday December 9 – Sunday January 21, 2024			