

Varsity College Year 8 ASPIRE Basketball – 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) On court: 5 out motion principles	
2	15-19 July	Risky Business for life - RR – Help seeking & Reporting Prac: Testing On court: 5 out motion principles	
3	22-26 July GC24 - Thursday	Risk management in regards to student's individual sports. Prac: Speed & Agility On court: Intro to 3 x 3	
4	29 Jul- 2 Aug	Decision making when faced with risky business. Prac: Speed & Agility On court: 3 x 3 game play principles	
5	5-9 August	Drug use in sport (alcohol & performance enhancing drugs) Prac: Speed & Agility On court: 3 x 3 game play principles	
6	12-16 August GC24 Finals – Wed.	Drug agencies and their roles, ASADA online course Prac: Coordination Challenges On court: 3 x 3 game play principles / tournament	
7	19-23 August	Essay Exam Preparation & Essay Exam Prac: Coordination Challenges On court: 3 x 3 game tournament	
8	26-30 August	Prac: Coordination Challenges On court: game play principles	Exam
9	2-6 September	Prac: Fun Fitness Games (focus: RR teamwork and communication) On court: 5 on 5 game play	
10	9-13 September	Prac: Fun Fitness Games (focus: RR teamwork and communication) On court: 5 on 5 game play	
School holidays: Saturday September 14 – Sunday September 29			
1	30 Sept – 4 Oct	Introduce Injury Prevention & Management & RR Resilience Prac: Term fitness check-in On court: 5 on 5 game play	
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. Prac: On court: 5 on 5 game play	Junior CBSQ Tournament
3	14-18 October	Common injuries in teenagers/athletes - Causes of injuries Prac: On court: 5 on 5 game play	
4	21 - 25 October	Management of injuries in athletes Prac: On court: 5 on 5 game play	Sophomore CBSQ Tournament
5	28 Oct – 1 Nov	Treatment of soft tissue injuries Prac: On court: 5 on 5 game play	
6	4-8 November	Prevention of injury through best practices Multimodal Draft Due Prac: On court: 5 on 5 game play Multimodal prep	Project Draft due
7	11-15 November	The importance of stretching and massage Round 1: Year 8 Aspire Sport GALA teams sport challenge	
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 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			