

Varsity College Year 8 AFL – Semester 2, 2024

| Week | Date | Topics | Assessment |
|---|--|--|----------------------|
| 1 | 8-12 July Athletics Carnival - Wed | Introduce Risky Business in Life and as an Athlete Term fitness check-in Skills, Decision Making and Structure | |
| 2 | 15-19 July | Risky Business for life - RR – Help seeking & Reporting Recovery Methods Skills, Decision Making and Structure | |
| 3 | 22-26 July GC24 - Thursday | Risk management in regards to student's individual sports. Recovery Methods Skills, Decision Making and Structure | |
| 4 | 29 Jul- 2 Aug | Decision making when faced with risky business. Recovery Methods Skills, Decision Making and Structure | |
| 5 | 5-9 August | Drug use in sport (alcohol & performance enhancing drugs) Recovery Methods Skills, Decision Making and Structure | |
| 6 | 12-16 August GC24 Finals – Wed. | Drug agencies and their roles, ASADA online course Recovery Methods Skills, Decision Making and Structure | |
| 7 | 19-23 August | Essay Exam Preparation & Essay Exam Recovery Methods Skills, Decision Making and Structure | |
| 8 | 26-30 August | Recovery Methods Skills, Decision Making and Structure | Exam |
| 9 | 2-6 September | Prac: Fun Fitness Games (focus: RR teamwork and communication) Match Simulation | |
| 10 | 9-13 September | Prac: Fun Fitness Games (focus: RR teamwork and communication) Match Simulation | |
| School holidays: Saturday September 14 – Sunday September 29 | | | |
| 1 | 30 Sept – 4 Oct | Introduce Injury Prevention & Management & RR Resilience Strength and Conditioning – Temple Gym | |
| 2 | 7-11 October King's B'day PH - Monday | Respectful Relationships – Resilient behaviours – resilience is required to manage changes and challenges, in life and relationships. Strength and Conditioning – Temple Gym | |
| 3 | 14-18 October | Common injuries in teenagers/athletes - Causes of injuries Strength and Conditioning – Temple Gym | |
| 4 | 21 - 25 October | Management of injuries in athletes Strength and Conditioning – Temple Gym | |
| 5 | 28 Oct – 1 Nov | Treatment of soft tissue injuries Strength and Conditioning – Temple Gym | |
| 6 | 4-8 November | Prevention of injury through best practices Multimodal Draft Due Strength and Conditioning – Temple Gym | Project draft |
| 7 | 11-15 November | The importance of stretching and massage Strength and Conditioning – Temple Gym Round 1: Year 8 Aspire Sport GALA teams sport challenge | |
| 8 | 18-22 November | How can a Physio help me? Multimodal Due Strength and Conditioning – Temple Gym Round 2: Year 8 Aspire Sport GALA teams sport challenge | Project |
| 9 | 25-29 November | Mindfulness through Yoga and how it helps the athlete Prac: Team Challenges with a Respectful Interactions focus: Proactive Communication & Inclusion Round 3: Year 8 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 | | | |