

Varsity College Year 7 HPE – Semester 2, 2024

Week	Date	Topics	Assessment
1	8-12 July Athletics Carnival - Wed	T: What makes a person fit and healthy? P: Fitness Testing	
2	15-19 July	T: Identify the advantages of active and passive leisure time. P: Fitness Testing	
3	22-26 July GC24 - Thursday	T: What are Health and Skill related fitness components? P: Fitness Testing	
4	29 Jul- 2 Aug	T: Identify the level of importance of health and skill related components within specific sports P: Fitness Rotations (Teacher Led) - Circuit	
5	5-9 August	T: How do energy systems influence Fitness Testing? P: Fitness rotations (Teacher led) - Zumba	
6	12-16 August GC24 Finals – Wed.	T: What are the physical signs of fitness levels in the body as a result of exercise? P: Fitness rotations (Teacher led) – Mini Olympics	Project Draft Due
7	19-23 August	T: How can I produce an effective presentation to accurately demonstrate a Fitness Test? P: Fitness rotations (Teacher led) – Obstacle Course	
8	26-30 August	Project prep and final P: Fitness rotations (Teacher led) – Fitness through Game Play	Project
9	2-6 September	T: The Resilience Project Part I P: Sports and Games Class Challenge	
10	9-13 September	T: The Resilience Project II P: Sports and Games Class Challenge	
School holidays: Saturday September 14 – Sunday September 29			
1	30 Sept – 4 Oct	T: Systems of the body and their functions. P: Ball Games – Coordination, passing and catching	
2	7-11 October King's B'day PH - Monday	T: Function of the Skeletal System and the different types of bones. P: Ball Games – Coordination, passing and catching	
3	14-18 October	T: Major bones of the Skeletal System. P: Ball Games – Creating space and positional play	
4	21 - 25 October	T: Joints and movements of the Skeletal System. P: Ball Games – Creating space and positional play	
5	28 Oct – 1 Nov	T: Major muscles of the body. P: Ball Games – Gameplay, teamwork and competitive strategies	
6	4-8 November	T: Muscle types and how they move the body. P: Ball Games – Gameplay, teamwork and competitive strategies	
7	11-15 November	T: Exam Revision P: Round 1: Year 7 Class GALA teams sport challenge promoting Respectful Relationships – Respectful Interactions focus: Proactive Communication & Inclusion	
8	18-22 November	P: Round 2: Year 7 Class GALA teams sport challenge promoting Respectful Relationships – Respectful Interactions focus: Proactive Communication & Inclusion	Exam – Lesson 2
9	25-29 November	P: Round 3: Year 7 Class GALA teams sport challenge promoting Respectful Relationships – Respectful Interactions focus: Proactive Communication & Inclusion	
10	2-6 December	Final Week 2024 – Alternate Program	
11	9-13 December	Supervision only week	
School holidays: Saturday December 14 – Tuesday January 28			