

**Varsity College**  
**Year 8 ADP - Semester 1, 2023**

Week	Date	Topics	Assessment
1	23-27 January Australia Day PH - Thurs	<ul style="list-style-type: none"> <li>Introduction – Fitness Principles: Current Training Program</li> <li>Strength and Conditioning Training</li> </ul>	
2	30 Jan – 3 Feb Swimming Carnival - Mon	<ul style="list-style-type: none"> <li>Training Principle 1: Specificity &amp; S+C</li> </ul>	
3	6-10 February	<ul style="list-style-type: none"> <li>Training Principle 2: Progression &amp; S+C</li> </ul>	
4	13-17 February	<ul style="list-style-type: none"> <li>Training Principle 3: Overload &amp; S+C</li> </ul>	
5	20-24 February	<ul style="list-style-type: none"> <li>Training Principle 4: Recovery &amp; S+C</li> </ul>	
6	27 Feb – 3 Mar	<ul style="list-style-type: none"> <li>Training Principle 5/6: Reversibility and Tedium &amp; S+C</li> </ul>	
7	6-10 March GIPSA - Wednesday	<ul style="list-style-type: none"> <li>Investigation Report Drafting / Editing &amp; S+C</li> </ul>	
8	13-17 March	<ul style="list-style-type: none"> <li>Investigation Report Drafting/ Editing &amp; S+C</li> </ul>	
9	20-24 March	<ul style="list-style-type: none"> <li>Investigation Report Due</li> </ul>	<b>Investigation Report – Lesson 2</b>
10	27-31 March Cross Country - Thurs	<ul style="list-style-type: none"> <li>Full practical lesson – teacher discretion &amp; S+C Post-testing</li> </ul>	
<b>School Holidays: Saturday April 1 – Sunday April 16</b>			
1	17-21 April	<ul style="list-style-type: none"> <li>Introduction to anatomical principles/ systems of the body</li> <li>Speed and agility-based strength and conditioning</li> </ul>	
2	24-28 April ANZAC Day PH - Tues	<ul style="list-style-type: none"> <li>The Skeletal System Part 1 (functions, shapes) &amp; S+C</li> </ul>	
3	1-5 May Labour Day PH - Monday GIPSA - Wednesday	<ul style="list-style-type: none"> <li>The Skeletal System Part 2 (joints, movements) &amp; S+C</li> </ul>	
4	8-12 May	<ul style="list-style-type: none"> <li>The Skeletal System Part 3 (major bones) &amp; S+C</li> </ul>	
5	15-19 May GIPSA - Wednesday	<ul style="list-style-type: none"> <li>The Muscular System (function, types, fiber type) &amp; S+C</li> </ul>	
6	22-26 May GIPSA - Wednesday	<ul style="list-style-type: none"> <li>The Muscular System Part 2 (major muscles) &amp; S+C</li> </ul>	
7	29 May – 2 June	<ul style="list-style-type: none"> <li>Examination Revision &amp; S+C</li> </ul>	
8	5-9 June GIPSA - Wednesday	<ul style="list-style-type: none"> <li>Athletics Training</li> </ul>	<b>Exam – Lesson 2</b>
9	12-16 June	<ul style="list-style-type: none"> <li>Full practical lesson – teacher discretion (athletics recommended)</li> </ul>	
10	19-23 June	<ul style="list-style-type: none"> <li>Consolidation activities</li> </ul>	
<b>School Holidays: Saturday June 24 – Sunday July 9</b>			