

Varsity College Year 8 ADP – Semester 2, 2024

Week	Date	Topics	Assessment
1	8-12 July Athletics Carnival - Wed	Introduce Risky Business in Life and as an Athlete Prac: Term fitness check-in (T+F program discussion)	
2	15-19 July	Risky Business for life - RR – Help seeking & Reporting Prac: Testing	
3	22-26 July GC24 - Thursday	Risk management in regards to student's individual sports. Prac: Speed & Agility	
4	29 Jul- 2 Aug	Decision making when faced with risky business. Prac: Speed & Agility	
5	5-9 August	Drug use in sport (alcohol & performance enhancing drugs) Prac: Speed & Agility	
6	12-16 August GC24 Finals – Wed.	Drug agencies and their roles, ASADA online course Prac: Coordination Challenges	
7	19-23 August	Essay Exam Preparation & Essay Exam Prac: Coordination Challenges	
8	26-30 August	Prac: Coordination Challenges	Exam
9	2-6 September	Prac: Fun Fitness Games (focus: RR teamwork and communication)	
10	9-13 September	Prac: Fun Fitness Games (focus: RR teamwork and communication)	
School holidays: Saturday September 14 – Sunday September 29			
1	30 Sept – 4 Oct	Introduce Injury Prevention & Management & RR Resilience Prac: Term fitness check-in	
2	7-11 October King's B'day PH - Monday	Respectful Relationships – Resilient behaviours – resilience is required to manage changes and challenges, in life & relationships. Prac: Aquatic pre-testing – swimming fitness	
3	14-18 October	Common injuries in teenagers/athletes - Causes of injuries Prac: Swim fitness Water polo skill development	
4	21 - 25 October	Management of injuries in athletes Prac: Swim fitness Water polo skill development	
5	28 Oct – 1 Nov	Treatment of soft tissue injuries Prac: Swim fitness Water polo skill development	
6	4-8 November	Prevention of injury through best practices Multimodal Draft Due Prac: Swim fitness Game play – Water polo Multimodal prep	Project Draft
7	11-15 November	The importance of stretching and massage Round 1: Year 8 Aspire Sport GALA teams sport challenge - Team Challenges with a Respectful Interactions focus: Proactive Communication & Inclusion	
8	18-22 November	How can a Physio help me? Multimodal Due Round 2: Year 8 Aspire Sport GALA teams sport challenge	Project
9	25-29 November	Mindfulness through Yoga and how it help's the athlete Round 3: Year 7 Aspire Sport GALA teams sport challenge	
10	2-6 December	Alternative Program	
11	9-13 December	Supervision only week	
School holidays: Saturday December 14 – Tuesday January 28			