

Varsity College Year 8 ADP – Semester 1, 2024

Week	Date	Topics	Assessment
1	22-26 January O-Week Australia Day PH Fri	<ul style="list-style-type: none"> Introduction – Fitness Principles: Current Training Program Strength and Conditioning Training 	
2	29 Jan-2 Feb	<ul style="list-style-type: none"> Training Principle 1: Specificity 	
3	5-9 February Swimming Carnival - Thurs	<ul style="list-style-type: none"> Training Principle 2: Progression VC Swimming Carnival 	
4	12-16 February	<ul style="list-style-type: none"> Training Principle 3: Overload Temple Gym Strength & Conditioning 	
5	19-23 February	<ul style="list-style-type: none"> Training Principle 4: Recovery Temple Gym Strength & Conditioning 	
6	26 Feb-1 Mar GC24 - Wednesday	<ul style="list-style-type: none"> Training Principle 5/6: Reversibility and Tedium Temple Gym Strength & Conditioning 	
7	4-8 March	<ul style="list-style-type: none"> Investigation Report Drafting / Editing Temple Gym Strength & Conditioning 	Investigation – Draft Lesson 2
8	11-15 March	<ul style="list-style-type: none"> Investigation Report Drafting/ Editing Temple Gym Strength & Conditioning 	
9	18-22 March GC24 - Thursday	<ul style="list-style-type: none"> Investigation Report Due 	Investigation – Final Lesson 2
10	25-29 March Good Friday PH	<ul style="list-style-type: none"> Full practical lesson – teacher discretion & S+C Post-testing 	
School holidays: Friday March 29 - Sunday April 14			
1	15-19 April Cross Country - Wed	<ul style="list-style-type: none"> Introduction to anatomical principles/ systems of the body Speed and agility-based strength and conditioning 	
2	22-26 April GC24 - Tuesday Anzac Day PH - Thurs	<ul style="list-style-type: none"> The Skeletal System Part 1 (functions, shapes) Temple Gym Strength & Conditioning 	
3	29 Apr-3 May	<ul style="list-style-type: none"> The Skeletal System Part 2 (joints, movements) Temple Gym Strength & Conditioning 	
4	6-10 May Labour Day PH - Mon	<ul style="list-style-type: none"> The Skeletal System Part 3 (major bones) Temple Gym Strength & Conditioning 	
5	13-17 May	<ul style="list-style-type: none"> The Muscular System (function, types, fiber type) Temple Gym Strength & Conditioning 	
6	20-24 May	<ul style="list-style-type: none"> The Muscular System Part 2 (major muscles) Temple Gym Strength & Conditioning 	
7	27-31 May	<ul style="list-style-type: none"> Examination Revision Temple Gym Strength & Conditioning 	
8	3-7 June	<ul style="list-style-type: none"> Athletics Training 	Exam – Lesson 2
9	10-14 June GC24 - Wednesday	<ul style="list-style-type: none"> Full practical lesson – teacher discretion (athletics recommended) 	
10	17-21 June Athletics Carnival - Thurs	<ul style="list-style-type: none"> Track & Field 	
School holidays: Saturday June 22 - Sunday July 7			