

Varsity College Year 7 HPE – Semester 1, 2024

Week	Date	Topics	Assessment
1	22-26 January O-Week Australia Day PH Fri	Orientation week	
2	29 Jan-2 Feb	<ul style="list-style-type: none"> Introduction to adolescence. Minor Games – Skills, strategies, teamwork 	
3	5-9 February Swimming Carnival - Thurs	<ul style="list-style-type: none"> Self-esteem, self-concept and their benefits. Minor Games – Skills, strategies, teamwork 	
4	12-16 February	<ul style="list-style-type: none"> Social and emotional development. Minor Games – Skills, strategies, teamwork 	
5	19-23 February	<ul style="list-style-type: none"> Stages of growth and the sequence order. Minor Games – Skills, strategies, teamwork 	
6	26 Feb-1 Mar GC24 - Wednesday	<ul style="list-style-type: none"> Menstruation and the role hormones play in the development of adolescents. Minor Games – Skills, strategies, teamwork 	
7	4-8 March	<ul style="list-style-type: none"> Conception, pregnancy and how it occurs. Minor Games – Skills, strategies, teamwork 	
8	11-15 March NAPLAN	<ul style="list-style-type: none"> Understanding development during the infancy stage. Identifying changes during the childhood stage. Minor Games – Skills, strategies, teamwork 	
9	18-22 March NAPLAN GC24 - Thursday	<ul style="list-style-type: none"> Team Sports 	Exam – Lesson 2
10	25-29 March Y7 Team Day - Wed, Thurs Good Friday PH	<ul style="list-style-type: none"> Team Sports 	
School holidays: Friday March 29 - Sunday April 14			
1	15-19 April Cross Country - Wed	<ul style="list-style-type: none"> T: What are the Australian Healthy Eating Guidelines? P: Striking Games 	
2	22-26 April GC24 - Tuesday Anzac Day PH - Thurs	<ul style="list-style-type: none"> T: What type of foods are included in the 5 food groups? P: Striking Games 	
3	29 Apr-3 May	<ul style="list-style-type: none"> T: What are Macronutrients? P: Striking Games 	
4	6-10 May Labour Day PH - Mon	<ul style="list-style-type: none"> T: What is the function of Carbohydrates, Proteins and Fats? P: Striking Games 	
5	13-17 May	<ul style="list-style-type: none"> T: What does my current eating routine look like? And how does it compare to healthy eating guidelines? P: Striking Games 	
6	20-24 May	<ul style="list-style-type: none"> T: Health Related Eating Problems P: Striking Games 	Investigation Report Draft – Lesson 2 & Performance
7	27-31 May	<ul style="list-style-type: none"> T: Assessment preparation P: Striking Games 	
8	3-7 June	<ul style="list-style-type: none"> T: Assessment preparation P: Striking Games 	Investigation Report Final – Lesson 2 & Performance
9	10-14 June GC24 - Wednesday	<ul style="list-style-type: none"> Cross Country Preparation 	
10	17-21 June Athletics Carnival - Thurs	<ul style="list-style-type: none"> Cross Country Preparation 	
School holidays: Saturday June 22 - Sunday July 7			